**Helpful Hints for Swim Meets**

What to bring:

* Snacks. Water or Gatorade. No high sugar soda or candy (fun for a while, but kids often crash before the end of the meet! Go for protein and complex carbs, they will feel more energized. Let them eat candy after the meet) Other suggestions- Fruit, pasta salad, goldfish, bagel, PB&J. Some of these things are available at concession stands also.
* Shade. Umbrellas, tents, hats, sunglasses!
* Sunscreen
* Extra goggles
* Extra towels
* Chairs, blankets, sleeping bags
* Fun stuff- playing cards, books, puzzles, games. Kids will often have down time between races- and so will you!

What to wear:

* Sun protection- screen, shades, hats
* Light colored t-shirt
* Tennis shoes. Keeps their feet warm in the morning especially!
* Themes: each week we will have a different theme for dress-things like wacky hair, superhero, neon, and red/white/blue. These themes help us to present as a united team, and can be a whole bunch of fun! They are not mandatory, and we don’t suggest you go spend a bunch of money on costumes. Have fun with it and do what is comfortable for your family.

When to come:

* It is suggested that you get to the pool early to set up 30-45 minutes before warm up. At home meets, we will sit as a team in the grassy area on the west side of the pool connecting with the golf course.
* Families will often ‘set up camp’ together, and share space. This can be a great way for new families especially to get to know one another as well as the returning families!

Other:

* Meet sign up: The coaches will begin asking kids what they want to swim on Tuesday at practice. Make sure you discuss with them what they would like to swim so they know what to tell their coach. All entries must be made by Wednesday evening. If you know your swimmer will not make it to practice at the beginning of the week but will swim in the meet, get in touch with Kathleen ASAP! This way, we can enter your swimmer.
  + This is especially important for relays- If we do not have individual events, we will not assign that swimmer to a relay.
* Supervision: The coaches are always at the meets, and will do their best to help swimmers get where they need to be. However, when at a swim meet, coaches cannot provide supervision.
  + Make sure when signing up for volunteer shifts, someone will be available to watch your kids if necessary. Coaches need to watch swimmers swim to best understand their needs for improvement.
* Meet timing: Meet schedules will vary depending upon the size of the teams we are swimming. It is expected that meets will end anywhere between 12:30 and 2 on Saturdays.
  + If you need to leave by a certain time, let the coaches know so we can arrange our relays accordingly.
* Heating area: This is where swimmers are to prepare for their races and be lined up to swim in the right lane at the right time. It is important to send your swimmer to the heating area (or accompany them if needed) when their event number is called.
  + Yes its loud and wild and all pools seem to do it a little differently, but it gets the kids where they need to be. Please help young ones stay in the heating area. It is important that they stay with their co-racers.
* DQ’s: Disqualification happens- especially early in the season. If your swimmer is DQ’d, have them come talk to the coaches right away. We have all been DQ’d and it can hurt, but we also know it is a great opportunity for learning and improvement. Knowing why a swimmer was DQ’d only helps coaches focus on helping them get better!