



I'm signed up to swim at a meet, now what?

First time racer? Here are a few hints to help make the day a great success!

What to Bring:

- 2 towels
- a sweatshirt AND sweatpants...*you MUST stay warm!*
- your TOSA cap, goggles and suit
- money for snacks or **HEALTHY** snacks →
- books, I-pad, I-phone, cards, homework
...something to help pass the time
- an outfit to ride home in

Some ideas include:

*Pb & J sandwich
fruit
trail mix
hard boiled eggs
crackers
Popcorn
pretzels
yogurt
celery & carrots*

What NOT to bring:

- A bad attitude
- Anything you aren't willing to part with
- Junk food

The Night Before/Morning of:

- Get a good night's sleep (8+ hours)
- Eat a yummy pasta or potato meal (no junk food!)
- Eat a light but energy rich breakfast
- Make sure your bag is packed

...don't rely on Mom & Dad to do this. They aren't swimming—you are!

What to Expect:

- **Warmups:** Arrive at the pool and look for your team and coach. They will be all together for warmups. Warmups are CRAZY busy so, find your coach and jump in the water—your team will protect you from the others!
- **Parents:** expect to pay roughly 6 dollars total to enter the meet. Spectators are not allowed on deck, and the host teams usually charge a fee to sit in the stands and purchase a program. This is good to do so you can follow the events being raced and to know when your swimmer is swimming.
- **After warmups:** GET WARM and STAY WARM! Get your “Events/Heat/Lane/Stroke” tattoos written on your arm and hang out with your team. Usually your coach will pull everyone aside for a cheer or to give a pep talk—pay attention and be respectful.
- **During the meet:** You will hear a lot of bells and whistles. A lot of shouting and of course, swimming! Ask a coach if you do not understand what is happening. Watch the other racers and watch your team mates to see how early they get ready for their races. Ask them for help too. They will know how to help you. **DON'T MISS YOUR RACE!**
- **Your races:** Be a good sportsman. Shake your opponents' hand. Congratulate each other. Wish them good luck at the blocks. Even if they don't return the kindness, you are a TOSA swimmer, and you are expected to treat everyone with great respect.
- **Talk to your coach:** Before and after your races you must check in with your coach. Often times, you need to be reminded of important things like two hand touches, flip turns, etc.
- **HAVE FUN!** Racing is 80% mental by the time you get to race day. A bad attitude, pressure to perform and nerves will cripple any star athlete. Remember that all your hard work is now paying off. Cut yourself some slack and have fun while you're killing it in the water!

After your races:

- Stay and cheer for a little bit, but then, it's time for you to go home and rest. Eat a good meal (no fast food!), drink water and take a nap or get a good night's sleep. Your body needs fuel and rest to perform at its peak. Be kind to yourself after all that hard work!