

HELPFUL HINTS FOR MEETS

- 1) Arrive at the pool before warm-ups are scheduled to begin. Make sure you check in with your coach as soon as you get to the pool. Get in as soon as the warm-up period starts.
- 2) Check in with your coach before and after every race. Tell them which heat and lane you are in so they can watch your swim. Report to the coach immediately after your race so they can give you feedback (do this before you talk with your mom or dad)!!!!
- 3) Parents -- bring a lawn chair (there is very little bleacher seating at pools) and reading material or something to keep you busy. A pen and highlighter are also helpful for keeping track of swims on your Psych Sheet.
- 4) Bring plenty of water to keep hydrated and quick energy snacks such as crackers, bagels, granola bars and fruit.
- 5) Bring at least 2 towels (3 are better) and something to wear between your races (UVRay T-shirt, shorts, loose pants, sweatshirts, etc.) These will get wet so it is a good idea to bring more than one change of clothing. It is VERY important for the swimmer to keep warm between races.
- 6) Bring plenty of sun screen to outdoor meets.
- 7) Bring something to keep the swimmer entertained between races: cards, a book, games, etc.