

# Swim Meet Survival Tips For Swimmers

- SIGN UP for the meet on the sign-up sheet at practice by Tuesday of the week of the meet.** The coaches cannot enter your child in any events if they do not know whether they are going to show up. Please do not make the coaches come find you or call you.
- Be at the meet when the coach tells you to.** The home team warms up first; the visiting team warms up the last 30 minutes before the meet begins. We have a very small time for warm-up and your child needs to be ready to go.
- Check in and be ready to swim.** Check for your event numbers on the heat sheets and write them down. Report when you are called to the ready bench area. The heat sheets are usually posted on the fence in plastic page protectors.
- Wear your swimsuit to the meet. You should also bring:**
  - Water bottle filled with water or sports drink
  - Sunscreen!
  - Ball-point pen or fine-point Sharpie marker to write down your event numbers
  - Light healthy snacks--granola bars or fruit. **No candy or heavy foods allowed until the meet is over.**
  - Shoes/Sandals and a T-shirt
  - Games, cards, books or something to occupy you between your races.
  - Swim cap, towel and goggles
- Do not run around between events.** Rest until your next race. Bring books or games for between events.
- Stay in the area during the meet--DO NOT make the ready bench personnel come find you.** Watch the board for your event numbers coming up and get to the ready bench two events ahead of your event.
- After EVERY swim, shake the hands of the other swimmers and say, "Good Swim".** Hammerheads are great sports!
- Write your name on EVERYTHING that you bring to the pool--all goggles and shirts look exactly alike!**
- Help clean up your area after the meet is over.** Nothing's worse than leaving a mess for someone else to clean up.

# Swim Meet Survival Tips For Parents

- SIGN UP for the meet on the sign-up sheet at practice by Tuesday of the week of the meet.** The coaches cannot enter your child in any events if they do not know whether they are going to show up. Please do not make the coaches come find you or call. 40 phone calls to swimmers who never signed up makes for a crabby coach!
- Remember to Bring:**
  - Lawn Chairs, Sunscreen and Hat
  - Water bottle or small ice chest
  - Fresh fruit or a light snack (energy bars, etc)
  - Highlighter (to mark your child's events on the heat sheets)
  - Fine-point Sharpie marker (to mark your child's name on his/ her hand. Ball-point pens won't mark well on skin)
  - Money for the concession stand or heat sheet copies
- MARK YOUR CHILD'S NAME ON ALL OF THEIR GEAR!!**
- Make sure your swimmer has a light breakfast--no dairy products.**
- Check your volunteer assignment** for the meet and be where you are supposed to be on time. In the meantime, help your child get settled and ready for the meet. Volunteers are **always** allowed to leave their posts for a few minutes to watch their child swim. Just tell your co-workers you'll be right back after you play proud parent!
- Stay out of the area inside the cones/rope on the pool deck during the meet for safety reasons.** This area is reserved for stroke judges, who walk up and down the pool during the swimming, and for the timers and judges at the beginning and end of the races. Please move back from the pool if requested by a meet official. They must be able to see swimmers clearly. It ain't personal!
- Congratulate your child** after **every** swim on the great effort they made!
- Keep small children out of the kiddie pool.** It is closed during swim meets. There are no lifeguards on duty there.
- Parents, swimmers and spectators are not allowed in the scoring area.** It is too hectic for these busy volunteers to give out swimmers' times. Event results will be posted throughout the meet and the following week at practice.
- Before you leave the meet, make sure you have all your belongings.** Check the "Lost & Found" box.
- If you have any questions, concerns, etc., please wait until the end of the meet to talk to the coaches.**