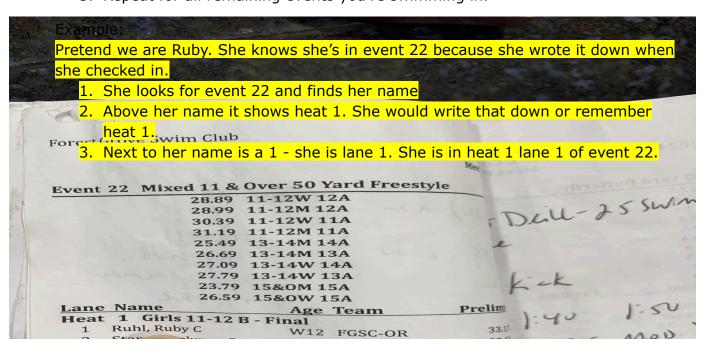
Swimmers & Parents should establish a Pre-Meet Routine

Swimmers: The day before a swim meet, you can prepare by packing your bag, eating a healthy meal, and getting enough sleep. You can also visualize your race, develop a routine, and prepare mentally.

- 1. Know your events and event numbers prior to arriving at the meet.
- 2. Show up to the meet 15-20 minutes before your warmup and positive check in/check in for your events.
- 3. Find your coach, and let them know you have arrived. We get nervous, too!
- 4. Get ready for warm ups.
- 5. Make sure you get in when warm up begins. Warm ups can be crowded.
- 6. Get warm and stay hydrated/fueled.
- 7. When heat/lanes get printed, write them down.
- 8. Check out our Hydration & Nutrition Coaches Corners for more info https://www.gomotionapp.com/team/fgsc/page/the-team/athletes
- 9. What swimmers should Know about Pre-Competition Meals

When there's positive check in at a meet, heats and lanes won't be posted until after warm ups. While you wait, set up your Event, Heat & Lane grid. When heat/lanes are printed, here's how your figure out your assigned lanes:

- 1. Look up event # you're swimming
- 2. Find your name
- 3. Above your name there is a heat assigned (This is what heat you're in)
- 4. The number next to your name is the lane you are in.
- 5. Repeat for all remaining events you're swimming in.



Parents Pre-Meet Routine: Parents at a swim meet have many roles and responsibilities, including supporting their child, volunteering, and helping with the meet's organization.

Supporting your child

- Be positive: Encourage your child and remind them that they are doing well
- Be enthusiastic: Show your support and excitement for your child
- Comfort your child: If your child is upset, let them know that you are there for them
- Let the coach, coach: Allow the coach to evaluate your child and make decisions about their training and performance

Volunteering & supporting your team

- Help with the meet: Volunteer to help with tasks like setting up, cleaning up, or checking in volunteers
- Help with hospitality & concessions: Provide food and drinks for officials, volunteers & meet attendees
- **Help with timing**: Volunteer to time events
- Help with officiating: Volunteer to help officiate, interested in becoming an official contact Coach Laura

Helping with the meet's organization

- Help with set up: Set up tables, chairs, and volunteer equipment
- Help with clean up: Return tables, chairs, towels, and trash to their proper places
- **Help with check in**: Ensure volunteers know where to go, when to arrive, and what is expected of them

Other responsibilities

- Check your email for information about the upcoming meets
- Get your child to the meet on time
- Participate in team activities
- Stay informed about team activities and deadlines

