**Helpful Hints for your First Swim Meet**

**What to Bring**

* Most likely there will be a snack bar, but it can't hurt to bring snacks/food that are easily digestible and good energy food.
* If it's on the cooler side, you may want to bring a long sleeve shirt, sweatshirt or jacket and possibly two towels for your swimmer.
* If kids or parents have any Aulea shirts or hats, it’s fun to wear them to represent your team.
* Can’t hurt to have rain gear – you never know what the weather will be like in a different part of the island.
* For meets at VMAC and most other locations, you will want to bring chairs and/or blanket for parents and possibly kids. We set up tents on a grassy spot and most parents have chairs.
* Aulea does not have a required swim suit or does not require a swim cap. However, the team prefers that the kids wear an Aulea swim cap so coaches and anyone taking photos for the team can easily see them. Our colors are black and red, so many of the girls wear black/red bathing suits, but again, it's NOT required.
* Bring a sharpie to write on your swimmer’s arm and possibly a highlighter to highlight your child’s events on the heat sheet.
* Bring a book or magazine if you'd like - there's a lot of downtime!
* If you child forgets goggles or swim cap, often the equipment manager or coach has them available for sale.

**When You Arrive**

* Plan to arrive at the pool a few minutes before the warm-up time for the meet. That time is listed on the schedule or Meet Announcement.
* Look for the Aulea tent and hang out with other Aulea families. There are lots of new swimmers but also lots of experienced swimmers/families, so introduce yourself!
* The coaches will run a warm-up including dives. Look for your coach (or if he/she isn’t there, report to another Aulea coach). They will be in charge of the kids for warm-up.
* When you get there, you'll want to buy a Heat Sheet which will tell you which EVENTS your child is in (you'll already know that from the entry report) - and also what HEAT and LANE. Ask an experienced parent/swimmer for the best way to write this info on your child's arm. That way, the kids walk around with the info they need.
* Each team is required to supply timers so if you are able to volunteer, please do so. Someone will train you. It's easy and many people like doing it.

**Events**

* Sometimes the coach will look for your child several heats away to give them last bits of advice. It's a good time for your child to get collected.
* Kids should make their way toward to the starting area a few heats before their heat. Parents are not encouraged to go with them, although for the first time, you can help them get to where they need to be.
* Swimmers are often asked to check in with the timer for that lane before their event.
* After the event, swimmers should ask the timer for their time and then report to their coach to give them the time (if it’s not posted electronically) and for any followup.
* Swimming is a very technical sport and many kids in their first meet get disqualified (DQ'd). If this happens, make sure your child knows that it's very common and not a big deal. Ideally, find out why they got DQ’d so he/she can learn from it.
* If you child is entered into an event for 8 and under, often those events are combined with the 10 and under. However, the 8 and under will be put in the same heat together so your child will be swimming against kids his/her age.
* Relay teams may be changed the day of the meet by the coaches. The coaches will tell your child what they are swimming in and in what order. Before you leave the meet, be sure to check with your coach to find out if you are in a relay.

**After the Meet**

* Times are posted on the Aulea web site, usually a few days after the meet.
* Ribbons are awarded to kids (1st through 5th or 8th, depending on the meet). Someone from Aulea will get them and put them in each kids’ folder in a box in the equipment room. The week after the meet, you can pick up your child’s ribbon (feel free to ask someone to help you your first time). Please keep in mind that your child may have gotten first place in his or her heat – but ribbons are awarded to the top finished overall across all heats for that event.
* Be sure to attend the quarterly potluck and awards ceremonies. Coaches will recognize swimmers for achieving their first B time, A time, AA time, etc.