



MEET PREPARATION—PARENTS

1. Make sure you have checked the e-news or the host club website for information on Accepted Entries and/or Draft Programs and session timings (they can change!)
2. Check that you know where the meet is being held and you have a postcode for your SatNav if necessary
3. Make sure you have the Coaching Team's mobile numbers in your phone. The coach is the **only** person you should contact if there is a problem on the day.
4. Has your swimmer got 2 of everything? Hats/goggles/swimming costumes—better safe than sorry!
5. Make sure your swimmer has poolside shoes and the club polo shirt with them as they will not be able to leave poolside without them during the session. We do encourage swimmers to remain with the team poolside and not to visit parents during the sessions as this promotes team morale and support.
6. Make sure they have enough fluids and snacks for the duration!! It is vital that they stay hydrated during their time poolside and if they want snacks, please ensure they have them with them, have enough of them and don't leave them with you. Please do not overload them with sweet, cakes biscuits etc but opt for healthy snacks.
7. Get to the pool 10 minutes before the warm up starts and where it applies, sign in
8. Wish them luck and send your swimmer to get changed. The Coach or Team Manager will have set up poolside and will meet them there

AT THE MEET - SWIMMERS

Here are a few guidelines that you need to take note of:

Make sure you have a club polo shirt and some poolside shoes with you

Make sure you are in the marshalling area in good time

Keep still once you are on the starting blocks ready to race

After your race, **first** report to your coach for feedback, mum/dad comes second on race day!

When others are racing, keep quiet when you hear the Referees whistle

Avoid walking *between* the officials and the pool, all of those people in white around the pool are there so that you can compete!