



## LIFE TIME MID ATLANTIC NOVEMBER 2018

# STREAMLINE

## Swim Meet Must Haves!

When packing for a swim meet it can be hard to know what your swimmers will need and what they could do without. This is a list of items to pack and some that should just stay home.

**Do** pack a fun activity for your swimmer to share with their teammates. Waterproof cards are awesome for a pool deck! If your swimmer is into small crafts like making friendship bracelets it could be a great team bonding activity as well as building leadership skills from teaching others a new skill.

**Don't** bring expensive electronics. Tablets, phones, and handheld games are fun to have but these items often get wet on a pool deck.

**Do** bring light and healthy snacks for your swimmers to munch on between races. Some sessions are long and with hours between races, have them reenergized with a good snack.

**Don't** pack snacks or drinks with added sugars. Water is usually enough to keep them hydrated during the meets. If you are concerned about electrolytes then coconut water is a better option over sports drinks.

**Do** bring extra towels and warm clothes. Typically bring 2-3 towels in case a towel gets soaked. Having sweatpants and a sweatshirt or jacket will keep your swimmer warm between events. Socks may also be a good idea if your swimmer often has cold feet.

Make sure your swimmers have the essentials at every meet: team suit, team cap, and goggles. I hope this list helps you better know what to pack for your kids. If you have any "swim meet must-haves" share with other parents and swimmers!

## November Birthdays

\*Swimmers moving up to the next age group

Leila Haririnia-1  
Leo O'Connor-1  
Anna Panjwani-1  
Ava Farhadi-2  
Avinash Kakarala-3  
Tiffany Ngyuen-3  
Jaeyun Roh-4  
\*Isaac Schoening-5  
\*Sudeshna Vankina-5  
\*Landon Rosen-6  
Israel Fernandez-8  
Kian Garakani-10  
\*Andrew Math-10  
Kaushik Elevarasu-11  
Mia Hickey-11  
Mark-Anthony Malek-12  
Aisha Kashem-12  
\*Riya Shetty-12  
\*Virginia Wang-12  
Zac Minkara-13  
Ted Sha-13  
Lyla Toor-14  
\*Emily Um-14  
Julia Ferrer-17  
Katherine Baker-22  
\*Owen Sharp-24  
Kia Katariya-25  
Abigail Lee-25  
\*Gabriella Villegas-25  
Aleeza Zirvi-25  
Coach Josh-27  
\*Alexander Penhallegon-29  
\*Peter Mirnitchenko-29  
Christina Seo-29  
\*Layla Buendia-30

## Upcoming Meets

### USA Meets-

Winter Storm Travel Meet  
12.08-09.2018  
All Ages  
Registration Deadline: 11.16.2018

Candy Cane Mini  
12.16.2018  
10 & Under  
Registration Deadline: 11.16.2018

### HWOL Meet-

December Meet  
12.15.2018  
Registration Deadline: 12.09.2018

We need volunteer officials so that we may continue to go to meets! You don't need to be a swim expert to become an official. Contact Pat Kerrigan ([pkerrigan@lt.life](mailto:pkerrigan@lt.life)) for more information!

