



What to Bring to a Swim Practice & Swim Meet

For Swim Practices	For Swim Meets
Swim Suit Swim Cap Two pair of Goggles (in case one breaks) 1 Towel Water Bottle Deck Shoes/Sandals Pack Healthy Snacks/Waters/Gatorade, to stay well-fueled and hydrated A great attitude and willingness to have fun while learning	Team Swim Suit and a back-up Swim Suit Two pair of Goggles (in case one breaks) 1 Towel and an additional towel - one to sit on/one to warm up with Warm clothes to wear between events Team T-shirt Pack Healthy Snacks/Waters/Gatorade, to stay well-fueled and hydrated Permanent marker (<i>This is to write your event and event number on hands before the meet</i>) Fun games such as a deck of cards, for example, <u>Uno-H₂O</u> , or other types of games to help to pass the time between events All swimmers need to stay in the identified team area All swimmers should stay until the meet is over, if possible

Meet day, To-Do's

- Call Head Coach if you cannot attend as soon as possible if you have signed up for a meet. Also, call if you are running late. *Remember, many relays and entries will be affected if you are not there.*
- Be courteous to others; respect your teammates and opponents.
- Be on time for the meet. Head Coach will set a time for you to be there prior to the start time of the meet. This time will allow for check-in and warm-ups.
- Check-in with Coach (or assigned check-in person) - Let him/her know that you are there!
- Complete the following before warm-ups:
 - * Receive your event numbers
 - * Acquaint yourself in what events you are going to swim.
 - * Change into your suit for warm-up and meet teammates and coach on deck.
 - * Place your belongings in the team area. *Remember, you are responsible for your personal items, store them properly and safely.*
- Coach(s) will provide you with a warm-up instruction and when to begin your warm-ups.
- Team meetings will be held shortly after warm-ups and prior to the meet. Last minute changes will be addressed and the team will do a cheer.



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-Before the official beginning of the meet, swimmers should gather in the team area for any last minute instructions from the Coach (s).

During the Meet, To Do's

- Team cheering for all swimmers is strongly encouraged.
- Swimmers should visit the Coach (s) prior to their races for last minute encouragement and instruction.
- Swimmers should be prepared for and behind the blocks prior to each race.
- Swimmers should see the Coach(s) for critique/assessment after each race. Every swim, good or bad, is a learning experience.
- The whole team is encouraged to stay for the entire meet to cheer on the team.
- Each swimmer must let the coach know when they are leaving the meet. Be safe on the way home!

Information modified from the following document:

<http://manisteeswimteam.com/What%20to%20Bring%20to%20a%20swim%20meet.pdf>