



FIRST SWIM MEET

A first swim meet can be both exciting and nerve wrenching for swimmers. Being prepared ahead of time can make all the difference for your swimmer. Follow a few basic tips outlined here to make their and your experience one to remember.



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[https://www.gomotionapp.com/
team/nmtsc/page/home](https://www.gomotionapp.com/team/nmtsc/page/home)

Swim Meet Tips & Tricks



What to expect during
a swim meet





LEADING UP TO THE MEET

Nutrition and sleep make a huge difference! To be at the top of your game, swimmers need to limit the amount of refined sugar, junk food, and sodas they consume. Limit these foods the week before a meet.

Provide healthy and well balanced meals. Carbohydrates are needed to provide that extra boost of energy at a race!

Sleep! Go to bed early and wake up refreshed and ready to compete or go!

WHAT TO PACK

*BRING EXTRAS AS
THINGS BREAK AND ACCIDENTS
DO HAPPEN*

- ◆ 2 suits
- ◆ 2 towels (they get wet)
- ◆ Extra goggles
- ◆ 2 swim caps
- ◆ Extra dry clothes,
eg: sweatshirt or swim coat

PARENTS NEED

- ◆ Highlighter and black sharpie
- ◆ Folding chair or seat cushion
- ◆ Cash to buy “heat sheet”

SNACK SUGGESTIONS swimmer and family

- ◆ Oranges
- ◆ Pretzels
- ◆ Energy bars
- ◆ Water/Gatorade

WHAT PARENTS SHOULD DO AT THE SWIM MEET

*HELP THE COACHES BY
PREPARING YOUR SWIMMER*

- ◆ Stay calm and be positive!
- ◆ Purchase a Heat Sheet. Locate and highlight each event your child will be swimming. Using a Sharpie, mark your child’s forearm with each Event/Heat/Lane. Ask for assistance.
- ◆ Help make sure your swimmer stays warm and hydrated between events.
- ◆ Swimmers should stay nearby, and ready to warm up and go at a moment’s notice.
- ◆ Keep track of races on the scoreboard, you don’t want to miss their race!
- ◆ Support the team and cheer on other team members.

AFTER THE RACE

Let the coach talk to your swimmer first. They can provide tips, points, and things to think about. Encourage your swimmer to think positive.

