

The first few meets can feel overwhelming. Lots of people, controlled chaos, and add possible volunteer shifts on top of trying to keep track of your kids for 4 hours... it can feel like a lot.

And then the swim team season ends and you think, I CAN'T WAIT TO DO THAT NEXT YEAR! Seriously.

Here are some details on how meets work.

- **Swim meets “start” in the evening but your swimmer(s) will need to be there earlier for warm-ups.** We will send out e-mails and post on FB before each meet with the specific time, as this can change based on whether it is away or at home.
- **Thinking of skipping the warm-ups? Please don't.** (Carpools are really helpful here!) Warm-ups allow the kids to put their stuff down in the LSC section of the grounds, warm up their muscles, and get familiar with the pool if it's an away meet. Just as importantly, warm-ups help the kids swim off some of those pre-meet jitters. And finally, it allows the coaches to check the line-ups and make sure relays are complete.
- **Your swimmer should eat something before the meet, preferably carbs.** Bagels with cream cheese, pasta, a non-sugary cereal, a light sandwich - you get the drill. But, you'll also want to either bring food for snacking through the meet (nuts, fruit, etc.) or bring cash for the ever-popular Snack Bar. Every pool has fun food that it sells... just make sure you wait to buy the Frito Banditos AFTER your swimmer has finished their events.
- **Bring more than one towel.** After three events and one to go, it's no fun to sit in a soggy cold towel. I usually have three on hand, plus a bathrobe or cozy jacket can go a long way in keeping your swimmer warm.
- **Don't forget a water bottle, sunscreen, along with your swimmer's “uniform”: suit, cap and goggles.** A few camping chairs to sit in can be helpful. A few boss families bring their own sport-tents for shade (ahem, pre-COVID... not sure what this will look like in 2021).
- **Swim meets have 72 events. Wow, that sounds like a lot, doesn't it? Just kidding. There are actually more than that!** There can also be several heats for many events, which means the swimmers are racing for time but not points. (The last heat of the event is the scoring heat.) If there is more than

one heat for a race, make sure you know which heat your swimmer is in. Finally, Speedy Sixers generally get to swim a few events at their home meets. Whee!

- Take a look at the Heat Sheets that are always posted around the pool for the events, and take note of the Event Number, Heat Number, Lane Number, and the event itself (50 Free, Medley Relay).
 - Then get ready to listen to the announcer! They make several calls for each event (e.g., “First call for event number 5, Girls 8 and Under 100 Yard Medley Relay”).
 - Once you hear the event being called, your swimmer should be headed to the blocks behind the lane where they will be swimming and check-in with the timers to make sure they’re in the right place.

- Finally, if you have questions, ask other LSC families. We are a team, and that means we are here to support you. We want your swim team experience to be a great one. We want your kids to agree with you and say, “I can’t wait to do that next year!”