

A GUIDE FOR NEW PARENTS

How to Prepare for Meets And What to Bring

HOW TO PREPARE FOR MEETS:

1. Do not feel that you must go to every one of the meets on the schedule. Talk to your child's coach about which meets would be best for your child.
2. If you plan to attend meets more than two hours away, consider getting a hotel room. The host team will often publish a list of hotels, but it is up to each parent to make their own reservations. The team does not block rooms for meets. If your child does not qualify, you can always cancel the reservation.
3. Read the meet announcement (usually published on the Web site 4-6 weeks in advance of the meet). Be sure to note what time your children will be swimming: morning, afternoon, evening or maybe all three if you have swimmers in more than one age group. Remember that coaches must enter swimmers a few weeks before the meet. Once your child is entered, you will be charged the entry fees whether your child swims or not.
4. The coaches will pick your child's events. Parents do not get to pick events. Coaches have a plan for the season and make entries based on the goals they have for your swimmer. Coaches are open to suggestions.
5. Some meets have relays. These are a lot of fun for the kids. Coaches will pick the swimmers for relays. If you know you have time constraints and probably cannot stay for relays, please notify the coach. Make sure that your swimmer checks with the coach about their relay status before you leave; often the relays get switched around at meets. If a swimmer leaves before a scheduled relay, not only do you leave three teammates high and dry, but also the team and ultimately the parents get charged for an event that is not swum.
6. When the meet entries are posted, make sure that your child is entered in events that they can be entered in legally. If your child has an "A" time in an event and the meet announcement is for BB and slower, bring it to the coach's attention. They will not be allowed to swim the event without being disqualified.

BASIC SWIM BAG:

1. Each swimmer should have a swim bag.
2. Label everything your child brings with them with both their name and team name.
3. If your child has asthma, make sure they have their inhaler. Make sure the coach knows they have asthma and where they keep their inhaler.
4. Bring water and/or sports drinks.
5. Bring flip-flops for the pool deck and showers. Swimmers need to protect their feet.

ADDITIONAL ITEMS FOR MEETS:

1. Carry an extra pair of goggles, strap, cap and swimsuit in their bag. It can be more expensive to replace these at the meets if they should break and you need one fast. (Not all meets have vendors where you can make an emergency purchase.)
2. Bring at least two large towels. Most swimmers like one for after warm-ups and then another one for after their events.
3. Bring healthful snacks and extra drinks in a small cooler or swim bag. Good items include PowerBars, bagels, granola snacks, nuts, crackers, and fresh fruit cut in pieces.
4. Bring a sweat suit or warm-up suit for when you are not swimming. Cold muscles do not perform as well. Cotton - when it gets wet, it stays wet forever.
5. To keep them dry, pack clothes for wearing home or going out to eat in large plastic bags.
6. Pack a few dollars so your swimmer doesn't have to find a parent if he/she wants something from the snack bar.
7. Pack something to keep them entertained. Make sure it is not something they will be too upset about if they lose it. If they bring electronics, remind them to put it away when they leave so someone will not walk on it or away with it. A deck of cards is a popular item.
8. Bring a folding chair.
9. If the meet will be held outside (usually just 50-meter pools in the summer), make sure your swimmer has shaded goggles for swimming backstroke.
10. For outdoor meets, bring ample dry towels and warm clothes: parkas, hats, gloves, warm socks and shoes. Even in June and July, it can be very chilly during early morning warm-ups or late evening finals. Over a three-day meet, the weather can change drastically. Be prepared for rain no matter what the weather forecast is. Also be prepared for sunny and hot with sunglasses, visors, and plenty of sunscreen.