



STERLING STINGRAYS *Swim Club* MEET GUIDE

Pre-Meet Preparation Tips

- The week before the meet, the swimmer will receive a packet in their mailbox. This packet will have a reminder of the meet location, warm-up times, and any other meet notes necessary.
- There will also be a sheet with the swimmer's events. Please MARK YOUR SWIMMER with their event numbers and event names with a Sharpie as shown
- Athletes usually mark this on the back of their hand
- It's a good idea to pack a small cooler with snacks
- Early mornings come fast and it's helpful to have the meet bag packed in advance
- Get a good night's sleep...a good night's rest always helps performance

Ex:

4-50 Free
10-100 Back
16-200 I.M.
22-50 Fly

What to pack in the meet bag

- Team Suit, Team t-shirt, and Team Cap-all swimmers are required to wear team caps (male and female). It's important to represent our club and a back up cap is recommended
- Two pairs of goggles
- Sharpie-even though events should be marked on the swimmer before the meet, heats and lanes are often marked at the meet
- Two Towels-often times just one towel will get wet quickly
- Food/Small cooler-small cooler with healthy snacks and drinks are suggested
- Cards, travel games, books, etc. are suggested to help pass the time during meets



- Warm ups, sweats, parkas, and blankets are encouraged between events as swimmer areas can be located in a cafeteria or gym and there can be large amounts of time between swims
- Cards, travel games, books, etc. are suggested to help pass the time during long days
- Travel chairs are suggested for certain meets and this will be noted in your pre-meet packet

Nutrition for Athletes

- Swimmers should be thinking about their nutrition a week prior to the meet
- USA Swimming has great articles pertaining to nutrition and swimmers specifically
- Even if it's an early morning, the swimmer should eat breakfast on the day of the meet
- Healthy snacks to pack for a meet include: fruits, pretzels, water, trail mix, yogurt, bagels, dry cereal, fruit smoothies, nuts, veggies

At the Meet

- Swimmers should arrive 15 minutes before warm ups
- Swimmers should check in at the 'positive check in' table at the meet
- Swimmers should change into their suits and have their caps and goggles ready and meet with the coaches for warm-up
- Meets start a half hour to an hour after warm-ups start
- After warm-ups, the swimmer should sit in the team area while the meet coach will announce heat and lanes for swimmers after warm-ups
- If it's your swimmer's first meet, they will be paired with a buddy to help them get to their events
- Swimmers report behind the block or to the bullpen (if available)



- After the swim, athletes should ask the timer for their time and immediately go talk to their coach before talking to any parents or spectators
- Swimmers usually swim 4 events per meet and each session at a meet is 4-5 hours
- We prefer that swimmers stay until all swimmers in the session are finished so they can cheer each other on as a TEAM!

Notes for Parents

- Parents are not allowed on the pool deck due to USA Swimming rules and insurance purposes
- Heat sheets are often available for purchase and help you see exactly what heat and lane your swimmer is in
- After a swim, the coaches will discuss technique and the swim. When your swimmer comes to see you, please be supportive!
- Any questions regarding results, meet conduct, or officiating should be directed to the coaching staff
- We are a team! We encourage all parents to sit together at meets in both the stands and the team area
- Always follow the 10 Commandments for Swim Parents
 - I. Thou shall not impose thy ambitions on thy child.
 - II. Though shall be supportive no matter what.
 - III. Thou shall not coach thy child.
 - IV. Thou shall only have positive things to say at a competition.
 - V. Thou shall acknowledge thy child's fears.
 - VI. Thou shall not criticize the officials.
 - VII. Thou shall honor thy child's coach.
 - VIII. Thou shall be loyal and supportive of thy team.
 - IX. Thy child shall have goals besides winning.
 - X. Thou shall not expect thy child to become an Olympian.
- Thank you for signing your child up for competition! We realize what a commitment this is, and appreciate your dedication.

