

THINGS TO BRING TO AWAY MEETS

Away meets

For the swimmer

Always have a water bottle for your swimmer. Swimmers need to stay hydrated.

Goggles 2 pair in case one breaks. If the pool is outdoor a pair of tinted goggle is a must.

Towel (nice to have 2 if one is soaked)

Sweatshirt or some type of warm clothing in case your body cools down

Healthy snacks! Avoid nuts due to the possibility of the allergic reactions of other swimmers.

Parents:

FYI: There is often a \$1-3 charge at the other pools for the parents and other family members attending the meet.

Please bring chairs or a blanket to sit upon during the meet. If you have a canopy please bring it along for the away meets because we often sit outside as a team and depending on the time of the meet and the weather these are very useful.

Sunscreen and Hats

Snacks for yourself and extra water- not all pools have a concession stand