Meet Preparation

Getting ready for a swim meet can feel like you're packing for a weekend away. 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.

When packing for a swim meet, remember that it is cool in the early morning, especially when little bodies are wet; you want to bring sweatshirts and/or blankets to help stay warm in between events.

Here is a checklist of suggested items to pack:

* Tent, tarp, umbrella – 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. For the most part, there is room to share, as kids and parents are coming and going non-stop during a meet.
* Lawn chairs
* Sleeping bag or blanket
* Sweatshirts and sweatpants to keep warm (pajamas are acceptable attire for swimmers!)
* Cards, games, books and toys to help keep swimmers occupied in between events. We also encourage swimmers to cheer on their buddies and fellow swim team members.
* Swim suit (preferably a team suit, or suit in black or red)
* Cap (All BHST swimmers must wear a Brookside cap as the outer most cap)
* Goggles (Multiple pairs are advised in case one pair malfunctions)
* Towels (Two or more per swimmer)
* T-shirt & Shorts – something to wear home - especially if everything else is wet
* Sandals
* Money for the concession stand and heat sheets (if available)
* Sun block – remember to reapply
* Lots of drinkable water to stay hydrated
* Healthy, light snacks that provide energy (fruit, granola, etc)

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. If you have any questions, please do not hesitate to email [admin@teambrookside.com](mailto:admin@teambrookside.com) or call Ross at (703)517-2667.