

Swim Meet Tips & Reminders

If you are reading this you are getting ready to rock at a swim meet! Congrats on the opportunity to race! Good luck and most importantly have fun!

At our monthly meets we always want to show your team spirit and proudly represent Armada! Wear your Armada suit, T-shirt, team cap, parka and any other Armada apparel you have. .

After each race, remember to honor your competitors, shake hands or high five the swimmers in the lane next to you. Take time to watch other races, cheer on your teammates and show your team spirit! Let's all come together as a team and show our competitors what makes Armada great!

We understand swim meets can be overwhelming to new swimmers and families. If you need help understanding how it all works, let us know and we will buddy you up with a parent that can help guide you through the process.

TIPS for the night before:

Help your swimmer prepare for a successful weekend and fuel them appropriately- choose complex carbs, protein, dark leafy greens, veggies, milk and lots of water. Stay away from sweets. Stretch and visualize your race before bed; think about great turns, strong finishes and a great race!!! Try to get at least 8 hours of sleep!!!!

Bring your registration confirmation with your events from Swim Connection/Fast Swims. Also print out the meet event list. This will come in handy and a good way to keep track of your swimmers events.

Plan for an easier morning and pack swim bags and snacks the night before. This will help swimmers and parents get out the door and to the pool on time.

TIPS for the morning of:

Eat a healthy breakfast- ex. oatmeal, eggs & toast. It is important to have the swimmers fueled before they arrive at the pool for warm up.

TIPS for during the meet:

Be sure to pack some snacks- cliff bars, fruit, nuts, avoid sweets till after the meet. Swimmers should drink plenty of water and continue to eat small bites of food every 30 to 45 min. Swimmers may get nervous and forget to eat so keep them fueled. Small bites of food throughout the day and plenty of water will set your swimmer up for a successful meet.

The Course:

Swimmers need to keep an eye on their events and take note of the meets course plan. For short course meets there is the one course set up where all events are swum on one course. The meet will follow the event order alternating boys and girls events.

Bigger meets may have dual courses where on one side they will run Boys events only and the other course will run Girls events only. In this case the meet events will skip one. The events on the girls side will run the odd numbered events, while the events on the boys side will run the even events.

Long course meter courses are a little tricky and will depend on the meet host. Oftentimes for long course meets, the odd heats will start on one end and the even heats on the opposite end. All 50's heats usually will start from one end. This is the most common course set up for long course meters.

The coaches will review the details after warm up at the team meeting usually 10 minutes before the start of the meet.

Parent Volunteers

Parents please sign up for a timing shift and help cover the team job obligations. Each host team assigns each team timing shifts based on the number of swimmers from our team attending the meet. Each parent needs to do at least one timing shift at our monthly meets and help pitch in to cover this team job.

To sign up for a timing shift you need to visit the specific "Event Page" for the meet you are attending and click on Job Sign Up. The website will prompt you to log in, once logged in click on the job you will cover and click sign up. Please also include a phone number in case we need to contact you.

If you need more information please also reference our team Swim Meet Survival Guide, [click here](#)

Good luck & GO ARMADA!!!!