

## Swim Meet Tips For Parents

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- 👂 Sign your swimmer up for meets. Coaches will choose swimmers events. You can make notes about which days your swimmer can attend.
- 👂 Dress comfortably. Generally the seating area is very warm and humid. Even in the winter you may want short sleeves. Wear Greenwood Gator sportswear if you have it.
- 👂 Look for other Greenwood Gator parents in the stands. This is a great opportunity to get to know other Greenwood Gator parents.
- 👂 For younger swimmers, you may want to write their event #'s on their hands or arms. After heat sheets are posted you can add the heat and the lane.
- 👂 Pack light snacks and water to drink for your swimmer (and possibly yourself). Most pools have concessions stands but not necessarily healthy snacks for during a meet.
- 👂 Swim meet warm-ups generally last about 1hour and the meet will be about 4 hours. You may want to take a book to pass the time between your swimmers events.
- 👂 Take your camera or camcorder
- 👂 Parents are not allowed on deck. If your swimmer needs something they will need to come to you.
- 👂 Purchase a psych or heat sheet so that you can follow along with the meet. At some meets these are posted online ahead of time or at the time of the meet.
- 👂 Parents can download MeetMobile app for your smartphone which allows you to track your swimmers events and see their updated times.
- 👂 Have fun!!!!!!

## Swim Meet Tips for Swimmers

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- 👂 Pack extra goggles and swimsuit
- 👂 Arrive at least 15 minutes prior to the start of warm-ups. This will give you time to get signed in, settled in and ready to swim
- 👂 Always check to see if there is a swimmer sign in sheet. If so highlight your name. This lets the meet personnel know that you are there and that you intend to swim.
- 👂 Find the team seating area. At most meets this will be on the pool deck in bleachers. At some meets, swimmers will actually campout in a nearby gym or hallway. The team sits together during the meet.
- 👂 Some pool decks and swimmer camping areas can be cool. Bring a sweatshirt or sweat pants.
- 👂 If need be have your parents write your event #'s on your hand or arm.
- 👂 Get a good night sleep before the meet.
- 👂 Have fun!!!!!!!!!!!!