

Your First Swim Meet

The Night Before

Have your child pack their swim bag

“Must Haves”

Suit, *FLEET* Team cap, goggles, 2 towels, healthy snacks, water

“Suggested Brings”

Sports drink *AND* Water

Games, book, iPod (*Music*), playing cards, other forms of entertainment that encourage them to be with Teammates

Stay away from video games...Boys especially tend to become too involved in these games and “Zone-out” badly

Have your child lay-out their suit and what their *FLEET* Team Shirt the night before

Wear the suit and warm-up clothes to the meet.

After your child packs their bag and have gone to bed, CHECK THEIR BAG...

be sure they have not forgotten anything

Items YOU Want

Pen, highlighter, Condensed Meet Information, Meet Entry Report for your child

Suggestion: Download “*On Deck Parent*” App for you *iPhone* or *Android* device

In order to “Log-In” you will use your Account Info

This will show you which events your child is swimming in

Morning of the Meet

Eat a nice light but healthy breakfast if swimming in the Morning Sessions

Toast with jam, water, juice, lean meats like ham, eggs

STAY AWAY FROM MILK due to their nervousness

Eat a larger healthy breakfast if swimming in the Afternoon Sessions

***Suggestion -** Slightly saltier foods are GREAT for pre-meet breakfast. Sodium helps the body stay hydrated and athletes perform better if hydrated properly

What to Expect

Chaos, “Bad nervousness” and possible tears

When you Arrive

Arrive at pool when specified on the Meet Announcement

Pay admission (If any) and buy a Program

Find a place to sit, set-up sitting area

Send your child to the pool deck to find their coaches

Find your child’s events in the Meet Program and highlight your child

Meet Warm-Ups

The Coaches always have a plan

Warm-ups are structure to provide time for your children to be best prepared for the Meet

Items that are taken into consideration when running a warm-up are skills needed to race and proper work for their bodies to be ready to perform.

DO NOT arrive late in order to avoid swimming in warm-ups. This will only hinder what coaches' are trying to accomplish.

** **Special Note** * It is Team Policy to try and replace Warm-Up Absent Swimmers on a Relay Team*

After Warm-Ups

Children will dry off and place warm clothes on

Their bodies need to stay warm in order to race well

Wearing a towel is NOT ACCEPTED. Towels get wet and actually make them colder

"I'm nice and warm" coming out of a child's mouth who is in a suit, or suit and towel is not tolerated by the Coaches.

Once the Meet Starts

Your child should stay in the designated seating areas, or watch swimmers from the pool deck alongside Coaches

Your child will be spoken with by a Coach BEFORE and AFTER ALL their races

For your child, seeing a Coach before and after their race is MOST IMPORTANT

*Sorry, but Coaches are more important than parents on Meet Day
Only we can give them the advice they need on their swimming*

If your child sees you before a Coach, PLEASE send them to a coach IMMEDIATELY and don't even start a conversation with them

*A Coach's job is to help the athlete and that's who is most important
Forcing your child to speak to a Coach first and foremost encourages them to realize that they are there for themselves*

Be your child's biggest cheerleader. Let them know you're proud of their effort.

After the Meet

Don't try to give advice to your child

If you want to be a part of their swimming, ask strategic questions

"What did you think of your Meet?"

"What did your Coach have to say about your races?"

You will find that as the Meets roll by, asking questions and listening to your young athlete will help you create a wonderful relationship with your child and you will be able to share this sport with them much better

****Warning*** A parent who gives advice usually gets seen as "Pushy" in child's eyes and they will tend to "Shut-down" and not talk, or speak little about, their swimming and the Meet.*

Enjoy Your Experience

You only get one “First Swim Meet”. You will never get this chance again!
Honestly, embrace the moment. Fight HARD to NOT stress about it.
As your child goes through the years of swimming you may not remember where they qualify for their first “Big Meet”, but you WILL remember this day
You’ll probably even get a nice story or two to share with your athlete as they get older

****Suggestions****

Start YOUR day off earlier than your swimmer
Enjoy a bit of peace & quiet
This will help you prepare mentally for what is about to happen
Your child will more likely than not try your patience today
If your child appears to be “Out of it”, they are more likely nervous and trying to mentally cope with their situation
Remember THIS when trying to find your highest level of patience.

Above All

Stay cool & calm
Be your BEST cheerleader
Give hugs & high 5’s when needed
Remember, “Failure” leads to “Success”

Once Home

When all this is said and done, find yourself a quiet spot and unwind
You’ve probably had a long day and 15 minutes of peace and quiet will go a LONG WAY