

Meet Day Tips and Tricks

A Swim Team List of Commandments

General Information for All Swim Meets

- Send your swimmer with drinks (water, Powerade, vitamin water, anything other than ~~SOFT DRINKS~~)
- Send your swimmer with a snack (fruit, energy bar, etc.)
- Send your swimmer with at least 2 towels for the meet—one to sit on and one or more to use
- Send your swimmer with games or something to keep them occupied during down time between events
- Apply sunscreen before and several times during the meet
- Have your swimmer stay in the designated Team Area
- Buy a Heat Sheet and help your swimmer keep track of events
- HAVE FUN!

Procedures For Home Meets:

- 1) Arrive at Tara Pool by 2:45 on Meet Day
- 2) Check in at the Lifeguard Hut for home meets
- 3) Check the Tarpons Message Board for an alphabetical listing of “Event-Heat-Lane” assignments
- 4) Assist your swimmer in writing down and remembering “Event – Heat – Lane” assignments
- 5) The Tara Team Area is the Pavilion
- 6) Assist your swimmer in getting to the chairs behind the blocks

Procedures for Away Meets:

- 1) Arrive at the Away Pool by 3:00pm on Meet Day
- 2) Check in at the Team Area (differs depending upon Away Pool location)
- 3) Check the Away Pool Tarpons Message Board (probably duct taped to a wall in the Team Area) for an alphabetical listing of “Event-Heat-Lane” assignments
- 4) Assist your swimmer in writing down and remembering “Event-Heat-Lane” assignments
- 5) Assist your swimmer in getting to the chairs behind the blocks

A NOTE ABOUT HEAT SHEETS:

Heat Sheets are the “meet program” and list all of the events, heats, and lane assignments for the swim meet. Our relay teams will also have names on the Heat Sheet. While they are not required, I highly encourage everyone to get a Heat Sheet or at least share between families. As long as I did not receive an email saying your swimmer was not going to be at the meet, every swimmer should be on the Heat Sheet.

THANKS!

-The Coach