**Swim Meets De-mystified! Dublin Dolphins Summer 2012**

**Remember to bring:**

* + Goggles
	+ Permanent marker (Sharpie)
	+ Suit
	+ Towel
	+ Goggles
	+ Cap
	+ Sunscreen
	+ Games or playing cards
	+ Healthy snacks and drinks, especially water/sports drinks since we are often out in the afternoon heat
	+ Blanket or bag chairs and canopy/tent if you have and want one
	+ Goggles ☺

**Before the Meet:**

1. Look up directions to the pool. Several “away” meets require local highway travel (Northland, Marysville, Grandview, Annehurst). Plan ahead for rush hour traffic so you do not disappoint other swimmers depending on your swimmer’s on-time arrival to compete in a relay.
2. Look at the warm-up time and plan to arrive at the pool 15 minutes before that.
3. Review your volunteer assignment. Your team meet director is counting on you to fulfill your role.
4. Put packed swim meet bag in the car!!!

**Day of Meet:**

1. Arrive at the pool at least 15 minutes before warm-up.
2. Look for other members of your team – meets are more fun when swimmers and families sit together.
3. Parents report to the area where you will be volunteering. Listen for announcements/directions for volunteers and swimmers.
4. Parents: review your swimmer’s event numbers so you can help them get to the bull pen on time or ask another parent to help your child if you are volunteering. Check posted “heat sheets” and write events on your swimmer’s hand to help the child, coaches, bull pen\* workers and timers know how to direct your swimmer.
5. 5 minutes before warm-ups have your swimmer listen for their specific water time, ready for warm-ups with goggles and cap.
6. After warm up swimmers participate in team cheer, return to their towels, use the restroom if needed, and wait for their first event.
7. Swimmers go to the bull pen when their event is called; follow instructions of the bull pen workers.
8. Watch your child’s race—cheer ‘em on!
9. Have your child consult with their coach following a race, then return to their towel and listen for the next event to be called from the bull pen.
10. Swimmers should not stray too far from the pool area. Bull pen workers will attempt to locate missing swimmers but will NOT search far and wide. Many tears (swimmer and parent) have been shed over missed races when swimmers were not paying attention to the pace of the meet!
11. Meets generally last about 2.5 hours.

**After the Meet:**

1. Go out for ice cream or pizza with the team! Ask teammates for any plans being made near the end of the meet.

\*Bull Pen—

* + This is the ‘staging’ area for the races; your child must go here before she/he swims her/his race
	+ The bull pen workers will walk the younger swimmers behind the blocks; you as the parent will not have to worry about your child once they make it to the bull pen.

*\*\*special thanks to Dublin SeaDragons coach Julianna Smith for assistance with this meet advice!*