



Swim Meet Tips & Reminders

Courtesy of Coach Mar (2017) ☺

Things to bring:

- Swim Suit, Cap, & Goggles (1 Piece suit for girls, jammers/speedo for boys, back-up caps and goggles, and suit)
- Baby/Talcum powder (helps preserve cap, makes easier to put on)
- Towels (2)
- Something to sit on (Old blankets, sleeping bag, fold out chairs)
- Sweatshirt/sweatpants (It's pretty chilly in the mornings)
- Change of clothes for after the meet
- Entertainment in between races (Cards, games, music, books, etc.)
- Healthy Snacks/drinks (granola bars, fruit, sandwiches, crackers, fruit juice, gatorade, water)
- Sunscreen and/or hat

Night before:

- Eat a solid, healthy dinner
- Get a good night's sleep
- Pack everything the night before

Day of:

- Show up on time so you are not scratched from the meet. If there is an emergency let a coach know ASAP
- Check in w/ your coach to confirm your events for the day
- **PARENTS:** If you signed up for volunteer positions you will be briefed on how to do your job prior to the meet
 - Make sure swimmers stay warm/covered up between races (and in the shade when it heats up)
 - Make sure swimmers stay fueled with healthy snacks/drinks throughout the meet
 - Pay attention to when swimmers are called to the "Ready Bench"
 - It is the swimmer's/family's responsibility to know what and when they are racing (Listen for the announcer)
- **Sportsmanship:**
 - After a race, stay in the water until everyone in your heat finishes
 - Shake hands with swimmers in the lanes next to you
 - CHEER LOUD for your teammates! NO booing or jeering of any opposing swimmers!
 - Ask your timer for your time! Great way to gauge your improvement!

Most importantly; SWIM FAST, WORK HARD, AND HAVE FUN!!! ☺

If you have any other questions, don't hesitate to ask a coach!