

Be Prepared for Swim Practices

1. 2-Sets of Goggles: Recommend that you purchase bungee straps for each pair of goggles. The MSST swim shop has them in stock as well as goggles. Please note: The nose piece can break or the rubber gasket can start to leak are just a couple of the reasons why you need two pairs of goggles. The bungee type straps will last longer than the standard rubber straps!
2. Recommendation: Men – Swim suits: Some swimmers prefer “jammers” and some prefer brief speed design. Whatever you prefer; one should be used *only* for swim meets and the other for swim practices! As they wear out over time; they can be used for swim practice after they have been retired for swim meets.
3. Women – Suits: The team suits or personal suit that is used for competition needs to be tight and snug. When they start to wear out they can be used for swim practice.
4. Have 1 or 2 towels: Towels that lay on the pool deck or locker room floor will soak up water.
5. Swim Caps: You should have in your swim bag two or more swim caps. Caps blow out or tear all the time. Have a spare(s)!
6. No glass containers are permitted on the pool deck!
7. Memorize your best times...!!!
8. During the winter months please do not go outside with wet hair! And...Crocs with socks are NOT designed for -40 temperatures.
9. Swim Bags: Should be made of nylon (they dry out faster)... Accessories like side pockets and shoulder straps are nice and useful.
10. And....Always bring a water bottle to swim practice and swim meets!!!
11. Remove shoes before walking on the deck. Sandals and/or deck shoes – OK!
12. Do NOT loiter or play in the locker rooms!
13. If you have valuables; give them to your parents or lock it up.