Tips for Your First Club Swim Meet

**Bring cash just in case.** Most meets charge admission for spectators, usually about $5-$10 per person, per day/session. You may also want to hit the concession stand or buy a heat sheet (which tells you when to watch for your swimmer). Most clubs take cash or credit but occasionally it will be cash only.

**Check in.** Some meets may require your swimmer to sign in, usually by highlighting his/her name on a posted list. Those lists are used to make the line-up, and they come down just after warm-ups start, so don’t be late! If you’re running late, contact another swimmer/parent. There is no sign up at our own home meets. The meet letter will refer to “Positive Check In” if this is required.

**Arrive early.** Warm-up time is not “arrival time;” it’s when the Red Devils hit the pool. So give yourself plenty of time to get there, park, check in, get settled--and have your swimmer on deck at least 15 min. before warm-ups start.

**Bring snacks.** Swimmers should bring healthy snacks/drinks so they can rehydrate and refuel between events.

**Bring a back-up towel.** If your swimmer is in several events, he/she will be in and out of the pool a lot. One towel doesn’t always cut it.

**Leave valuables at home.** At big meets there are a lot of swim bags on deck. When kids go swim, their swim bags stay behind. The bags are pretty safe, but you might not want to risk that Iphone or Kindle. Books or cards make better choices for down time between events.

**Dress cool (parents).** We don’t mean stylish; we mean lightweight. The spectators’ bleachers can be crowded and hot.

**Show your Pike pride!** It’s more fun to sit with other Red Devil parents and fans, show that team spirit, and to cheer for everyone!

**Bring a book.** Meet days can be long, and it can take a while between your swimmer’s events. You might want to bring something to pass the time.

**Get ready.** You may be surprised to find out you don’t really “hang out” with your swimmer(s). They are on deck with coaches; you are up in the stands. Coaches will get them lined up for events and you can collect your kiddo after his/her last event. So be sure your swimmers have everything they need in their swim bags!