

# HELPFUL TIPS FOR SWIM MEETS



## WHAT TO BRING

**SINCE MEETS ARE SO EARLY, PACK MOST ITEMS THE NIGHT BEFORE, SO YOU CAN EASILY GRAB THEM IN YOUR RUSH OUT THE DOOR IN THE MORNING.**

- SWIM CAP
- COOLER WITH WATERS
- GOGGLES
- HEALTHY SNACKS, SANDWICHES & FRUIT
- TOWELS
- CHAIRS (FOR SWIMMERS AND ADULTS)
- SUNBLOCK
- GAMES (FOR SITTING, NO BALLS)
- HAT
- EXTRA SWIMSUIT & GOGGLES
- FOOTWEAR
- YOUR BEST CHEERING VOICE!

### DON'T FORGET

**PLEASE MAKE SURE YOUR SWIMMER IS WEARING THEIR SUIT WHEN THEY ARRIVE AT THE MEET**

## ADDITIONAL TIPS

- Have your child wear a sweatshirt in the morning. They are cold before the sun comes up, especially after warm-ups.
- Bring an old (washable) quilt or "neat sheet" for the team's area. The younger kids really like sitting on the quilt together to play.
- In addition to electronic devices, books, etc., bring activities that kids can play with together (and that won't be damaged if it gets wet), Playing together and making friends is a big part of the fun of a swim meet.
- Keep track of your swimmer's goggles as they go missing easily.
- Swimmers love to draw and write spirit messages all over themselves and their friends with Sharpie markers.
- Bring your own chair; the chair your child uses will get wet.

# WHEN YOU ARRIVE

- **Check Swimtopia to see swimmer events**
- **Find a place to set up shop in team area**
- **Listen to the coaches' instructions and get ready for warm up**

More information on swim meets can be found in our team's "Swim Team 101" guide.

[Click here for that guide!](#)