

SWIM MEET CHECK LIST

- Extra towels (swimmers get wet and cold very fast).
- Inconnu team gear and extra clothing to wear on deck between swims.
- Shoes and socks to wear between swims.
- Cash money for heat sheets (heat and lane assignments are posted in the heat sheets). There are new heat sheets each day.
- Highlighter or pen to mark your swimmers' races.
- Items to keep swimmers entertained between races. It can be a long wait between events. We discourage the use of tablets or phones, as we want the swimmers to socialize and engage with each other.
- Cooler of snacks and water. Water is a must have on deck. Coaches insist on nutritional food such as fruit, vegetables, sandwiches, etc. Any junk food or candy will be thrown out.
- Swimmers must talk to the coach before and after their races.
- Never leave pool without talking to a coach. This includes after last swim of the day.
- Get to the pool early. Minimum arrival on deck is 15 minutes prior to warm up. Usually, the coach will notify what time they expect the swimmers on deck for activation.
- We try to sit as a group to cheer for our team. Look for the INCONNU team upon arriving.
- For all of our out of town swim meets, we create a WhatsApp group. All information regarding warm ups and any changes are posted here.
- Make sure you have your group representative or the coach's number in case any problems arise.
- If you have any questions before, during, or after the meet, don't hesitate to ask another member. We've all been new swimmers or parents.