

MANTA RAYS SWIM TEAM

SWIM MEET CHECKLIST

THE NIGHT BEFORE

- Pack ALL your swim stuff (caps, goggles, extra suits, towels, etc...) BRING EXTRAS!!!
- Pack ALL your extras (games, snacks, 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!
- Know when warm-ups begin for our team (this will vary on meet location)!
- Set up Camp (again, this will vary by location).
- Be ready for warm-ups!
 - Know your event numbers, distances, strokes, heats and lanes (these will be on an events list posted on the team website or given to parents/coaches/swimmers the morning of the meet-you can also find these in a meet program aka "Heat Sheet").
 - Swimmers should be in their competition suits (caps on, goggles) at least 5 minutes before our scheduled warm-up time. This allows us to do dry land warm-up, get headsets on and be in the water on time!
- 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, if you haven't done this already. 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.

HOME MEETS

- 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 same table for Swimmer Check-In.
- Set up Camp! Muscatine Camp is in the Cafeteria.

AWAY MEETS

- Warm-Up times will vary and we may have to share the pool with other teams.
- Parents may not be allowed to escort their children to the coach on deck-this varies by facility, but in general deck access is limited to swimmers, coaches, officials and other meet personnel.

DURING THE MEET

- Know the meet procedures for calling swimmers to their events (this varies by location).
 - Some teams use a staging area often called the Clerk of Course, the bull pen, Ready Benches, or Ready Wall. Some locations don't use staging at all!
 - For the first few meets, coaches will help younger/rookie swimmers make their way through staging areas, but we can't be with everyone all the time so at some point they'll need to figure it out on their own.
 - Parents are NOT allowed in staging areas.
- Watch & listen for event numbers being called to Staging areas!
 - Swimmers should report to the staging area when their event numbers are posted/called.
 - They should have their cap and goggles on and know what they will be swimming.
 - They will be in staging for a good chunk of time before they actually swim their events, so they should still have clothes/parkas/robes on so they can stay warm.
 - We strongly recommend they use the restroom before reporting to staging (trust us on this one).
- After they swim each event:
 - Swimmers should stop and talk to the coaches-this is the best time for us and your swimmer to talk about what went well, what could be better and make sure they had fun!
 - **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!!!) or use the restroom.
 - Keep fuel in the tank!! (This means eat good food-not junk).
 - Good snacks to eat & drink: water, Gatorade (commercial sports drinks), granola, fruit, cheese sticks, meat sticks/jerky, yogurt, veggies, fruit snacks, peanut butter, nuts, etc...you get it.
 - Avoid lots of sugary snacks, heavy/greasy foods, energy drinks and so on!
- Between events swimmers should:
 - Conserve energy, stay warm, stay hydrated and fueled. Wear shoes whenever you walk around!
 - 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-you need your energy to swim well.
- HAVE FUN!!!

HOME MEETS

- Coach tables are on the lane 6 side of the pool!
 - This is an off-limit area for parents unless they are working a job on that side of the pool.
- Swimmers should come talk to coaches after each swim before they return to camp.
- No one is allowed in the main gym or other areas not reserved for our swim meet at the high school.
- The Science wing stairs are OFF LIMITS! Anyone caught on the stairs may be ejected from the meet.
- No running in the high school hallways
- Adults should use the restrooms across from the cafeteria
- Swimmers should use the pool locker rooms for changing.

AWAY MEETS

- Check the meet announcement for off-limit areas of the facility and other safety requirements.
- Coach locations will vary, sometimes coaches may need to come to the swimmers after their events if deck space is limited.
- We strongly recommend wearing shoes (crocs, flip-flops, slides-easy on/off shoes). Don't go barefoot!

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! Coaches are not responsible for lost and found items or cleaning up after you!

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!