**Your First Swim Meet**

**The Night Before**

Have your child pack their swim bag. We suggest you have your child lay-out their suit and

what they plan on wearing for “warm-up” clothes (ie: sweatshirt, sweatpants, swim parka). Have your swimmer wear the suit and warm-up clothes to the meet and pack clothes for AFTER the meet.

**What to Bring**

Must Haves: Suit, Team cap, goggles, 2 towels, healthy snacks, water, flip flops or other deck shoes (Star -ECC Pool specially)

Suggested: Sports drink (Gatorade is good, but you MUST also bring water; they NEED to

drink BOTH), games, book, music (iPod), scribble pad, other forms of entertainment that ENCOURAGE them to be with teammates (no video games). Sharpie. BAAC t-shirt. Camp chair (Tonawanda pool)

\*\*\* After your child packs their bag and have gone to bed, CHECK THEIR BAG \*\*\*

\*\*\* to see what, if anything, they have forgotten \*\*\*

Items YOU Want: Pen, highlighter, camp chair or seat cushion (Tonawanda), Condensed Meet Information, Phone with installed Deck Pass or Meet mobile or On the Deck Apps; BAAC Tshirt

**Morning of the Meet**

Eat a nice light but healthy breakfast. Toast with jam, water, juice, lean meats like ham, eggs.

STAY AWAY FROM MILK due to their nervousness. Expect chaos, bad nervousness (“Mom...I

can’t do this,” “I’m afraid,” etc), possible tears.

 When you Arrive:

Get there 15 minutes Early (you may want to plan for 25 minutes...something ALWAYS go

wrong on meet morning)

Find locker rooms, ideally pair your new swimmer with someone more experienced from the club. Parents are seldom allowed to enter locker rooms these days.

Pay admission and buy a program

Find your team parents and sit with them. Check if your child is on the deck where Coach is.

Find your child’s events in the Meet Program and highlight your child

Meet Warm-Ups

The coaches always have a plan. Warm-ups are structure to provide time for your children to be

best prepared for the meet. Items that are taken into consideration when running a warm-up are

skills needed to race and proper work for their bodies to be ready to perform. Please DO NOT

arrive late in order to avoid swimming in warm-ups. This will only hinder what coaches’ are

trying to accomplish.

After Warm-Ups

Children will dry off and place warm clothes on. Their bodies need to stay warm in order to

race well. Wearing a towel is NOT ACCEPTED. Towels get wet and actually make them colder.

“I’m nice and warm” coming out of a child’s mouth who is in a suit, or suit and towel is not

tolerated by the coaches.

Once the Meet Starts

Your child should stay in the gym, or watch swimmers from the pool deck alongside coaches.

Your child will be spoken with by a coach BEFORE and AFTER ALL their races. For your

child, seeing a coach before and after their race is MOST IMPORTANT

Sorry, but coaches are more important than parents on meet day. Only we can give them

the advice they need on their swimming. If your child sees you before a coach, PLEASE

send them to a coach IMMEDIATELY. Having your child speak to a coach first and

foremost encourages them to realize that they are there for themselves.

Be your child’s biggest cheerleader. Let them know you’re proud of their effort.

After the Meet

Don’t try to give advice to your child. If you want to be a part of their swimming, ask strategic

questions. “What did you think of your meet?” or “What did your coach have to say about your

races?” You will find that as the meets roll by, asking questions and listening to your young

athlete will help you create a wonderful relationship with your child and you will be able to

share this sport with them much better. A parent who gives advice usually gets seen as “pushy”

in child’s eyes and they will tend to “shut-down” and not talk, or speak little about, their swimming

and the meet.

Enjoy Your Experience

You only get once “first swim meet”. You will never get this chance again! Honestly, embrace

the moment. Don’t stress about it. As your child goes through the years of swimming you may

not remember where they make their first 100 Butterfly, where they qualify for their first “big

meet”, but you WILL remember this day. You’ll probably even get a nice story or two to share

with your athlete as they get older. Embarrassing stories are always fun and remembering where

your child started this journey when they’re 18 years old and heading off to swim in college

may just bring a smile to your face, some great laughter, and possibly even a tear or two.

Stay cool & calm

Be your BEST cheerleader

Give hugs & high 5’s when needed

Remember, “Failure” leads to “Success”

When all is said and done, find yourself a quiet spot and unwind. You’ve probably had a long

day and 15 minutes of peace and quiet will go a LONG way!