

What Swimmers Need to know for Swim Meets

1. Arrive on time. Get to a meet early enough to check-in, settle down into a “spot” with your team, and be ready with your cap and goggles on when the warm-up session starts. Meet warm-ups are often short and crowded, so it’s important to be on time.
2. Be prepared. It is best to know what events you are swimming BEFORE warm-up. This way, you can practice the appropriate starts, turns and sprints in the warm-up. Also, make sure that you have everything you need – towels, swimsuit, water bottle, cap and goggles. As much Triton or Black and Teal/ Green gear as you can find. Pom poms and face paint is welcomed too!
3. Sit with your teammates and cheer. Swim meets are the best time to get to know your teammates and build team spirit. It is also easier for your coach and teammates (relay members) to find you if they need you.
4. Stay positive. If you have a bad swim, or you don’t want to swim the events you’re entered in, just do your best. Mary DeScenza writes, “Sometimes your coach puts you in an event you do not like. You just have to do your best and not complain.”
5. Bring plenty of drinks and snacks. Know how much water you will need (about 8 ounces per event) and be prepared. Bring light snacks to munch on, *replace any candy with some fruit.* Sorry!
6. Realize that relays are just as important as your individual events. Give it your all and help pump up your teammates (no matter which relay you’re on). Swim in the relay order your coach gave you, and HAVE FUN! Also, stay and cheer on your team until your last teammate is out of the water.
7. Talk to your coach and cool down after every event. Make sure that you see your coach after each event to get input on your race. And if you have time, cool down between events until your heart rate is below 90. Cooling down will make a huge difference in your body’s ability to recover for future races.
8. Respect the meet officials. Remember that these are volunteers who want to see you get the most out of swimming. Go so far as to thank the person who DQ’d you for helping you to improve.
9. Clean up ALL of your mess. It is important to leave your area just as you found it. Throw away your empty bottles and Power Bar wrappers. If your teammates left a mess, go ahead and pick it up. That’s what teammates are for!