



New Swimmers: First Meet

We've developed a list of what you need to do in order to prepare your new swimmers for their very first meet! (See: *Swim Meet Cheat Sheet for more info*)

Standard Meet Preparation:

- Register your swimmer for the meet before the deadline!
- Check your email!! We will send out meet information ASAP weekly!
 - Write all of your swimmer's information in permanent marker on their arm before arriving at the pool.
 - Include: **Event #** **Event Name** **Heat** **Lane**
 - In doing this, your swimmers can keep track of their events as the meet goes on, and be ready when their coordinators come looking for them.

New Swimmer-Specific Preparation:

- Remind your swimmer that the purpose of the meet is to have fun!!
- Introduce yourself and your child to their Age Group Coordinator.
- Stay with your child and listen for their event number to ensure they make their race!
 - The coordinators will be doing the best they can, but are responsible for organizing a lot of swimmers, so being conscientious of this is helpful.
- Remind your swimmer that you are not able to bring them directly up to their lane, but will be watching from the side!
- 8 & Unders only swim 25's, so waiting at the other side of the pool for them (out of the way of timers and coaches) is not a bad idea either!
- Allow the coaches to work with them as necessary, and do not interfere with that process.
- Always tell them good luck, and always tell them how proud you are of them for doing a great job!