

# Meet Survival Guide

## Arriving at the Meet

Arrive early. Swimmers must be prepared to race. Remember, your swimmer should check in with his/her coach upon arrival at the meet.

Find a place to put your swimmer's blankets, swim bags, etc. The team will sit together, so look for some familiar faces.

You may want to buy a heat sheet, highlight your child's and your Teammate's events and write each event, heat and lane number on your swimmer's arm/hand with a ballpoint pen. This works well for many families, but is not required.

## Indoor Meets

### *Swimmer Needs:*

### *Creature Comforts*

- Team Spirit
- Sleeping Bag or blanket (for keeping warm)
- Pillow
- Team Suit & Cap
- Goggles (2 pair)
- Swim Parka or warm jacket (one that won't hold in moisture)
- Warm-up pants
- Socks
- Deck Sandals
- Brush, Shampoo and Conditioner
- Towels (bring an extra, a dry one is a luxury when you're wet & cold)
- Entertainment (cards, etc., for between events)
- Dry Clothes for traveling home
- Medications (asthma inhaler, Tylenol, etc.)
- Money (for miscellaneous needs)
- Ink pen (for writing your events)

### *Nutrition* (Most meets have concession stands.)

- Coach's Recommendations (see your coach)
- Healthy Snacks - fruit, bagels, juice
- Small Cooler
- Water Bottle
- \*Avoid colas, candy, and high sugar content snacks

### *Parent Needs:* Dress comfortably for summer-like conditions

- Folding chairs (sometimes there is limited seating indoors)
- Stadium cushions or blanket for bleachers
- First aid kit (i.e., Band-aids, Tylenol, Tums)
- Money (heat sheets, t-shirts, gear, concessions)
- Pen/highlighter (for marking heat sheet)

Camera  
Team Spirit

## Outdoor Meets

*Swimmer Needs:*      ***Creature comforts*** (in addition to indoor meet needs)

Dress warmly for morning sessions  
Sunscreen  
Hat  
Sunglasses  
Umbrella  
Lip balm  
Extra water

***Nutrition*** (see indoor meet needs)

*Parent Needs: In addition to indoor meet needs, consider:*

Spritz bottle for keeping cool  
Hat  
Sunscreen  
Sunglasses  
Umbrella  
Lip balm

Concession stands offering a variety of drinks, sandwiches and snacks are available at most meets.

Any omissions to the *Meet Survival Guide* can be blamed on the *human error factor*, so if you come up with a brilliant survival idea please share it with us!