This checklist will hopefully help ease the burden of preparing for each weekly swim meet. When packing for a swim meet, remember that it is cool in the early morning, especially when little bodies are wet. Bring sweatshirts and/or blankets to help stay warm in between events.

Pools designate areas that each team can set-up (home vs. visitor) – the weekly meet message will notify you of where you can set up at visiting pools. Please be mindful and respectful of each team’s rules and regulations.

Remember to write your name on everything you bring! Veteran families – please be on the look out for our new families! We’ve all been new to summer swim at some point, so we all know how overwhelming it can be to both parents and swimmers.

Questions or comments? Contact Stacy Laine at [stief129@gmail.com](mailto:stief129@gmail.com) or (540) 903-2060.

**Per Family:**

* Sunscreen, sunglasses, hats
* A tent, tarp, umbrella (optional)– a place to escape from the late morning sun. If you don’t have a tent, buddy up with another family who does have a tent. There is room to share, as kids/parents are coming and going non-stop during a meet.
* Chairs
* Sleeping bag or blanket
* Money for concessions

**Per Swimmer**

* Team suit
* Brookside Cap - All BHST swimmers must wear a Brookside cap as the outer most cap.
* Goggles (2 pairs is best)
* Multiple towels
* Sweatshirts and sweatpants to keep warm (pajamas are acceptable attire!)
* T-shirt & Shorts – something to wear home - especially if everything else is wet
* Sandals
* Lots of water
* Healthy, light snacks that provide energy
* Something to do while waiting for your swimmers’ events – Cards, games, books and toys. We also encourage swimmers to cheer on their buddies and fellow swim team members.

**Important Reminders:**

* Declare your swimmers as coming or not coming to each meet, by Wednesday of each week.
* Volunteer every meet. Sign up to volunteer when you declare your intentions each week.
* Arrive to each meet on time – late arrivals or skipping warm-ups can result in scratched events or removal from relays.
* Have your swimmers check in with their age group prior to warm-ups of each meet. At check in, volunteers will write event numbers on each swimmer’s hand.
* During the meet, pay attention to the clerk of course for event numbers, and be sure your swimmers get there on time. Older and veteran swimmers should be able to do this unassisted.
* Let coaches know if your swimmers need to leave early – relays may depend on your swimmers, even if they were not originally seeded in a relay. Coaches can reseed relays during meets for numerous reasons, including coaches’ discretion/strategy for that particular meet.
* For families with young swimmers, walk your child to clerk of course and then move away from the area. It is a busy place and the volunteers need space to get swimmers organized. Your child will be nervous and that is ok. Encourage your child to find an age-group buddy.
* Promote good sportsmanship within our team, and with our opponents. Remember, **no temporary body paint/tattoos or markings are permitted**, with the exception of event numbers.