

Swim Meet Tips

- Make sure your swimmer gets enough rest.
- Please arrive 20-30 minutes before warm-ups. This allows your swimmer time to find their coach and teammates and settle in before warm-ups. Particularly in new pool settings, its important to find the lockerroom (you may not be allowed to help them), teammates and coaches in an unfamiliar environment. Getting there early keeps them relaxed and ensures they are positively checked-in (check with coaches' on check -in rules for each meet)
- Provide your swimmer with snacks such as fruit, granola bars, water (bottle filled), Gatorade, sandwich, etc..... Often, these meets last 3-4 hours, and your swimmer may get hungry. Also, it's easier for them to pull out snacks from their swim bag than trying to find you to go to the concession stand.
- Mark your swimmer's arm with the event, heat, and lane grid before the events or meet. This way, they know what events they are swimming in. E stands for Event. H stands for Heat. L stands for Lane. My swimmer likes for me to add the name of the event.

E	H	L	
5	1	2	50 Back
10	3	4	50 Free

- Add MeetMobile app to your phones or devices. Most meets will be using MeetMobile to track your swimmers' events, heats, lanes, and final results.
- Always have a backup pair of goggles and a swim cap. Swimmers have broken goggles or torn their swim caps, and some swimmers also double-cap to ensure their goggles stay on. For longer meets with AM /PM sessions, bring an extra towel.
- Make sure their swim bag is packed the night before. The mornings of the swim meet will be hectic. Check your swimmer's bag. They will forget things such as a towel, water bottles, underclothes to change into, missing flip flops, goggles, caps, etc....
- Make sure your swimmer knows to check in with their coach before and after swimming each event. Coaches are the last people your swimmer will speak to for advice and debrief. Support the coaches and let the coaches coach.
- **Last, but most importantly....Cheer on your swimmer and have fun!** This is before, during, and after the meet. Whether they drop or add time, get them re-focus for their next event. They need your positive support at all times.