

# Cache Valley Marlins



## Swim Meet Information and Tips

### What to Eat the Night Before

Have a meal rich in protein and carbohydrates. Pasta, rice, and beans are good examples.

### What to Eat the Morning Of

Do not skip breakfast. If competing in the morning, have a light breakfast. If competing in the afternoon, have a heavier breakfast.

- Oatmeal, toast with nut butter, dry cereal, yogurt, and fruit are great light options.
- Carbs, protein (like eggs), fruit, and sugar-free OJ are great heavy options.

### What to Eat at the Meet

You will want to eat between races. Keep this food light. It is also wise to pack a variety of foods.

- Fluids: Water, 100% juice, Gatorade, or PowerAde
- Energy bar
- Fruit (dried or fresh)
- Vegetables
- Nuts
- Pretzels
- Yogurt
- Cheese
- Peanut or nut butters
- Hard-boiled eggs
- Deli meat slices
- Crackers
- NO sugar

*Food information is taken from  
USASwimming.org*

### Swim Meets

Every child should be capable of competing in meets as soon as they are a member of the swim team. It is required that athletes in all ability levels compete in swim meets each season. They will need to be USA Swimming registered to compete. This is typically done with the information given with your account on the website listed above.

Before registering for a meet, talk with your child's individual coach about what events he/she would like your child to swim in. While every child is able to compete once they are on the team, they may not necessarily be ready for every event.

You can sign up for swim meets through our website. Emails will generally be sent with this information to get online and declare whether you will attend or not. Our team holds meets during each competition season at our home pools; these are the meets we encourage first time swimmers to attend. We do also travel to meets within the state for younger kids, and some older kids travel out of the state for some bigger meets held at a National Level.

### How to Sign Up for a Meet

1. You will get an email informing you of the meet and asking you to either commit or not commit.
2. Click the link in the email. From there, you can view meet information as well as race information.
3. Follow instructions in the email to either commit and sign up or let coaches know you will not be there.
4. Remember to also sign up for volunteer time at the meet.
5. Be sure to talk to your coach to know which races would be best for you to compete in.

### Food Tips

Eat what works for you. Pay attention to what works and doesn't work as you work out at swim practices and as you gain experience at meets. In general, your body needs protein and carbohydrates. Fats and sugars are bad. Fiber is good for some and bad for others. You will also want recovery food for once your last race is over. Chocolate milk is a fantastic recovery drink.

### When You Get to the Meet

Please arrive to the meet at least 30 minutes early so you can have plenty of time to warm up and set up.

- Set up your chairs and your other items.
- Get a heat sheet. Make note of which races you are swimming, as well as heat and lanes.
- Check to see if you are in any relays.
- Check in with your coach and get your warm up instructions. Warm up.
- Check in with volunteer coordinator (this is for the parents).

### During the Meet

- Cheer your fellow team members on!
- Pay attention to where we are in the schedule and when your next race is.
- Be sure to nibble on food throughout and stay hydrated.
- Hang/drape your towel to sort of dry between races.
- Fulfill volunteer time (for parents).
- Check in with prize table if there is one to see if you qualify for a prize.

### What to Pack for the Swimmer

- Water
- Food
- Towels (several—you get in and out of the water frequently)
- Swim suit (and a backup—they do rip sometimes!)
- Goggles (and a backup—they do break sometimes!)
- Swim Cap
- Shoes to wear on the deck (like flip flops)
- Dry clothes/robe/swim parka for in between races
- Clothes for after the meet
- Things to do at the meet
- Chair to sit on
- Sunscreen if outdoors
- Weather protection if outdoors
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### After the Meet

- Eat/drink your recovery foods.
- Clean up all of your stuff.

### Swim Meet Basics

There are four strokes in swimming. They are freestyle, backstroke, breaststroke, and butterfly. The combination of all four is an individual medley.

There are rules at a swim meet that were designed to promote fair and equitable conditions for swimmers. Each stroke has specific rules. Officials are present to enforce all rules.

Generally, swimmers will compete against each other in different age groups.

### What to Pack for the Spectators

Here are some things you might want to have on hand for race day:

- Money so you can buy a heat sheet
- Pen and highlighter
- Permanent marker
- Snacks and drinks so you don't steal from your swimmer
- Chairs to sit on if not in the bleachers
- Things to do
- Camera/video camera
- Weather protection if outdoors
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