

# **What to expect at a Swim Meet**

Going to a swim meet for the first time can be a little overwhelming, so the following are a few tips to make it easier.

What to bring:

- Swim suit
- Goggles
- KISU swim cap (if used)
- 2 or 3 big towels, you will need at least one during the meet to dry off after each race and then another one at the end of the day.
- Warm up gear (sweat pants, KISU t-shirt, sweat shirt, etc)
- Between race activities (books, games, etc.)
- Wholesome food

## **What to expect**

Unless you are there very early, when you first walk into the pool, expect to see CHAOS!!!! To the newcomer, it appears much worse than it is.

**What to do** – Find your coach.

First thing to do is, find your coach. Although they have some running around to do, coaches try to be on the deck. If you don't see them right away - don't panic - just keep looking around.

## **Meet Information**

Your KISU coach will have some meet information for you - your events may be posted on a sheet somewhere in the pool area (they may have also been posted on the club bulletin board the week before the meet). Your coach will also tell you which lane our team is in for warm ups.

## **Warm ups**

Warm ups will be very exciting as our whole team will be swimming in one lane (often warm ups are divided so 10&U swimmers swim at a different time from the 11&O swimmers). Still, it can be very crowded. Remember your lane etiquette of swimming up on the right side of the lane. Try not to stop unless you are supposed to (if you stop, then the person behind you stops, and the person behind them stops. It becomes a big traffic jam). Your coach will tell you what to swim for warm ups.

## **KISU Cheers**

After warm ups, we do our team cheers. KISU has a great repertoire of cheers. If you don't know all the words, do your best. You will learn them in time.

### **Finding out when you swim**

There will be meet programs for sale somewhere at the pool (you don't have to buy one, but the coaches have only one copy for the whole team, so it is handy to have your own). Your parents may want to buy one. The program will tell you when and where you will be swimming. The times are only approximate so don't count on them. Memorize or write on your hand/arm, which event, heat and lane you will be swimming in. Watch the events closely and head up a couple of heats before you swim.

### **Before your race**

Before your race be sure to talk to your coach. He or she may have some extra pointers to tell you and will want to wish you good luck.

### **KISU Sportsmanship**

KISU takes special pride in our sportsmanship. At the end of your race be sure to congratulate the swimmers in the lanes beside you. Whether they are faster or slower than you, without them, swimming would not be nearly as exciting. Also be sure to thank the timers for your lane. Without their volunteer time, this meet and your race would not be possible.

### **After your race**

After your race, be sure to talk to your coach. He or she will want to share in your success and perhaps have some pointers to make you faster next time.



- Help your child set reasonable goals. At your child's first swim meet, the priority is that they have fun and enjoy the thrill of competition. If we accomplish this, then we have set the stage for unlimited improvement.
- Dress for a hot, humid pool. Some pools have great ventilation systems and will keep the spectator area quite comfortable, other pools, do not . . .
- Bring a book. There can be quite a bit of time between races. You may want some reading material or something to keep yourself busy.
- You may want to bring a small cooler with some food. Often there is a small concession stand at swim meets.

