

# **Cabana League CHAMPS**

## **Coaches to Swimmer/Parent**

### **Information Sheet**

1. The meet is pre-seeded. Swimmers do not have to check-in.
2. Warm-up is important. This is a new pool so be on-time for your age-groups' warm-up slot. Get used to the pool and practice your starts.
3. Warm-up/warm-down lanes will be open throughout the meet.
4. The meet will be long...stay out of the sun as much as possible. Wear sunscreen and a hat when you are out and about.
5. Bring a Sharpie to write 10 & Under swimmers' name and events on arms. Instructions on next page.
6. Limit running around/stay put as much as possible/play computer games/cards.
7. Hydration...Drink plenty of water and/or electrolyte replenishing fluids (ie, Pedialyte Sport, Gatorade, Body Armor, etc).
8. Limit sugar/candy/chips. Eat as healthy as possible. There will be plenty of food trucks. Pack your favorite snacks. Have your biggest meal during your longest break.
9. Bring a spare cap and goggles. Make a plan with your swimmer in the event their goggles break or their cap rips right before their race. They can swim without those things. If they know the plan, they won't panic.
10. Stay until the end of the meet.
  - *Freestyle relays are not set, plus if someone gets sick, we'll be looking for replacements. You may be in a Free Relay!!*
  - *Trophies are presented to the teams at the end of the meet. Stay and celebrate our Dual Meet Championship and (hopefully) a CHAMPS win!*
11. Parents are not allowed in Clerk of the Course or on the pool deck. Parents are not allowed to talk directly to an official. If you have a problem understanding a DQ talk to your Coach, only if your Coach is available.
12. HAVE FUN!!!

### ***10 & UNDER SWIMMERS***

Please write your swimmers' names on their arms, like the example below. This helps the Clerk of the Course, which can be loud, identify swimmers quickly and efficiently. Sunscreen tends to make the Sharpie disappear quickly, so plan to re-write throughout the day. Clerk of the Course will have Sharpies and can help the swimmers. You can also use tattoo or surgical ink pens if you'd like. Also, write their event numbers on their hands.

