

What to Bring to Swim Practice ... (And a Swim Meet)

For Practice

- Swim Suit
- Swim Cap
- Two pair of Goggles (in case one breaks)
- 1 Towel
- Water Bottle
- Deck Shoes/Sandals (Street shoes aren't allowed on deck)
- Lock for your locker
- A great attitude and willingness to have fun while learning

For a Meet

All of the above, PLUS:

- Extra Swim Suit
- An additional towel - one to sit on/one to warm up with
- Warm clothes to wear between events
- T-shirt, sweatshirt, warm-up
- Healthy Snacks
- No Junk Food
- Permanent marker
- This is to write your child's event and event number on his hand before the meet.
- For example - #1 Free Relay (Events are always posted on the team bulletin board in the hallway 1-2 days before the meet)

Please note: a deck of cards and/or some other types of games help to pass the time between events for your child. All swimmers should stay until the dual meet is complete Swimmers may leave USA meets (individual vs. team meets) after their events are finished. All swimmers should remain on deck during the meet.

Meet day To-Do's

Call Coach if you cannot attend as soon as possible if you have signed up for a meet Also, call if you are running late. We have many relays and entries that will be affected if you are not there. Be courteous to others; respect your teammates.

1 Be on time for the meet. Coach will set a time for you to be there prior to the meets start time.

This time will allow for check-in and warm-ups.

2 Check-in with Coach (or assigned check-in person) - Let him/her know that you are there!

Do

not do anything until you have done this.

3 Get your events (numbers) - You are responsible for knowing what events you are going to swim. This can be done at check-in.

4 Change into your suit for warm-up and meet teammates and coach on deck. You are responsible for your personal items, store them properly and safely.

5 Coach will provide you with a warm-up instruction and when to begin your warm-ups. Sometimes captains may start you off when coach is working on a particular problem.

Everyone

will warm-up accordingly.

6 Team meetings will be held shortly after warm-ups and prior to the meet. We will cover

last minute changes and do a team cheer.

7 Event marshalling generally begins before the National Anthem. Swimmers should all be gathered together to be sure that the coach (s) knows where they are. Team cheering for all swimmers is strongly encouraged and sitting in the stands with parents or friends is not with the team.

8 Coach (s) will make their best efforts to talk to swimmers prior to their races. Swimmers should be prepared for and behind the blocks prior to each race.

9 Post race, each swimmer should see the coach for critique/assessment. Every swim, good or bad, is a learning experience.

10 Coach will send each swimmer to warm-down, if available, or provide other instruction. Each swimmer should warm-down if possible for body recovery.

11 The whole team is encouraged to stay for the entire meet to cheer on the team.

12 Each swimmer must let the coach know when they are leaving the meet. Be safe on the way home!