

XIII. Tips for a Successful Meet

The Night before the Meet: Pack your bags with an extra towel, goggles, sunscreen, and a deck of cards, etc. for down times between races. Most swimmers bring blankets and sleeping bags.

Remember to bring snacks or money for snacks and drinks during the meet.

Dress appropriately & for changing weather. It can sometimes be VERY cold in the morning and then warm up very quickly!

Pack lawn chairs and sun umbrellas. Most pools do not have enough seating for spectators.

Eat a good dinner. Complex carbohydrates such as pasta, whole wheat breads, potatoes, rice, etc. are good choices. Fruits are also good. Avoid caffeine and carbonated drinks. A good night's sleep is a must!

Don't forget to pack your big fish/little fish card/ gift. Think about taking something fun to your big fish/little fish's house like a sign or balloons, etc.

The Morning of the Meet: Eat a good breakfast: pancakes, waffles, toast. All swim meets will have concession stands with healthy options available.

It is important to eat and stay hydrated during the meets. Swimmers are advised to reduce their sugar intake.

Find your big fish/little fish and deliver their gift. Put their schedule on your hand, along with your own schedule, so that you can be there to cheer them on in their races. Check in on each other throughout the meet and cheer for each other!

After each race, swimmers must check in with a coach. This is so the coaches have a chance to give the swimmer both positive and constructive feedback.

Make sure all possessions are clearly and permanently marked to minimize lost items. Also keep possessions in your bag/basket- especially important for goggles- they get lost very easily! A good suggestion is for kids to wear their goggles around their necks. This prevents loss and damage from being stepped on by other swimmers.

Swimmers with hair that might otherwise obstruct the swimmer's vision or might get entangled in the swimmer's shoulder joints must wear a swim cap to meets (Wahoos cap preferred). No other team caps should be worn, though you may wear a plain cap in lieu of a Wahoos cap. These swimmers must also wear their hair pulled back for practices.

VERY IMPORTANT – do not write anything on the swimmers backs, including their shoulders, arms and legs, even with permanent markers. The ink rubs off on the furniture and the team becomes very unpopular with the HOAs and the lifeguards.