

***If this meet will be your first swim meet, here***

***are some tips that may help you …***

* ***Be sure to confirm on Team Unify that you are or are not planning to attend the event by on Team Unify! If you do not wish your child to be in a relay, which usually occur towards the end of the day (free relay is usually last), please let your coach know as they determine relay teams as soon as they know who is attending!***
* Arrive 15-20 minutes prior to warm-up time to allow time for you to get settled in before your child(ren) need to warm-up. Once you arrive, have your child find his/her coach. A paper slip will be given to you with your child’s events. You or the coach will write the events on your child’s hand for reference throughout the day.
* There will probably be a white board identifying what event(s) are up next. If your child has that an event that corresponds to the number on the board, he/she will report to the “holding area” with flip-flops on, goggles, cap, and towel.
* When packing, you may wish to consider including: extra goggles, caps, 2 towels, swimsuit, & flip-flops, permanent marker (writing your child’s event on his/her hand), underwear for your child to change into for the ride home if he/she came in a suit.
* Your child(ren) might want to bring a bathrobe to wear between swim times to keep warm.
* You may want to dress in layers as the pool area is relatively warm and your “camp” area may be cooler.
* You may want to bring a blanket for your child(ren) to sit on.
* Bring folding chairs to sit on as often there is very little seating, if any.
* Bring a cooler with snacks and drinks (concessions will be available but it’s nice to have guaranteed things you know your child(ren) will eat.
* When your child(ren) is/are done swimming, you may leave! 😊

**Don’t sweat it! You’ll have a great time! There are plenty of people who can and are willing to help you … just ask! 😊**

