

Paso Robles Aquatics

What to expect at your first swim meet;

First of all, RELAX!!! Swim meets are a fun learning experience. Getting nervous is normal, but don't let it be the only thing you think about. Most swimmers are nervous because it is a new environment to be in. Each time you compete in a swim meet the experience gets easier and easier. Swim meets are great for athletes because it allows them to show off all the hard work they have done in practice!

This handout contains information to help make your first meet a great experience!

BRING

- Water and/or Gatorade for proper hydration-VERY IMPORTANT
- Healthy Snacks; bagels, granola bars, fruit, peanut butter sandwiches, etc.,
- Chairs, blankets, sleeping bags-whatever you need to be comfortable-it can be a long day
- Extra goggles, caps, towels, TEAM APPAREL, and warm clothing (especially in winter)
- Activities-some meets may take a long time or you may have a long break in between events so it is good to bring books, games, music, homework, etc.,
- Sharpie, Pen, or Highlighter-useful for keeping track of events and heat/lane assignments
- Miscellaneous items-bath products, any medications and/or inhalers you may need, etc.,

AT THE MEET

- Arrive 15 minutes before your scheduled warm up
- Look for our team area and get situated with your chairs, etc.,
- Check-in at the meet administrative desk
- Report to your coach; stretch and warm up as a team promptly at the scheduled time
- After warm ups, be sure to find out where heat and lane assignments will be posted
- Parents; find the timing chair coordinator and sign up to help with timing
- Swimmers should always check in with their coach before and after each race
- At the end of a race, swimmers should wait in the water as all competitors in your heat finish swimming, and PASO swimmers always shake the hand of the opponent(s) in the lane(s) next to them after every race
- Cheer for teammates whenever possible!
- Check out with your coach before departing for home, stay to the end to support your team if you can

The coaching staff will guide first time swimmers and their parents through check-in procedures, warm up rules, and how to find heat and lane assignments for each event. Our team prides itself on the fact that we always treat facilities, host teams, administrators and officials with the upmost respect.

GO PASO!!!