**Dual Meets - Swimmer Information**

A day or two prior to a meet, double check to make sure that swimmers are signed up for the meet.

A swimmer must attend practice on the day of a meet unless prior arrangements are made with the coach.

Pack/bring the following items to each meet:

* Team suit
* Swim Cap (or two)
* Goggles – at least two pairs per swimmer
* Towels – guideline is bring one per event per swimmer – swimmers need to be able to keep as warm and dry as possible
* Extra clothes – sweats, a robe, or other clothes easily put on will help swimmers stay warm.
* Permanent Marker – write the swimmers events on their hand, arm, or foot so they know exactly what events they are swimming
* Snacks and Drinks – nutritious snacks high in carbohydrates and complex sugars provide the best energy for swimming. Pack bagels, fruit, granola bars, pasta/pasta salad, hard-boiled eggs, cereal etc. Avoid simple sugars and candy. Also bring plenty of drinks such as water or Gatorade. The Morton pool and most other pools provide concessions. Be prepared in case food is not available.
* Entertainment – provide music, books, electronic games, etc. for swimmers as meets can be long (especially for young children).
* A large blanket for swimmers and chairs for parents – seating is not always provided at meets.

Swimmers need to arrive at a meet before warm-ups start and check in with the head coach.

Cheer for the team!

Swimmers should check with a coach immediately following each event they swim for pointers and feedback.

Stay for each event in which a swimmer is entered. If one person of a four-person team is not present, the team cannot swim the event and the swim team loses that opportunity for points. The freestyle relay is the last of all the events. A swimmer who is entered in an event/meet and misses the event/meet will not be eligible to swim the next meet.

Cheer for and be proud of your swimmer no matter where they place. Their goal should be to improve their own time in an event.

Check in with the coach before you leave a meet.