



Diamond State Aquatics

Meet Snapshot

All Groups

What to Bring:

- DSA swimsuit or Tech Suit
- Extra practice suit
- Two pairs of goggles
- DSA cap (we bring some too)
- Two towels
- Sneakers and warm clothing
- Water bottle or sports drink
- Healthy snacks

Swimmer Expectations:

- Arrive on deck 15 minutes before warm up
- Listen to and follow warm up instructions
- Be ready in your racing suit for your first race
- Talk with your coach to know your heat/lane
- Pay attention to when you need to go up
- Find your coach after the race to debrief
- Cool down and prepare for your next race
- Cheer for your teammates!

Example Meet Session for a Swimmer:

7:40 AM – Arrive at the pool building and make your way to the pool deck.

7:45 AM – Find our teams designated seating area on deck. We will usually put the DSA banner on the wall. If the meet host allows chairs, set up your chair, or find space on the bleacher.

8:00 AM – Enter the pool for our assigned warm up time in our assigned lanes. Listen to your DSA coaches as we give directions during warm up.

8:30 AM – Finish warm up and return to the team spot, dry off and stay warm. (Shoes and sweatshirts!) At this time, if you are not in your racing suit, go put it on. Swimmers should also talk to their coach and get their heat and lane for their first event.

9:00 AM – Meet session begins, cheer on your teammates when you are not swimming!

9:20 AM – Time for your first race! Double check your heat and lane and line up behind the blocks. Then... RACE!!

9:25 AM – After your race, find your primary DSA coach on deck. Debrief your swim with your coach and talk about what you did well and what you can improve on. DO NOT SKIP THIS SPEP! This is how our swimmers improve!

9:30 AM – Cool down for at least five minutes in the cool down pool if available, then dry off and stay warm.

10:05 AM and 11:15 AM – Your second and third races of the session!

11:45 AM – Your session is done! Be sure to pack your chair away and clean up your spot. Check with your coach before leaving to ensure you have no more swims or a relay. If this is a prelims/finals meet, check what time you need to return for finals. Great job!