



Swim Meet Tips

What To Bring:

- **Towels:** The typical rule of thumb is to bring one towel for each event your child swims plus one for the shower after the meet. (label towels with your name on them) Your child will quickly decide if they feel like a fresh towel after every race...its worth bringing extras to the 1st few meets.
- **Team Suit:** Swimmers often wear their suit to the meet under their sweats. Swimmers can change in to their suits in the locker rooms. Moms are NOT welcome in the boys locker room (nor are dads in the girls locker room), so if you have a child that needs help, get them in their suit at home.
- **Team Swim Cap:** Swimmers can purchase a cap to wear if they want to wear one. NOT all swimmers wear caps. They are not required! If caps are worn, only MSC caps or solid color caps are allowed for meets.
- **Goggles:** Bring a pair and a spare! Children often find "a special pair" for meets, but a spare pair is always a good idea!
- **Something to do while waiting for events:** books, Game Boy, a deck of cards, homework.
- **Something to Eat:** All clubs offer some type of barbeque or food at the meets. The MSC snack bar is closed during meets. Food purchased at MSC can be charged to your account, Bring cash to away meets to pay for food. The lines can be long and "good choices" can be slim. *Good choices* for meets are fruit, crackers, energy bars, bagels. water, Gatorade. *Avoid* soda, candy, donuts, muffins.
- **Chairs:** Many families arrive early enough at the pool to get a few lounge chairs. There are NOT enough chairs for everyone, so many parents prefer to be safe and bring their own beach chairs to sit on during the meet. (sitting on the ground for 3+ hours can be a bit challenging!)

When you Arrive

- Always arrive a few minutes early! Nothing stresses a child out more than racing to the warm-up. Parking can be a challenge at the meets so allow enough time to find a spot and transport all of your gear to the pool. A wheeled cart can be helpful when navigating the children and gear.
- Check-In for home meets is at 4:15, away meets is at 4:30. MEETS START AT 5:30! The home team warms up first from 4:30-5:00; the visiting team warms up from 5:00-5:30.
- Volunteers should check in with the "starters tent" at least 15 minutes before their shift.
- Get your suit on and set up a "home base" in the Mercerwood Area. We always sit together as a team! At home, we sit in the covered area above the pool
- Check In for the meet. There is always an MSC check-in table at every meet. Look for the table as soon as you arrive. Swimmers will be given an event slip and volunteers will write all of their events on their arm. (Swimmers in the 13 and over age groups must check the "heat sheet" for themselves.)
- Check in with the Coaches: the coaches will assign each swimmer a lane for warm ups. Please listen to all coaches' instruction carefully!
- After warm ups for both teams, our team always gathers for a team cheer. Listen for the announcer to start the meet!
- 8 and Under, and 10 and Under stay in the starting area to stage for the Medley Relays.

During the Meet:

- Stay relaxed and rest in your "home base". Do not run around the pool deck or the club grounds. Do not leave the pool deck without notifying the coaches. We need to know where to find you at all times!
- Cheer for your team mates!
- Before and After a Race:
- Always check in with your coach before and after each race.
- Please listen for your events. After the "first call" of the event, check in with your coach before you go behind your block. It is the swimmers responsibility to be at your race on time. Parents of 8U and 10U swimmers...the first year your child swims is critical to their knowledge and understanding of "meet preparation". If you help them get lined up for their races properly, it teaches them the "system" and expectations. It helps them enjoy the meet and have more fun swimming!

HAVE FUN!