

# Swim Meet Check List

**Arrival Time:** Get to the pool 15 minutes before your child's scheduled warm-up session so you and your child have time to get set up and find friends. An email will be sent the week of the meet indicated your child's warm-up time. Warm-up times vary per meet.

## Your Swimmer Needs

- Team Cap
- 2 pairs of goggles
- Several towels
- Sharks swimmers should sit in the team area, bleachers on the deck (for RecPlex meets). Many away meets do not have ample room on the pool deck for swimmers, so you are welcome to sit in the stands with family/friends or in the designated crash areas
- Warm clothes
- Games to keep them entertained
- Water or sports drinks
- Healthy snacks (NO SUGAR)

## You Might Need

- Black sharpie to write events on your swimmer
- Cash to purchase a heat sheet
- Highlighter for the heat sheet
- The Meet Mobile app
- Cash for concessions
- FOR AWAY MEETS ONLY: camp chairs/blankets (many away meets have limited bleacher seating so a crash/bullpen area is provided for swimmers and families. This is usually a gymnasium-type room)  
**\*\*PLEASE NOTE\*\* The RecPlex does not allow chairs to be brought into the stands!!**

## Parents Tips for Success

Do	Don't
Be the Parent. Support your child through their best and worst swims. The six most important words you can say are "I love to watch you swim."	Be the coach. Your job is hard enough already. Do not take ours too!
Remind your child to visit the coaches after each swim.	Compare your child to their siblings or peers.
Ask your swimmer if they had fun. Remember the six words.	Be upset over DQ's. They happen at every level. We will use them as a learning experience and motivator.
Reward and praise effort, good sportsmanship, and personal accomplishments (improved technique).	Make rewards or praise contingent upon winning, best times, or making time standards.
Remember this is a co-curricular activity we are working on a process to make better people not just better swimmers.	Expect progress every swim. They will have ups and downs and plateaus.

## Thinking Long Term

Most swimmers peak during high school and into their college years. We want to establish a good foundation now for success in the future. Proper technique (even if it is slower than your child's fastest) will result in faster swims later and prevent injuries long-term. Valuing effort over outcome ensures that your child still feels fulfilled when their time drops become rarer as they grow older (often, older swimmers may have no time drops, or only 1-2 best swims during a swim season until the championship meet).