



SUSA Swim Meet Survival Guide

KNOW YOUR EVENTS that you're swimming before you go to the meet. This makes it easier finding your heat and lane assignments. Bring a marker/pen to write down your heat and lane. The coaches will post the entries on the door to the coaches' office a few days before each meet.

CHECK WEATHER & TRAFFIC before you go so you have enough travel time and proper attire. Arrive 10 minutes before warm-up. Find your coach and check in.

PACK your swim bag *the night before* your meet starts so that you can just grab your bag and go. Bring extra towels, caps, suits and goggles to be prepared for any circumstance.

BRING drinks/snacks/food appropriate for the meet. Also, activities, cards, homework are good ideas between events. Limit time on phones/tablets/game systems, as they are a distraction.

You will need **SHOES/sandals** at every meet. When it's cold, you need shoes to keep your feet warm. When it's hot, you need sandals to protect your feet from the hot deck.

If you race in a cap, it must be a **TEAM CAP!**

Each group has a specific **WARM-UP** that the swimmers are responsible for knowing. If it's your first meet, check with your coach to find out what your warm-up is.

PAY ATTENTION to the scoreboard and know what event is currently being raced. This will help you know when to check in with your coach before your race.

CHECK IN with your coach 15 minutes before your race. Find out your race strategy and then warm-up. Remember to warm-up the way you

are going to race.

ARRIVE at the starting blocks and check in with the timers of your lane assignment. You don't want to be too early as you can get cold and defeat the purpose of warming up. Keep moving before your race and remember to stay loose. Make sure your suit is tied tight and your cap and goggles are good to go.

AFTER your race, take your belongings with you to the cool down area. Remember to cool down and then check with your coach. Coaches first, then parents and friends. Cool down is critical so don't skip it. You can visit with friends and other racers after you finish cool down. This keeps the recovery process moving.

EAT smart before your event. Snacks and hydration are crucial to fueling your body. Breakfast is your fuel to start the day. Your body is like a car and it won't perform without the proper fuel. Furthermore, what you eat 2-3 days before the meet is the fuel you will have to race with.

HYDRATION is crucial. The most important piece of gear you have is your water bottle. Be sure to drink before and after each race.

For outdoor meets, don't forget to bring **SUNSCREEN**. Stay away from the spray sunscreen as numerous studies and reports have showed that the spray is not as effective as lotion. The team will usually have shade tents for these meets. Bring items to help keep you cool.

BIG SUITS* – Please note that **BIG SUITS** (FINA technical suits) are only permitted at certain meets by the coaches. They may not be used at any meet that is not a Prelim/Finals or Championship meet.

If you have other **QUESTIONS**, please don't hesitate to reach out to your coach before the meet!