

If you have any questions, don't hesitate to ask your coaches, or admin for help.

**CHECK IN:** When you first get to the pool, look for Cathy, Beth, Susan, or the volunteer parent waving the colored cards. The card will have your swimmer's individual events listed. The coaches will organize relays based on the swimmers who check in at the meet. PLEASE don't leave the pool without telling your coaches. You may be in a relay.

**WARMUPS:** Swimmers are to be ready with cap and goggles on at the designated time (see event information). Coaches will call swimmers to the starting end of pool for STEP IN.

**SPORTSMANSHIP / ETIQUETTE:** Please remind you swimmer that after every individual event heat, he or she should:

1. Stay in the pool until the last swimmer in the heat has touched the wall (unless the meet referee tells them to exit the pool for some reason).
2. Congratulate the swimmers in the lanes next to them- "Great swim!" "Good job!"
3. Thank the timers at the end of his or her lane. Swimmers may ask them for their time from the watch if they want to.
4. Look at their Rapids coach before going to their parents. Often the coaches would like to talk to the swimmer immediately after the race for a few quick pointer and/or words of praise.

### **Swim Meet Checklist**

Swimmer:

\_\_\_\_\_ Swimsuit  
\_\_\_\_\_ Goggles  
\_\_\_\_\_ Swim cap  
\_\_\_\_\_ 2 -3 towels, at least  
\_\_\_\_\_ Change of clothes- don't forget undies  
\_\_\_\_\_ Sunscreen  
\_\_\_\_\_ SMILES and GREAT ATTITUDE

Parents:

\_\_\_\_\_ Sharpie (if you want to write events on swimmer)  
\_\_\_\_\_ Extra sunscreen  
\_\_\_\_\_ Folding chairs- (some pools allow pop-up tents in designated areas)  
\_\_\_\_\_ Coolers with Gatorade, water, healthy snacks (if allowed) or \$ to purchase  
\_\_\_\_\_ Lots of hugs and support  
\_\_\_\_\_ Volunteer attitude

Optional items:

Spare suit, goggles, and cap  
Card games, or similar  
Sweats, blankets for night meets or for higher elevation pools  
Cameras- consider waterproofness and value of camera in decision