**Swim Meet Packing List**

* Swim suit (x 2 if possible)
* CRKW cap (x 2 if possible)
* Goggles (x 2 if possible)
* CRKW blue shirt (enough for all meet days if no access to dryer)
* Sweat pants (enough for all meet days if no access to dryer)
* Shoes
* Towel (enough for all meet days if no access to dryer)
* Full water bottle
* Healthy snacks
  + Fruit, nuts, plain popcorn, and sliced veggies are good options
* An activity to stay occupied between events
  + Homework, books, crafts, games are good
  + No electronics are allowed except for music and texting parents (no games)

**Swim Meet Expectations**

Swimmers are expected to sit with the team for the duration of the meet.

Swimmers are expected to tell their coach any time they need to leave the pool deck.

Swimmers are expected to check in with their coach immediately before and after each race.

Parents are expected to stay in the stands and cheer; the louder, the better!