

# What is in My Swim Bag/Coach Bag and Cooler at a Swim Meet

Coach Trevor Schafer

What's in my swim bag? Even though I haven't swum in a long time I still have a swim bag full of the essentials! Now, what would you consider to be an essential item in a swim bag? For me, that consist of a kick board, pull buoy, paddles, snorkel and some fins. Ok, you might be wondering why that list isn't very long and where are some of the most important stuff like goggles, swim cap, water bottle or even a tempo trainer. Well, all of those items would be located in my coaching bag or as I would consider it, my dry bag! This is the place where I keep all the stuff I might need even if I don't plan on swimming! Let's say a swimmer needs some goggles, I can help with that because I always have them on me. Or let's do another scenario, let's say you forget your wet bag at home, if you keep your goggles and your swim cap in your dry bag then you'll always be prepared to swim even if you don't have all of your equipment! Are you wondering what else I carry in my dry bag? Well, I'm sorry to tell you but I can't disclose that information... just kidding! I would say that I have a typical dry bag for a coach. I have swim caps, goggles, a lane line wrench, most of the time I have snacks, heat sheets, rule book, bug spray, bag tags, markers, pens, highlighters, stopwatches and tempo trainers. Now somethings that might not be typical in a dry bag for a coach is having Rubik's cubes and I have a bunch! Sometimes it's nice to let the kids play with them at a swim meet to pass the time or just play with them myself between races and meet sessions! I usually don't bring a cooler to a meet because we usually have the luxury of a wonderful hospitality. But, if it's at a pool such as Fleet then Coach Andrew and I usually put a cooler together. For an outdoor meet in the summer we'll load the cooler with waters, gatorades and cooling towels! If I did have snacks in the cooler, I'd more than likely bring what I usually bring to practice and that would be cheese sticks and apple sauce! What's in your swim bag, dry bag and cooler at a swim meet? Tag @swimstreamline and let us know!