



## Meet Prep for new parents

For those of you new to the sport of swimming, here is a handy checklist of ideas for Meet Prep. Start by reading all emails from Courtney and coaches. It will give you important info on:

- Warm up times
- Timelines (for bigger meets)
- T-shirt colors and team cheer

Here are some things to bring to the meet:

- Extra towels (more in the winter)
- Chairs
- Sharpie and highlighter
- Sunscreen
- Games, books, and activities
- Cash for the snack bar
- Wagon (optional)
- Pop-up tent for shade (optional)



Please note...swimmers DO NOT need to bring their wetbag equipment to meets.

A note on food and hydration:

- Water! Water! Water!
- Electrolyte drinks
- Backpack or rolling cooler
- Ice packs
- Avoid acidic foods and fruits before racing...no bueno on the stomach.
- Carbs! Carbs! Carbs!
  - Crackers
  - Cereal (e.g. Oatmeal Squares)
  - Whole grain breads or bagels
  - Smoothies
  - Pretzels
  - Noodles (sold at the snack bar)
  - Fruit - grapes, apples, cherries, cantaloupe, watermelon
- Calorie-dense snacks, such as: cheese, sandwiches, PB&J, Honey Treats, or chocolate milk

### Honey Treats

- ½ c honey
- ¾ c peanut butter or sunbutter
- 1 c powdered milk
- 1 c uncooked rolled oats
- 1 c semi-sweet chocolate chips

Mix and roll into balls.