

## Welcome to your first away meet!! ..... a Parent's Perspective

### First of all....what you need to take and do BEFORE heading to the meet.

1. If you're spending the night, go on the CA website and look at the team hotel. Book your room in advance. Many families do not stay overnight and that is fine too. The good thing about away meets is that you pick and choose the day(s) that your child will swim. There is no pressure to be there the whole weekend. Many families will only go one or two days out of the three day meet.
2. At away meets, it is important that you bring chairs for your swimmer and anyone in your family that plans on watching the meet. For this Spartanburg meet, I am sure most of the swimmers will try and spread out towels on one of the bleachers so they can all sit together. Many times, the parents can sit together with their chairs, but this meet is usually packed so sometimes we all get spread out a bit. The important thing is to have the chairs, just in case you need them.
3. **Don't forget....** CA suit, swim caps, team shirts, hoodie( or warm ups) to stay warm between races, and shoes that are easy to slip on and off in the shower.
4. My clothes are always wet at the bottom after this meet. If possible, don't wear anything that you don't mind walking around with wet (near your shoes). You will probably get splashed just a bit...regardless of where you sit. Wear layered clothing. You will freeze when you leave and burn up while you're sitting in the pool area.
5. You may want to bring snacks from home. They will have some for sell if you don't.
6. You need to bring **at least 2 towels for each day**. I have made the mistake of only bringing 2 for the whole meet... of course they didn't dry overnight in time.
7. My kids hate leaving a meet in their wet suits. If you feel like this may be the case, take a change of clothes in their bag each day. **Make sure your swimmers suits and clothes are labeled.** Even labeled, we have had a bunch of suit mix ups and we didn't realize it until my daughter tried to squeeze into a smaller swimmer's suit the morning of a big meet ☺
8. Make sure you pack your swimmer a **hoodie or hat** to leave the meet in. The coaches are serious about keeping their body temps regulated after a practice or meet ☺ This rule really is to keep them healthy!
9. If you have an extra pair of goggles, please take them.
10. **Very important!!!!** Before you head to the meet next week, switch cell numbers with at least 2 or 3 other families. We have had cars break down, flat tires, wrong suits, etc.... It is nice to know that you can call a friend that can grab your swimmer and go while you work out the issue ☺

### **Thing to remember at the meet!!**

1. Give yourself enough time to get to the pool 15 minutes before warm ups start.
2. Buy a heat sheet right when you walk in the door. Make sure your swimmer knows what and when they'll be swimming. The coaches will simply say, "I need all 10 and unders swimming the 50 back." If your swimmer doesn't know they are swimming the 50 back, they may miss a race.
3. The swimmers must see the coaches before and after each race. Try to refrain for telling them to beat another swimmer on our team. You would hate for the other swimmer to overhear that, plus it make it hard to compete together on relays.
4. **What to eat.....**I learned this the hard way. If your swimmer does not normally wake up and eat 5 pancakes and 3 pieces of bacon....do not let them eat that before a meet. It is tempting when we're out of town to let them eat a lot to keep their energy up. I thought that was smart too. It took me a year to realize that my daughter had upset stomachs at the away meets, not because she was nervous, but because she was eating things she never eats at home. More of the same is okay.... Just don't go overboard with the IHOP breakfast.
5. Do not leave until you know if your swimmer is in a relay!! Often times, the coaches make these decisions at the meet.
6. We usually do a team meal one night. I think we are going to try and do one Saturday after the meet is over for the day. These are a lot of fun!!! It is a good way to unwind after smelling chlorine all day! The coaches usually announce where while we're at the pool.
7. If you have any questions, please ask a veteran swim parent. They can tell you the good and bad about each meet we'll go to this season.

Hope this helps!!! Go CA!!!!