

## WHAT TO EXPECT AND TO BRING TO A MEET

Refer to the handbook for specific guidelines, but these are some suggestions from a seasoned parent.

The number one thing, I think a new parent/swimmer can do is try and stay *relaxed*. Getting to the meet early to check out the setting for you and your swimmer will help you feel more relaxed and the swimmer too. It is very normal for you and your swimmer to feel nervous, at some meets I still do, and I'm not the one up on the blocks!

First trip into the building maybe only take the swimmers swim bag and your small cooler and your small bag. After figuring out where you would like to sit and where the swimmer is going to hang out you will have plenty of time to go back to the car and get blankets, lawn chairs, pillow, bigger cooler or misc items. There is nothing more frustrating than packing all this *stuff* in and then finding no room for it or that you may not need it at all at this meet.

Swimmers bag should always have 2 swim suits, 2 sets of goggles, 2 swim caps and 2 towels. Even if it is their practice suit and cap, it is better than having something break right before a race and not having a spare. The 2 towels are another just in case, they have been known to get the first towel soaked, and then are stuck with no dry towel.

Healthy snacks and drinks! One of our coaches did not allow the swimmers to drink pop or eat candy the entire week before a meet! The sugar is not good for the swimmers with the amount of energy they are using to swim, and pop, with its carbonation is even worse. Sport drinks, (not high energy drinks) or water are the best. Fruits, veggies, and carbohydrate snacks are the best. Most meets have concession areas; just remember no greasy foods for your swimmers.

If you are feeling lost or have questions at a meet don't be scared to ask. If you cannot find a coach ask another parent, even if they are not on our team. All of us were new at this at one time and most people are always willing to help.

When traveling to an out of town meet, be sure and take your parent phone list along. This has cell phone numbers on it for just that reason. It happens to all of us, a wrong turn, running later than you thought, or any number of things. So call the coaches or someone on the list that you think is going to that meet. We are a team and we are here to support each other.