

New Richmond Area Tiger Sharks

New Swimmer Meet Information

What to do before the swim meet

- Eat well and sleep well the night before
- Pack (see lists below)
- Print out directions to the meet or input into GPS
- Double check warm-up times and events on NRATS website

What to bring to the swim meet

For the Swimmers

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| <ul style="list-style-type: none"> • Team Suit • Team Cap and Extra Team Cap • Goggles and Extra Goggles • At least 2 towels (1 for during the meet and 1 for after the meet) • Warm clothes to wear during the meet (other than what you came in, preferably swim team gear) • Sleeping bag or chair to sit in while waiting for events | <ul style="list-style-type: none"> • Stuff to do: games, cards, books, etc...
no Hand held video games • Healthy food to eat during the meet: fruit, veggies, bagels or other grains, yogurt, etc... • Water and/or a sports drink |
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What to bring to the swim meet

For the Parents and Family

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| <ul style="list-style-type: none"> • Dress in layers: some pool viewing areas are hot and some are cooler • Sharpie pen for writing on your swimmers arm • Highlighter for highlighting the program • Pen or pencil for recording swimmers times • Money for programs, food, goggles, caps, or other items that may be needed last minute at the meet | <ul style="list-style-type: none"> • Something to sit on like a folding chair: usually there is a gym set aside for parents to wait in • Something to read or do while waiting • Cooler packed with healthy food and drink for the whole family: there is usually a concession stand but the options aren't always healthy |
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Arriving at the swim meet

- Swimmers need to find where the team is sitting and the coach/es
- Parents should locate the other parents from the team and set up a "hang out" area with chairs

Warm-ups:

- Usually begin approximately 1 hour before meet start: ALWAYS check e-mail from coach with warm-up time
- Arrive before the start of warm-ups
- Team warms-up together under coach supervision
- Swimmers practice strokes and starts for the day

During the meet:

- Swimmers will swim against same gender, age and ability.

Where to sit during the swim meet

Parents need to stay in the bleachers or designated viewing or rest areas (cannot be on deck at any time)

Swimmers need to stay near team or in a location that allows them to easily follow the meet.

Questions?

Contact the coaches

- coachmelissa.nrts@gmail.com
- Melissa: 612-481-0074