

WHAT TO BRING TO A MEET

In case you are new to the swim team world... here are some suggestions to make your day a little easier:

- Team Suit - Backup suit not a bad idea
- At least 2 towels (the kids are in & out of the pool)
- Goggles (extra pair for backup - they break at just the wrong time)
- swim cap(s)
- sunscreen
- sweat pants & sweat shirt
- layers of clothing for multiple temperatures
- hat / sun glasses
- sleeping bag (to hang in when its cold & sit on later)
- healthy snacks and drinks like water and gatorade (there will be a concession stand also)
- books / games
- DS player or other device (to make time go fast between races)
- small medical kit: bandaids, antibacterial cream, any meds your kid may need
- folding camp chair if you don't want to sit on the ground
- don't forget your camera!

And of course, a good attitude - its a long day with an early start, but loads of fun if you choose to make it so.