



Listed are the essential items needed for most every beginner/intermediate level swim meet. Please note that some items may break, so, it may be important to bring more than one of any of the items listed. ALSO remember, you are at a POOL... items will get WET.

For **EVERY MEET**, it is important that you read through the meet agenda sent out via email. On the agenda, you will find warm-up times, ECA clothing requirements, and venue restrictions.

SWIM MEET ESSENTIALS

Must Haves:

- | | | | | |
|---------------------------------------|--|---------------------------------------|--|--------------------------------------|
| <input type="checkbox"/> Agenda Read | <input type="checkbox"/> ECA Team Suit | <input type="checkbox"/> ECA Team Cap | <input type="checkbox"/> ECA Shirt | <input type="checkbox"/> Towel (2-4) |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Goggles (2) | <input type="checkbox"/> Sharpie | <input type="checkbox"/> Warm Clothing | <input type="checkbox"/> Socks/Shoes |
| <input type="checkbox"/> Snacks | <input type="checkbox"/> Cooler | <input type="checkbox"/> Highlighter | <input type="checkbox"/> Money | <input type="checkbox"/> Dry Clothes |

Other Items to consider:

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|---|------------------------------------|--|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Medication/s | <input type="checkbox"/> Inhaler | <input type="checkbox"/> Pain Reliever | <input type="checkbox"/> Ear Drops | <input type="checkbox"/> Toiletries |
| <input type="checkbox"/> Entertainment for swimmer and/or spectator | <input type="checkbox"/> iPod | <input type="checkbox"/> Phone | <input type="checkbox"/> Earphones | <input type="checkbox"/> Kindle |
| | <input type="checkbox"/> Book | <input type="checkbox"/> Homework | <input type="checkbox"/> Cards | <input type="checkbox"/> Other |
| <input type="checkbox"/> Seating needs (dependent on venue) | <input type="checkbox"/> Chairback | <input type="checkbox"/> Folding chair | <input type="checkbox"/> Umbrella | <input type="checkbox"/> Other |

SWIM MEET EXPECTATIONS

Before the Meet:

1. Read the agenda sent via email
2. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins (SEE AGENDA). Often coaches announce or post exact warm-up times several days before a meet as well.
3. Find where teammates are sitting - drop your stuff off
4. Help your swimmer find an ECA coach.
5. Purchase a heat sheet - this will tell you what heat and lane your swimmer is competing in.
6. Write Event/Heat/Lane #'s on your swimmers arm
7. Swimmer should return to seating area and get warm.
8. Meet general begins 10-15 mins after the conclusion of warm-ups
9. In general, swimmers sit with swimmers and parents with other parents

When the Meet starts:

1. Swimmers should report to their coach at least 5 minutes before every race
2. Swimmer reports behind the specific block they will be competing in
3. If confused as to what heat is in the water, the swimmer should ask an official or a timer
4. Swimmer will compete in specific event
5. Swimmer will find coach immediately after the race for feedback
6. Swimmer will go to warm-down
7. Swimmer will check-in with parent. Be encouraging and let the coaches coach.
8. Repeat process until the swimmer has completed all events
9. Check-in with coach before leaving to make sure something was not missed.

Please Note: If at any point during the meet you have a question, please do not hesitate to find a coach for clarification. BE POSITIVE IN THE STANDS!