



What We Wish We Knew at Our First Meet..



Swim Smiles From Team 2005

So many swimmers + A little planning = So much fun

Why does it seem so different than practice?

Meets are the one time when all swimmers from every age group and practice time come together as one team. The energy is very high, which is a good thing for races! Help your younger swimmers find a space to put their stuff & spread out a towel right away. The coaches will designate a "camping" space at every meet. At home meets it's inside the (drained) kiddie pool fence. 6 & Unders will sit with their coaches near the diving well.

What to Pack for Meets

- 1- towel or blanket to sit on
- 1 to 2 - towels to dry off with
- Sweatshirt/sports pants (it gets cold!)
- Goggles + an extra if you've got it
- Swim cap/powder (optional)
- Dinner/snacks
- Water bottle or Sports Drink
- Water resistant toy for younger swimmers
- Sport chair/sunscreen/ sunglasses for adults



Top 3 Tips for a Super Away Meet

- Bring your meet map and add 10 minutes extra if you've never been there before.
- Bring your cell phone and the Coordinator Phone List. (Just In Case)
- Parents- don't forget to bring your own stuff in the rush of packing swimmers.

"Just Add Water"

The Team Coordinators Committee

"Please call if you have questions!"

Questions We Asked...

Q: What time do we need to be at the meets? **A:** The coaches ask swimmers to be there by 5:00, but 4:30 is a good time to arrive for your first meets. It will give you time to help your swimmer get settled, choose a good place to set up your sports chair, and help them write their events on their hand before warm-ups begin.

Q: Does my swimmer have to wear a team suit or cap? **A:** The coaches prefer swimmers to wear the team suit, and most do. A swim cap is optional, but it helps keep hair off the face and reduces hair damage from goggle straps. A little baby powder inside the cap makes them easier to handle.

Q: We are new to swimming, I don't know how could I be of any help at a meet? **A:** We were all new once! Most jobs at the meet are really simple, like collecting papers from the timer or copying names from lists to a ribbon label. You will get on-the-job training, and we DO need your help to keep things running well for the kids.

Q: Will there be concessions at all the meets? **A:** Yes, there will be. At the away meets it is a little hard to predict what's available, so pack dinner if your swimmer is finicky.

Q: When do the meets end? **A:** The 6 & Unders are done before 8:00pm; the older kids swim until about 9-9:30pm.

Team Manager:

Diana Nommay
(H) 879-1835 (C) 627-1666

Communication Coordinator:

Diana Nommay
(H) 879-1835 (C) 627-1666

Volunteer Coordinator:

Julie Burgland
(H) 879-0234 (C) 626-3042

Team Data Coordinator

Tracey Challis
(H) 299-7446 (C) 502-0490

Awards Coordinator

Susie Golding/Anne Brooks
(H) 875-5452 (H) 870-2095

Fundraising Coordinator

Chasity Johnson
(H) 334-7879

Activities Coordinator

Julie Osborne
(H) 298-8788 (C) 809-8482