

## **WHAT TO BRING TO A MEET**

### **SWIMMERS:**

-Sleeping bag or blanket, pillow, chairs, food and drink (No junk food, carbonated drink or dairy products) money (for concession stand) combination lock (if swimmer wants to leave things in a locker room) games, homework, crafts, books, etc.

-Swim bag which includes the following; Team suit, extra suit for drag or in case team suit becomes ruined, towel(s), sweat suits or comfy clothes, goggles (extra goggles in case 1 breaks), team cap(s), personal hygiene items (shampoo, soap, brush, etc.), extra set of dry clothing to wear home.

### **PARENTS:**

Chairs, pen/highlighter, busy work (book, needlework), permanent marker to write events on swimmer's hands, cooler for food and drink

### **NOTE:**

Label all your items especially the team suit (write on the tag). Parents wear light clothing as it is hot/humid indoors. Please refrain from bringing items like footballs, frisbees, etc., that can cause injury in the staging and bullpen areas. A sturdy laundry basket or family tote may be useful for toting swimmer's belongings.

## **WHAT TO EAT AT A MEET**

### **GENERAL INFORMATION:**

Good daily nutritional habits are best long-run insurance. For individual suggestions of do's and don'ts as to what to eat, or how long before an event a swimmer should eat, consult a coach. Most coaches advocate no eating one-hour before an event, since blood is in the stomach digesting food instead of in the muscles where it is needed. High carbohydrate intake is proven to enable the swimmer to store energy needed for races. Cereals, rice cakes, and bagels are the best source of energy before and during meets. Avoid fats – they take too long to digest.

### **ITEMS TO PACK IN THE COOLER (if coolers are allowed because teams use concessions to make money):**

Vegetables, crackers, bagels, fruit, rice cakes, sports drink, water, soda for PARENTS ONLY! Swimmers should not drink caffeinated/carbonated drinks because they can cause dehydration.

### **SET-UP**

Traditionally every meet we attend there is a team camp, typically ask front desk if a team representative is not greeting you when you walk in.