

## **The Day of the Meet**

### **Breakfast**

Make sure to start the day with a healthy breakfast. Following are some ideas of light, high-carbohydrate breakfast meals or snacks. Many of the foods can be put in baggies for eating on the way to the swim meet or shortly after arrival if your child's appetite for breakfast hasn't quite kicked in.

- hot or cold whole grain cereal with fruit and milk
- pancakes with syrup, fat-free yogurt, and strawberries
- toasted whole wheat waffle topped with fruit and yogurt
- smoothie made with yogurt, low fat or nonfat milk, or soy and fruit or 100% fruit juice
- whole grain toast with peanut butter and jam, 1% chocolate milk
- whole grain bagel with light cream cheese and jam, fruit and juice
- whole grain crackers, cheese stick, banana, and fruit juice
- bran muffin, yogurt, and berries
- leftover cheese pizza slice and orange juice

### **Warm Ups**

We ask that swimmers arrive ten to fifteen minutes BEFORE their assigned warm-up time. Please make sure you check in with the coach who is at the meet. This will give them enough time to locate the Club's rest area, and stake out their space within that area by laying out their sleeping bag, blanket or large towel. Then, locate the locker room and pool area (there'll be signs if it's not readily apparent where these are), have your swimmer change into her/his suit (many wear their suits to the meet under their clothes to save time) and be on deck ready to get in five minutes before warm-ups begin. We generally have a team cheer ten to fifteen minutes before the actual meet starts during warm up. We will announce when and where to meet for the cheer during warm up.

### **Heat Sheets**

Use the heat sheet, to locate all of your swimmers events. Don't forget to check the relays as well! Most swimmers write their events on the back of their hand or inside forearm for easy reference. This need not be anything elaborate; often it is a simple notation something like this:

E37- H4- L3 50FL  
37 is the number of the event –  
4 is the 4th heat of event 37 –  
3 is the swimmer's lane assignment for that heat.

Thus, the above notation reminds the swimmer that he / she will be swimming in Lane 3 of Heat 4 of Event #37 the 50-yard Butterfly. 50FL, the 50-yard Butterfly Commonly used notations are:

NOTE: Hairspray can aid in removing the writing after the meet. (Many swimmers like to leave it on. The faded writing is a badge of honor for many, to be proudly displayed the following Monday at school... as

in: "What's that" (Swimmer responds, proudly showing forearm) "That's from my swim meet on Saturday; I'm a SWIMMER!"

## **The Race**

### ***Before a Race***

During the meet a swimmer is responsible to pay attention to when it is time for their race. A swimmer needs to check in with the coach before each race. We will give the swimmers something to focus on during their event. After checking in with your coach and warming up if needed, a swimmer must be ready to swim behind the blocks at least 2 heats before their event.

### ***After the race***

After each race the swimmer needs to check in with their coach to talk about the race. After checking in with the coach the swimmer will then swim a short cool down.

Before leaving the meet make sure you check in with the Coach at the meet, to make sure you are not going to miss any events (or if there are any relays).