

# MY FIRST SWIM MEET

## What to take to the meet:

Transportation to and from meets are the responsibility of each family. Carpools are often available, please ask your teammates.

- Most Important: Team swimsuit, team hat and 2 pr. of goggles.
- Towels: You will be there awhile, so pack two.
- Sweats or warm clothing, it gets chilly.
- Entertainment items: personal music player, travel games etc.
- Snacks and drinks such as Gatorade, banana, fruit, crackers, granola bars (no glass containers) etc.

## Before the meet starts:

Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time is listed in the meet information at the Wisconsin Swimming website.

## Upon arrival:

Find a place to put your swim bag and towels, etc. The team should sit in one place, together.

Obtain a heat sheet and check to make sure you are entered in your events. Heat sheets are usually for sale in the lobby or the concession area. They sell for about two dollars. Heat sheets list the Events (races) by number and the heats (groups of swimmers swimming the race) also by number. Generally girl's events are odd-numbered and boy's events are even-numbered

Write in a grid pattern, each event number, and heat number along with the lane the swimmer is swimming in, in ink or marker, on the swimmer arm/ hand/leg. This will help the swimmer remember what events she/he is swimming and what event to listen for. Some younger swimmers even like to write in the type of race they are swimming.

E	H	L	
2	4	1	50 free
10	1	6	100 back
18	5	3	200 fr relay

Get your cap and goggle and report to the coach for warm-up instructions. It is every important for all swimmers to warm-up with the team. Warm-ups are structured with

specific goals in mind and are an essential part of injury prevention and work toward enhanced performance.

**After warm-ups:**

Go back to the area where the team is seated. The team should stay together while swimmers wait for their events. This is also a good time to use the restroom, get a drink or eat a small healthy snack.

According to USA rules (for insurance purposes) parents are not allowed on deck.

Swimmers should report to the starting area with hat and goggles in plenty of time, prior to their heat.

Some events for younger swimmers are staged. This will be announced over the loud speakers. Some longer events require a positive check in. The swimmer must report to the scorer's table and sign –in prior to the start of the session.

**After each swim:**

- Swimmers should report to their coach. The coach will discuss the swim with each swimmer.
- Swimmers may be asked to swim down in the warm-up/ cool-down pool if one is available.
- Swimmers should return to the team rest area.
- Swimmers should relax, use the restroom, eat a small snack and drink something.
- Wait for your next event.

When you have completed your swims you and your parent are free to leave. Please check in with the coach before leaving, to make sure you are not include in a relay.