**Potential questions/answers for new swim parents:**

**How many suits/goggles do they need?**

Over the course of the season they will have a team suit that that they will wear for meets. They will also want a couple of suits for practice and a pair and a spare of goggles. The chlorine in the pool will damage the suits and goggles over the course of the season.

**Where can I find reasonably priced suits/goggles?**

[www.swimoutlet.com/HEAT](http://www.google.com/url?q=http%3A%2F%2Fwww.swimoutlet.com%2FHEAT&sa=D&sntz=1&usg=AFQjCNE8wPJbP5j2rniOwn4LmKXlxDhPTA) has good variety, assistance with sizing, and great sales on both suits and goggles periodically.

Superior Sports is also getting out of carrying swim suits in their stores and currently has all of their swim suits on sale for 50% off until their inventory is gone.

**What can we use to prevent swimmers ear?**

Given how much the girls are in the water, it’s helpful that they consider using drops periodically to prevent swimmers ear. You can make a solution of 1/3rd rubbing alcohol, 1/3rd vinegar, and 1/3rd peroxide that your swimmer can use after being in the water to help prevent swimmers ear.

**How are invitational meets different that dual meets?**

Invitational meets have more swimmers that participate in all of the events from multiple schools and have multiple “heats” for each event. These events last longer than the dual meets. These meets have “heat sheets” available for purchase so you are able to identify when the Lady Eagles are swimming in the various heats.

For these meets most of the girls pack a pillow, blanket, etc. for relaxing between events. Food is available for purchase for parents, and the swimmers have access to food that is provided by parents (coordinated in advance).

**How should my child’s diet change during the swim season?**

Swimming, at both practice and at meets, burns a lot of energy and calories. Proper nutrition helps your swimmer stay healthy and perform well during the season. The best approach is a well- balanced diet. Fresh fruit, especially bananas can help prevent cramping. Try to avoid processed sugars.