

WHAT TO BRING TO A SWIM MEET

Parent's Guide for the first swim meet

ARRIVE 30MINS BEFORE WARM UP AND CHECK IN WITH THE TEAM MANAGERS

SWIMMERS

- Team kit (labelled with swimmers name)
- 2 Club swimming hat and 2 pairs of goggles
- (Baby powder or Talcum powder will help to preserve the swim cap and keep it from sticking and help with sliding into race suits).
- A Warm up costume and a race costume (put race costume on after warm up)
- Towels- more than one is a good idea.
- Something to sit on. Example: sleeping bag, old blanket, or anything that will be comfortable to sit on. The swimmers will be spending a lot of time on it.
- Shorts or Trackie bottoms & a Hoodie (labelled with swimmers name)
- Flip-flops or deck shoes
- Games: travel games, colouring books, books, cards anything to pass the time.
- Food: Each swimmer and family should bring a small cooler with food. It is better to bring snacks. They usually have snack bars at the meet, but the lines are long and most of the time they only sell junk food.
- Water bottle – Swimmers can get dehydrated – Drink lots of water.

PARENTS

- Money for meet program. They will tell you when your child is swimming.
- Highlighter- for marking your child's races in the program. (If you have more than one child it helps to bring a different color for each.)
- Chairs- most pools don't have much seating on deck so bring your own chairs.
- As a spectator keep in mind that the indoor pools get very hot inside so dress accordingly!!
- In the era of smart phones and tablets that there are some great apps for recording PB's eg: Swim Times, MyPB and Swim Log to name just a few.
- A lot of swim meets also run Meet Mobile an app for smart phone and tablets that post results quickly

Write down your child's finishing time, hopefully a new personal best, as you will need to enter their best times for each swim meet.

Once you have attended one or two meets this will all become very routine. Please do not hesitate to ask any other Team parent for help or information! These meets are a lot of fun for the swimmers! They get to visit with their friends, make new friends, play games, and meet swimmers from other clubs. They also get to "race" and see how much they have improved from all the hard work they have put in at practice.