

### Swim Meet Survival Guide

This is a quick reference for new swim families to get an idea of what to expect and what gear you might need at swim meets. This is only a guide, please do not feel like you need to purchase all of this. You may discover that you only need some of this or you might want it all.

#### The Swim Bag

In addition to the routine stuff to bring to practice (swimsuit, towel, goggles and cap), you will want a few more things for a meet. Here's a basic checklist:

- Extra-large towel or blanket for your swimmer to keep warm between races or sit on, if necessary;
- Towels...an extra one won't hurt;
- Loose-fitting, comfortable, dry clothing to wear in between races;
- Sunscreen (remember to apply before they hit the water and prepare for re-application during the day);
- Backup goggles/cap.

#### Stuff to do:

Swim meets can be long days for kids (and parents). Being prepared with activities to keep your swimmer(s) occupied while they wait for their races is important. An activity bag keeps kids happy and busy while they wait for events. Since rest is important, especially at the long meets; here are some suggestions for quiet and fun activities:

- Electronic handheld games (don't forget ear buds or headphones)
- Cards, Travel Games, etc.
- Books, coloring, drawing pads, etc.
- iPod, iPad, etc.

*Remember:* label all your items and keep an eye on your things! We're in public, where there are many people who are not always paying close attention. Theft can happen anywhere.

#### Accommodations

As I said earlier, swim meets can be long days. It's hot, sticky, and a lot of waiting around. To keep yourself comfortable, you may want to consider bringing some of the following:

- A comfortable folding chair (rock-hard pool decks and unforgiving bleacher seats get uncomfortable quickly)
- Ball-point pen, sharpie, highlighter
- Book, paper, magazine
- Popup/easy-up (shade from the sun is critical)
- Speakers are fine, just keep volume down and remember that there are kids around. 😊
- No pets allowed; service animals permitted

## MODESTO MAVERICKS MEET SURVIVAL GUIDE

### Food/Drinks

You and your swimmer(s) will get thirsty and hungry. A cooler for food/drinks is important. Packing things such as:

- Water
- Sports drinks
- Bagels
- Sandwiches
- Veggies and fruits
- Granola bars
- Yogurt

FLUIDS ARE VERY IMPORTANT! Even slight dehydration can cause cramping, fatigue and a bad swim meet experience. Encourage your swimmer to hydrate all day long. Moderate your child's food intake. You know your child best.

Swim meets start early and setup/warm-ups are even earlier. Make sure your swimmer(s) get a good night's sleep. If this is an away meet, plan your drive ahead so you know how long it will take.

### Day of Meet:

- Please be sure to arrive at least 15 minutes prior to warm-ups to check your swimmer in for the meet. This is critical! If you do not check our swimmer in on time, they could be scratched from the meet.
- If you have committed your swimmer but are unable to make it due to illness or other emergency, please let someone know ASAP. Many swimmers are included in a relay and its heartbreaking having to scratch a relay because of a no-show. Relays can and will be rearranged, but we need time to do that.
- After you check your swimmer in, you can come back to get their events. This will ease the crowd during check in. Markers are available if they want to write their events on their arm.
- Heat and lane assignments are posted on the fence of the pool deck.
- Home teams will provide food vendors if you'd like to purchase food. The vendors do give a percentage of sales that day back to the team.
- Make sure you're there to cheer your swimmers on! That's why we're here and they love seeing you there. Bleachers are located at the end of the pool deck, but we ask that you sit there only while your swimmer is in the pool. This gives all parents the chance to see their swimmers do their thing!
- Only coaches and board members may contest results. If you feel that there was an error in your child's event, calmly bring it to either a coach or board member. We can speak to referee, if necessary.
- Swim meets go so slow and so fast at the same time. One minute you could have 10 events before yours is up, the next minute they're doing final call for your swimmer's event. Listen for announcer.