

# MANTA RAYS SWIM TEAM

## HOME MEET CHECKLIST

### THE NIGHT BEFORE

- Pack ALL your swim stuff (caps, goggles, extra suits, towels, etc...) BRING EXTRAS!!!
- Pack ALL your extras (games, books, blankets, etc...)
- Eat a GOOD dinner (nothing heavy or that is out of the ordinary your kiddo)-YOU NEED FUEL IN THE TANK TO SWIM WELL & FAST!
- Go to bed early or at normal time!

### THE MORNING OF THE MEET

- EAT a GOOD BREAKFAST (again, nothing heavy or that you don't normally eat).
- Bring everything you packed the night before!
- Warm-ups are at 8 am! Manta Rays should be at the high school between 7:30-7:45 am (unless parent has an earlier arrival time due to job assignments)
  - Swimmers should check in at the table located just outside the Cafeteria.
  - Parents should check in for their job (regardless of when you are working) at the table in the pool area in front of the pool office.
  - Set up Camp first! Muscatine Camp is in the Cafeteria.
  - Swimmers should be in their competition suits (caps on, goggles) no later than 7:55 am. This allows us to do dry land warm-up, get headsets on and be in the water at 8 am!
- After Warm-Ups:
  - Get dressed! Stay warm. EAT (not junk and not all the time-YOUR BODY NEEDS FUEL). DRINK (stay hydrated)!
  - Hang out in camp until it's time for the National Anthem.
  - Have your parents (or if coaches are available) write your event numbers on your arm. NO OTHER WRITING CAN BE ON THE BODY!
- National Anthem: Coaches will come get all swimmers so we can stand together during the singing of our National Anthem.

### DURING THE MEET

- Watch for event numbers being called to Staging areas! Swimmers should report to the Swimmer hallway when their event numbers are posted.
  - Kids will be in staging for a good chunk of time before they actually swim their events.
  - Parents are NOT allowed in Staging areas! Coaches try to stay with the rookies and younger swimmers as they travel through staging areas.
- After your swimmer has swam:
  - They should come talk to the coaches on the Lane 6 side of the pool (again, this is an off-limit area for parents unless they are working a job on that side of the pool) before they go back to camp.
  - Once back at camp: Get dressed, stay warm and rest.
    - Stay in camp unless you are coming to the pool to cheer on other swimmers (which we encourage!!!). Do not run around in the hallways of the high school. Stay off the Science Stairs and out of the gyms!
    - Keep fuel in the tank!! (This means eat good food-not junk).
      - Good snacks to eat: granola, fruit, cheese sticks, meat sticks/jerky, yogurt, veggies, fruit snacks, peanut butter, nuts, etc...you get it.
- Between events:
  - Watch other races & cheer on your teammates!
  - Read, color, do homework, play games, listen to music, etc... Keep yourself entertained, but don't exert lots of energy. Save your energy for your swims!
- HAVE FUN!!!

### AFTER THE MEET

After your swimmer has swam their last event, unless you are still working a job, you are free to leave. If you are working a job that goes until the very end of the meet, you will need to stay and help clean up your area. We ask that you pick up your camp area (all garbage, belongings, etc...) before you leave as well!

The following week at practices, swimmers will need to check their folders (located on the pool office window ledge in milk crates) for any awards! Swimmers 10 & under should have a parent check their folder! We will not replace lost or misplaced awards if your swimmer takes them but they don't make it home!