



RUSHMORE SWIM TEAM

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Dear Tsunami Swimmers and Parents,

Congratulations, your first swim meet is finally here! This will be an exciting time for all of us. We know this can be a bit scary and intimidating. For that reason, we recommend hanging around an "experienced" family. This will help you answer any questions and ease any anxiety you may have about swim meets. We have found the best way to learn is through experience and asking lots of questions...don't hold back. Most importantly, we want swimmers to have lots of fun and do their very best!

THINGS TO BRING:

1. Team suit, team swim cap, goggles (2 pair if possible in case one breaks)
2. Parkas, sweat suits, long or short sleeve T-shirts, and socks/sandals
3. 2 towels (one for warm-ups/during the meet and one for shower after the meet)
4. Cooler and plenty of water, healthy snacks, and a sandwich or two
5. Camp chairs or bleacher seats (depending on the meet location)
6. Sharpie permanent marker (black or blue preferred)
7. Bring a highlighter & pen to mark things in your meet program
8. Cards, games, and books to occupy time between events.

Get a good night's rest because morning comes fast. Ensure you are on time for warm-ups. If you are unable to make it to warmups, reach out to the coach(es) supporting the meet and let them know. We recommend not skipping warm-ups in order to get more sleep. Coaches take attendance at this time and you could be dropped from your events or relays.

Please send your swimmer to talk to their coach before they swim EACH event. Make sure they have plenty of time to talk to them and still get behind the blocks so that they don't miss their event. Right after EACH event, swimmers should go talk to their coach as well.

It can get extremely hot in the stands, so we recommend dressing in layers for winter meets. When you arrive at the meet, find the team camp. This will allow you to get any questions answered, facilitate team bonding, and will allow coaches to quickly find swimmers, as needed.

MEET PROGRAM: They will be selling programs at the meet (usually around \$10). Once you have a meet program, find your swimmer's Events, then find their Heat and Lane, so you can write them on your child's hand or arm (with a Sharpie pen) to remind them during the meet. You should also highlight and mark the program for your swimmer's events, so you can easily find the info during the meet.

AFTER YOUR LAST RACE BEFORE YOU LEAVE: You don't have to stay the entire meet. Please have your swimmer go find their coach to tell them you're leaving. This gives the coach the chance to remind you, if you forgot, that you are on a relay or if you have another event to swim.

MEET RESULTS: Results will be posted on a wall and you can get the swimmers' times off this sheet. If you notice any errors please come tell the coaches; so they can go to the timing table and ask for clarification. Coaches should be the only ones to address the meet officials. Ribbons are usually given out at the following Monday's practice, but sometimes due to length/time when we travel home from a meet we may not have them ready on Monday, but we will get them to you as soon as possible.