

What Do I Do at a Swim Meet?

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For a lot of new swimmers and some experienced swimmers, going to a swim meet can be a nerve-racking event. First of all...Relax. Swim meets are a fun, learning experience. Being nervous at a meet is absolutely normal. Being in a new environment with new people can be a bit intimidating, but don't let it ruin your meet. It is very important that you are fully prepared for a swim meet. Having the essential tools will give you a peace of mind and allow you to concentrate more on your races. Below is a list of suggested items that will have you ready for your meet.

If you are a swimmer you should pack:

- Team suit
- Team cap
- Goggles (preferable 2 pairs)
- 2-3 towels
- Blanket or sleeping bag to sit on
- Healthy snacks
- Money for a heat sheet
- Clothes to wear over your wet suit (parka or sweat suit along with t-shirt and shorts). Facility temperatures vary and not necessarily with the season.
- Highlighter pen, waterproof pen and fine line marker
- Something to do (book, deck of cards, headphones, etc.)
- Slip on shoes
- Sunscreen & hat (usually during summer seasons)

If you are a parent you should have:

- Folding chair where allowed (depends on local fire codes)
- Something to do (book, magazine, etc)
- Cash
- Layered clothing (Facility temperatures vary, and not necessarily with the season)
- Willingness to help time or fulfill other duties if relief workers are needed.
- Food: bring a light lunch and light snacks

Some Swim Meet **Do's** and **Don'ts**

Do report to the coach before and after every race.

Do warm-down after every race (depending on the period between events, it is a good habit to warm up before competition)

Don't become dehydrated. Drink plenty of water or other liquids (stay away from sodas).

Do eat healthy food and snacks. Fruit, bagels and sports drinks make good between-race snacks. In general, avoid items with a lot of fat, fiber and refined sugar.

Do be on time (or early) for everything including: stretching, meet warm-up, and team meetings.

Don't miss the team warm up.

Do conserve your energy. Stay off your legs (save them for the pool); wear shoes for warmth and protection; wear shirt and hat to reduce exposure; stay out of the sun.

Don't wander off in-between races.

Do get enough sleep the night before.

Do cheer for your teammates.

Do swim fast!

Do have fun!