



Swim Meet Helpful Hints OR... The Parent Survival Guide

Welcome to summer swim league swimming! If you or your child has played any sport, you know that sport has its own set of rules, traditions and quirky peculiarities. Swimming is no different. We've gathered some tips to help our first time swimming parents understand the mystery known as a "Swim Meet."

1. Plan on arriving 15 minutes before warm-ups start. You might want to pull your car up close to the pool to unload swimmers, chairs and any heavy gear before parking your car. Always park in the designated parking area. Some neighborhoods (like Rivershvre) prohibit parking on both sides of the street. Do not block driveways.
2. Find the team's bullpen and, if you have a young swimmer, help them get situated. Bring a folding chair and blanket for them. The ground can get hard and damp after a couple of hours. Sweatshirts and long pants are helpful as the evening cools down. Bring SUNSCREEN and BUG SPRAY.
3. Bring a black sharpie. Use it to write your child's race numbers, heat numbers and lane numbers on his/her arm. (You will get this information from the SwimTopia App)
4. If you are volunteering, check in at the Volunteer Coordinator's table.
5. Find a place to sit. For all meets, bring folding chairs. The pool furniture is cleared from the pool deck. Find which side of the pool your team's family members are sitting on. The pool ends are restricted to officials, timers and swimmers.
6. It helps to view a swim meet as if you are camping. You already know to bring chairs but you'll also need: extra towels, an umbrella, rain jacket/poncho, hat. Remember that meets start in the hot afternoon sun. SUNSCREEN and BUGSPRAY. Plastic bag for wet swimsuits and towels.
7. Your swimmers' bag should contain a spare swimsuit and swim cap. Bring

at least two pairs of goggles and have your child “break in” a new pair before the meet. If they don’t fit snugly you’ll see them around their neck as they swim by you. Two to three towels. Combs, brushes, cards, game boys, board games etc.

8. For restless parents; bring a book, newspaper, and crossword puzzle. Plan on being at the meet for 4-6 hours.
9. Bring cash. Swimmers just love the concession stand.
10. Make sure your swimmer drinks plenty of fluids. This is not only because of the sun, but swimmers get dehydrated from swimming!
11. If you’re working the meet, listen when the Starter calls for all volunteers to report to their various duties. Don’t make a tired ½ half parent wait for you if you are working the second half.
12. Download the SwimTopia app for swimmer meet entry info and alerts/updates.
13. CHEER THEM, SUPPORT THEM AND ALWAYS HAVE FUN.

GO SHARKS!