

EVERYTHING YOU NEED TO KNOW FOR YOUR FIRST SWIM MEET

1. **WARM UP INFO:** Please be at the pool 10 minutes before your warm up time so that you are prepared to get in the pool at the start of warm up.
2. **TEAM AREA:** we encourage the swimmers to sit together as a team & encourage & help one another at the meet.
3. **GETTING TO YOUR EVENTS:** parents and swimmers are responsible for getting the swimmer to the starting blocks for their race. **It is NOT your coach's responsibility to get you to the blocks.** Please purchase or share a heat sheet with another family so that you can be sure to get to your event at the right time.
4. **SEE YOUR COACH:** swimmers please see your coach BEFORE and AFTER each event that you swim. They will help you prepare for your race and offer important advice and encouragement before the race. It is also important to see your coach after each race so that you can discuss the swim.
5. **RELAYS:** Relays are ALWAYS subject to change. Many times, coaches will determine the relays at the meet. PLEASE SEE YOUR COACH about your relay, even if it is printed in the heat sheet. Relays will be posted in the team area, and have been emailed out. THERE WILL BE NO RELAYS AT THIS MEET
6. **AM I ALLOWED TO LEAVE?** Please see you coach before you leave the meet, even if you have completed your last event.
7. **TEAM SUITS:** all swimmers are required to wear their team suits to every meet unless you have permission from your coach to do otherwise. Swimmers are also required to wear a team cap. If you do not have one, you can purchase them at swim practice or at the meet.
8. **CLOTHING:** please dress warm for the meet. It is important to keep your muscles warm so that they do not get tight. Wear shoes on the pool deck (tennis shoes are suggested, to keep your feet warm).
9. **OTHER EQUIPMENT:** you may want to bring more than one towel to the meet as you will be getting in and out of the pool frequently. You also may want to bring chairs to use on the pool deck. There are bleachers, but they often fill up very quickly.
10. **FOOD AND HYDRATION:**
 - a. What should I eat at a swim meet? It is important that you stay nourished during the meet. Some suggestions for foods to eat are: bagel, grapes, banana, granola bar, cereal, apples, grilled or baked chicken, pasta. **DO NOT EAT FOODS HIGH IN FAT AND SUGAR SUCH AS:** pizza, nachos, French fries, fried chicken (really, anything fried is a bad idea), candy, cake, desserts.
 - b. What should I drink at a swim meet? It is also VERY important to stay hydrated while at a swim meet. You will need more than one drink. Some suggestions are: water, propel, Gatorade, PowerAde, G2, etc.

DO NOT DRINK SODA!!! The carbonation in soda depletes your body's store of oxygen and many sodas dehydrate your body; obviously this is not good for competition!

c. **THERE MAY BE NO CONCESSIONS AVAILABLE AT CERTAIN SWIM MEETS – PLEASE COME PREPARED WITH ANY FOOD OR DRINK YOU MAY NEED**

11. **HAVE FUN!!!** 😊 We swim and coach because we enjoy it! Parents, your swimmers need you as their cheerleader and support. Encourage them to do their best. As coaches, that is all we expect of them.