



October 14, 2010

Hello,

Just wanted to go over some information before our first swim meet that will help our new parents and our old team parents be prepared for the weekend.

- 1 – Show up on the pool deck 15 minutes before your session of warm ups. Swimmers need to be ready to swim with caps and goggles ready.
- 2 – Seating: bring collapsible chairs for each person coming to the meet.
- 3 – Eating: swimmers should have plenty of carbs prior to the meet (pasta, bread, potatoes, etc.). Each swimmer should eat their big meal at least 1 hour prior to warm ups. This gives their bodies' time to completely digest and their not spending their energy digesting when they should be spending it in the water. For the meet bring bagels, dry cereal, granola bars, trail mix, dried fruit, bananas, apples, etc.
- 4 – Sleeping: Swimmers should sleep a full 8 hours the night before they race. At prelims/finals meets, they should nap between sessions, too.
- 5 – Equipment: Swimmers should be prepared for the meet with extra team caps and goggles (2 pair). Bring warm clothes, socks and shoes, something warm for their heads.
- 6 – Towels: Swimmers should have at least 3 towels for a session. One to use in the locker rooms, one for warm-up/cool-down, one for each race.
- 7 – Drinking: Each swimmer should have both water and Gatorade at a swim meet.
- 8 – Do you leave after your kid's race??? If there are relays, be sure your swimmer asks if they're swimming in one. We encourage swimmers to stay and cheer for their teammates but understand if you CANNOT be there for the duration of the session.

I hope this helps you in preparation for this weekend. Let me know if there are any questions.

Thanks,
Matt