

# Preparing for a Meet

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When ***packing for a swim meet***, plan ahead. You will be at the pool for several hours. Write your name on items for easy identification or in case it is lost. Some of the items you may want to include are:

- Swim cap and Goggles (having extras on hand is helpful in case they break)
- Towels (at least two per swimmer)
- Waterproof sunscreen
- Water or sports drink
- Refillable water bottles with their name written on it
- Healthy snacks
- Please do not bring nut products as we do have allergies on the team
- T-shirt or sweatshirt (it can get cool after the sun goes down)
- Folding chairs for parents and swimmers
- Quiet games/cards/books to keep them entertained between events
- Please do not bring electronics (this is a wet/damp environment and we want the swimmers making friends, having fun, and cheering each other on. We will not be responsible for electronics lost, stolen, or damaged).
- The pool has asked that you do not bring hammocks to hang in the trees.

***What to eat*** prior to and during swim meet:

- Fruit – particularly bananas
- Bagels
- Pasta
- Water/Sport Drink
- Energy bars
- Granola bars

***What to avoid:***

- Soda
- Burgers, fries
- Heavy, difficult to digest foods
- Junk food

The best pre-swim meal should contain primarily carbohydrates (see above list). Fatty foods such as burgers, fried foods, etc., take longer to digest and provide little energy for your swimmer. Proteins such as peanut butter, cheese and high-fat meats are also more slowly digested. Eating the wrong foods prior to a swim meet can also cause digestive problems during swimming.

***After the swim meet:***

- Clean up your personal space – we want to leave everything in the same condition we found it in – Leave No Trace!
- Dispose of your trash - there will be trash bags around the tent and pool area
- Gather all your belongings
- Anything left behind will be given to the lifeguard station