**Meet Day Reminders**

What to bring to the meet:

* Googles and suit.
* Lawn chairs for spectators
* Etra towels, gear/sports bag, sweatshirt, sweat pants or other dry clothes.
* Umbrella or cannopy (not required but allowed).
* Kids may bring games, kindles, phones, ipods. But make sure that all items are labeled and kept in a gear/sports bag when not in use. Just remember, the bullpen is a harsh environment!
* Money for concessions.
* Sharpie (for marking events on their arms)
* Water bottle.

Before the meet:

* All swimmers should rest on meet day. After morning practice, swimmers are encouraged to spend the day out of the sun and resting.
* **Label all items you intend on bringing to the meet**.
* During bad weather days, always assume the meet is ON unless notified otherwise via text or email directly from the team. As many summer storms pass over quickly, there may only be a delay of the meet.
* If a swimmer becomes ill or unexpectedly cannot make the meet, please notify the team via email or phone call. Address and phone numbers are posted on the team website [www.vchsharks.com](http://www.vchsharks.com).
* All commited volunteer assignments are required to be met regardless of whether your swimmer will be swimming. It is up to the parents to make other arrangments or swaps. The penalty of missing an assignment will result in forfeiture of the $50 deposit.

At the meet:

* Arrive on time. Warmups start at 5:30pm. Swimmers need to be ready to enter the water 5 minutes before.
* **Swimmers must stay in the bullpen when not swimming**. If there is a need to visit the bathroom, concession stand, or parents; swimmers need to check with the bullpen workers to make sure there is enough time before their next event.
* Swimmers should stay for the entire meet and cheer for their teammates. If a swimmer needs to leave before the end of the meet, they are required to check with the coaches prior to leaving.

Final notes for parents:

* Event ribbons will be in the family folders a day or two following a meet.
* There will always be practice the day following a meet unless the coaches decide otherwise.
* Adults can BYOB but no glass containers allowed. Volunteers are NOT permitted to consume alcoholic beverages during the meet. Public intoxication will not be tolerated. Anyone deemed intoxicated will be escorted from the pool area by security and/or law inforcement.
* Smoking is never allowed in the pool area.
* Swimmers are asked to stay with the team in the bullpen, but parents should occasionally check on their children. Misconduct by a swimmer will not be tolerated. Only one warning will be given. A second instance of misconduct will be an automatic DQ for remaining meet events. Persistant missconduct by a swimmer could result in dismissal from the team WITHOUT refund.