

Print ME!!



WHAT TO BRING TO A SWIM MEET?

- Plenty of towels (especially during the winter...they don't dry out as fast)
- Two Team Caps
- Two Pairs of Goggles
- Warm up swim suit and racing swim suit (if applicable)
- WARM CLOTHES:
Dress in layers. In the winter, kids should wear boots, hats, gloves, and a parka if possible. In the summer, it still starts out cold. But bring shorts and flip-flops as well.
- Sunscreen
- Shampoo, etc. if they would like to shower afterwards
- Food. You can't always count on the snack bar. Bring plenty of healthy snacks (fruit, crackers, yogurt, bagels, etc.) and LOTS of water. Also, chocolate milk is a good recovery drink.
- Cards, games for in between events
- Portable chairs or blankets to seat on
- Cash, if you choose to purchase a program or a snack. Frequently, there are our vendors, i.e. coffee to fuel the swim parent.
- A great attitude!
- Take a turn to bring a team canopy, we all benefit when we have plenty of "real estate" for our "CAMP"