



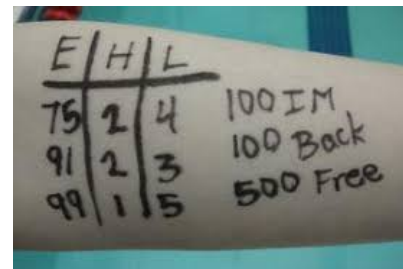
Swim Meets for New PEAQ Families:

Why sign my child up for our team's meets and future meets?

- Sense of accomplishment from all of the hard work put in at practice!
 - We commonly discuss at practice what we learn and how it applies to competition - our swimmers are practicing to compete, so they absolutely should participate!
- Benchmark for future meets - establishing best times, trying new strokes and new events
- Motivates swimmers to strive for goals and set new goals

What to bring?

- Mask & plastic baggy for mask while swimming (and maybe an extra mask - kids drop them all of the time on the wet pool deck! Trust us on this, it happens every day.)
- Sweatshirt & sweatpants, or swim parka to wear in between events - Pool decks are very cold for wet swimmers between events!
- Sandals or clean athletic shoes (no mud!) for wearing on-deck
- Swim Suit, 2 towels, 2 caps and 2 goggles - extras!
- Books to read, coloring books, sudoku/word search books, something they can do with teammates in their chairs while they wait between events
- A sharpie marker in their swim bag, for writing events heats and lanes on their hands (see photo!)
- Plenty of healthy snacks and water
- Leave the training equipment at home on meet days!



Where to go?

- Swimmers are to enter the pool area of the competition site and find their coaches waiting for them on deck, sit with the team and prepare for our teams warm up time. They will stay on deck for the entirety of the meet, with the team.

What to do before your race?

- Watch the meet, check with the coach about the best time to go up for your race, and we will help you learn how the flow of the swim meet goes! Coaches will help out the newest 10 and Under swimmers get to their events, but swimmers eventually will learn when to go up behind the starting blocks on their own!

What to do after you race?

- Shake the hands of the swimmers next to you and/or say "good race" or "nice swim!"
- Talk to your coaches- they can't wait to talk to you about your race and upcoming races!
- Swim/Cool Down - some facilities and meets have a separate pool where swimmers are to do a swim down to flush lactic acid and prepare for the next race.

Can you leave after you are done competing?

- Swimmers should check with Coaches first about if they are staying for a relay. Relays are formed by the PEAQ staff and your child may be on a team relay and be expected to participate if so! Relays are usually some of the first events and last events of the meet, and play an important role in developing swimmers while adding to their team experience.
- Yes, swimmers are permitted to leave after their last event, but are encouraged to stay to watch and cheer for their teammates.