SWIM MEET CHECK LIST

* Extra towels (swimmers get wet and cold very fast)
* Inconnu or extra clothing to wear in between swims
* Change for heat sheets (these tell you the racing order of swimmers) New sheets for each day.
* Highlighter to mark swimmers races
* Things to keep swimmers busy between races. Sometimes it is a long wait till their next swim
* Cooler of snacks and water. Water is the best fluid but if swimmer will not drink then a little juice is good. Coaches like nutritional food. ( fruit, sandwiches ) Concession is minimal
* Shoes to wear between swims
* Swimmers are to talk to the coach before and after their races.
* Never leave pool without talking to a coach 1st. This includes after last swim of the day.
* Be at the pool and ready to go 15min ahead of warm up time, so swimmers can stretch with group.
* We usually try to sit as a group to help cheer our team on. Look for the INCONNU Team upon arriving.
* Give your rep or another rep your phone number and if schedule or anything changes, you can be gotten hold of.
* Get your reps or another reps phone number, so you can contact if any problems should arise.
* Reps please give your phone number to coaches so they can contact you if they need to.
* If you have any questions at all before, during or after the meet, don’t hesitate to ask another member. We’ve all been new swimmers or parents.