

# Swim Meet Survival Guide

Arrive early for warm-ups on the day of the meet – coaches will remind you of the exact time. **Swimmers are expected to be at the team warm-ups. Please be on deck, ready to swim 5 minutes prior to warm-up time!** If you are not there, you risk being scratched from the meet, especially the relays.

## Before the Meet:

- Check the meet entries sent via email. It is important to know what events you are swimming. Make sure you check the **RELAYS** also!
- Print the heat sheet emailed to you (this is the meet program to follow along with throughout the day) - highlight swimmers events.
- Get a good night of **SLEEP**.
- **EAT** a great breakfast!
- Check the entries again when you **ARRIVE** at the meet. Look for any changes!
- Know the meet schedule, when and if there are breaks. Pay attention to what event number the meet is on - it moves **QUICKLY!**

## What to Bring to the meet so you come PREPARED!

- Team swimsuit
- Goggles (2 pairs... just in case!)
- Swim cap
- Sweatshirt, sweatpants and/or a swim parka.
- Towels (at least **TWO**...extra ones are nice to have at end of the meet)
- Extra clothes – have clothes or a robe for your swimmer to wear between events. **COLD SWIMMERS** do not perform well! Sweats or loose-fitting clothes work best. Tight clothes can be hard to get on and off if the swimmer or the clothes are wet. These clothes will be wet by the end of the meet, so you might want more dry clothes to wear home.
- Camping Folding chairs (so parents have somewhere to sit)
- Picnic blankets (so kids have somewhere to sprawl)
- Food and drinks... especially **WATER!** Concession stands offer a variety of offerings but plan to bring some favorite items from home. Pack nutritious snacks that are high in carbohydrates and complex sugars, including bagels, fruit, granola bars, etc. Simple sugars/candy should be avoided. Bring plenty of drinks (water, Gatorade, chocolate milk, etc.), as swimmers do get dehydrated. Avoid carbonated beverages.
- Entertainment - there can be long periods of time between your swimmer's events depending on what they are swimming and how many swimmers are at the meet. Take something for them to do, including books/magazines to read, cards, activity books, electronic games, tablets, etc.

### During the Meet:

- Know your event numbers, heat and lane. Write them on your swimmer's hand or arm with a Sharpie.
- It is YOUR responsibility to know what events you are swimming. Events will be posted at the meets. They will also be announced over the loudspeaker and/or displayed on the **EVENT CALL** board. **PLEASE PAY ATTENTION**. Remember the meet moves **FAST!!**
- Swimmers must remain in the resting area – swimmers should be resting between events as a team. It is important we know where our swimmers are if we need to find them for an event. We are also representing NLY; no running around, no hanging in the locker rooms. It is also important swimmers do not remain on the pool deck throughout the meet – only arrive behind the blocks when it is announced. Being TOO early can confuse swimmers and make it too loud behind the blocks.
- First Call (Event #) on the call board – you should go to the heating area, ready to check-in and line up for your event.
- Last Call (Event #) on the call board – you should be in heating, if not, you are **LATE!!!**
- Listen to the announcer.
- Talk to your coach before you head to the heating area. They will let you know how to prepare for the event you are about to swim.
- Give your name to the timers (this will ensure that your swim will be recorded properly under your name).
- After your event, **GO** talk to your coach about how you did!!

### After the meet:

- **CHECK** your swim bags - use the inventory of what you packed to make sure you are going home with everything you brought.

### Things to REMEMBER:

- Show **GREAT SPORTSMANSHIP!** Congratulate the other swimmers in your race. Shake hands with them across the rope after your swim.
- **CHEER** for your teammates and swim buddy!
- Show respect to the Meet Officials, and workers. They are volunteering so you can swim!
- Keep your team area clean. Pick up trash and belongings before you leave the meet.
- If your swimmers are in the 8 and under group, PARENTS please be sure that they are in the marshalling area early. Look for the **RELAY MARSHALLER**, and know the events that you are swimming. (**REMEMBER** to write your event #'s on your hand or arm!)
- **DO NOT** leave the meet before you finish your events and **CHECK OUT** with the coaches. Even though a swimmer may not have been listed in an event, sometimes **LAST MINUTE** changes occur during the meet and you might be scheduled for another event. (i.e. Free Relay)
- **CHECK WITH THE COACHES BEFORE LEAVING THE MEET!**

## **PARENTS:**

Please understand that your child may need your help during the meet. Help get them to get to their events on time. Also, remind them to talk to their coaches **BEFORE and AFTER** their events. We have a few coaches and over 50 swimmers, so please help them out!

Parents/spectators are not permitted to be on the pool deck. There will be a spectator viewing area. Meets are very hot; wear breathable attire so you don't overheat. You can also stay in the rest area with your swimmer and go into the viewing area during their events.

Parents are not allowed to speak to the officials or meet directors directly. This is for the coaches to do. If you have questions, go to your coach. Mistakes happen, coaches will be informed by the end of the meet of any disqualifications and will go over them with swimmers. Please remember, if it is not a question that needs immediate attention, wait until after the meet to talk to the coach.

**AWARDS:** Awards are different at every meet. Some meets will have heat winner awards – if a swimmer wins their heat, they are responsible for collecting the award immediately following their heat from the timer. Overall event awards will be given to the coaches at the end of the meet and distributed to swimmers at the following practice. Results will be posted at the meet and sent via email following the meet. Some meets, such as State Finals, swimmers are responsible for collecting their own awards – coaches will remind swimmers/parents if this is ever the case.

**CONGRATULATE** your swimmer on their **AMAZING** effort! Have **FUN!**