

# Swimmer FAQs:

- **Meets**
  - **Signing Up**
    - Be sure to Accept/Decline each meet
    - Swimmers/Families should pick the events they want to participate in, coaches will assist if needed and may suggest events
    - Swimmers should stay with the team, cheer on others
      - When done with your events for the day, it's ok to leave
  
  - **What to Bring**
    - Extra swim cap
    - Shoes for pool deck – flip flops/Crocs
    - Extra goggles
    - Cover-ups for pool deck – sweatshirt, swim jacket, flannel pants, etc.
    - Girls – pony holder for hair (easier to put on swim cap)
    - Towels – 2 for pool deck
    - Nutritious Snacks
      - Nuts
      - Apple sauce pouches
      - PB&J sandwiches
      - Granola bars
      - Fruit
      - Protein Drinks
      - Water Bottle
    - Dry bag – Don't keep it on the pool deck
      - Change of clothes
      - Towel
      - Toiletries
  
  - **Camping** – typically gym space where families can gather between events; sometimes camping space is outside in the summer
    - Chairs
    - Blanket
    - Small activities for kids
    - Book
    - Cooler – snacks/drinks
  
  - **Programs** – are for purchase, typically \$10 each
  - **Meet Mobile App** – free!
- **Hair Care**
  - Recommend a good quality swimmer shampoo

- Malibu treatments are useful for removing chlorine build-up from hair, can be done at most salons