

## What to Bring to A Meet:

Going to a swim meet is a lot like going on a camping trip. There are some essentials that you absolutely cannot do without, as well as some luxury items that may make the time at the meet more pleasant for you and your child.

### Essentials

- \* Swim suit
- \* Team Cap
- \* Towels (2 or 3-- they get wet in a hurry!)
- \* Goggles (and an extra pair)
- \* Sleeping bag or Blanket for the swimmer to relax on (it gets cold for the wet swimmers in the "crash area")
- \* Sweats/Warm-ups
- \* Gym bag to put it all in
- \* Dry clothes to wear after the meet
- \* Pen or Sharpie marker (to underline heat sheet and write events/heats/lanes on your swimmer)

### Some other suggested items:

- \* A chair for you...but not for our home meet, since we'll all be volunteering :)
- \* Cards, games, books, CD player, etc, to keep your child entertained between events
- \* Cards, knitting, books, CD player, newspaper, etc, to keep you entertained between events...again not for our home meet :)
- \* Healthy snacks (see more detail below)

### Nutrition:

Since most meet sessions last around 5 hours (including warm-ups), it is almost a certainty that your child (and maybe even you) will need some refueling. Most meets have concession stands, however the fare is usually less than appropriate for the athletes, consisting of a lot of junk food. In fact, the coaches have been known to confiscate junk food from the swimmers during the meet and eat it themselves in order to protect their athletes (JK)! In addition, buying a lot of food at the concession stand can become costly. It is recommended that you bring along some healthy snacks for the swimmer to eat before and during the competition. Also, each swimmer should have a water bottle filled with water or sports drink to sip on throughout the day. Foods that are high in carbohydrates and low in fats are best. Rehydration is also important. Here are some suggestions:

- \* Gatorade or sports drink
- \* Bagels / Lite cream cheese or jam spread
- \* Juice

- \* Fruit (be aware that some swimmers may find it harder to tolerate citrus fruits)
- \* Crackers
- \* Non-sugary cereals (Cheerios, etc)
- \* Veggies

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