

GAEL MEET PREPARATION LIST



Meet Info & Preparation Memo

Please refer to the following check list to ensure a smooth & safe experience at the meets.

- ✓ Check the e-mail sent out prior to the meet to make sure your child is entered in the meet and you know the time of warm ups and location of meet. Print out and familiarize yourself with accurate directions to meet.
- ✓ Make sure your child gets to bed early with a solid healthy dinner.
- ✓ Pack your child's bag the night before. In the bag should be a towel, an extra bathing suit, extra bathing cap and extra pair of goggles. Healthy snacks such as orange slices, carrot sticks, cut up fresh fruit, power bars, water or sports drink. In a separate plastic bag have a dry towel and change of cloths.
- ✓ Lay your child's bathing suit and warm ups or sweats out the night before for your child to put on and wear to the meet in the morning.
- ✓ Allow enough time for a healthy breakfast.
- ✓ Allow enough time to get to the meet, swimmers should be on deck 15-20 minutes before the scheduled warm-up. Whatever map quest states add 15 minutes for parking and walking into building.
- ✓ **Parents are not ALLOWED ON THE DECK** at US Swimming meets unless they are working in the meet, **Parents found on the deck will result in your child being disqualified.** You may walk your child through the locker room and direct them to where the GAEL coaches are sitting. The coaches will direct the children from that point on. Please refrain from distracting the coaches during the meet. Their job is to focus on the performance and safety of the swimmers.
- ✓ During the meet we will be writing the heat and lane your child will be swimming on their hand. Then we will line them up for their event.
- ✓ **Disqualifications:** Occasionally, a swimmer may be disqualified for doing a stroke incorrectly. As these meets are learning experiences for your child, the coaches will note the reason for the disqualification and work with your child during practice to make the proper corrections. Please do not discuss disqualifications during the meet, after is ok. You may e-mail your coach to discuss any questions you have after the meet.
- ✓ **Remember to Have FUN!** Make sure all your comments to your child are positive and have fun with your child. Each meet is an opportunity for improvement as your child develops as an athlete & swimmer. We will be tracking your child's times and improvements over the course of the season. Improvement ribbons will be handed out after every competition.
- ✓ **Parent Volunteers:** Any parent wishing to volunteer to time or other duties, please contact Brian Hansbury at jhansbury@iona.edu