

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 you 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.

Example:

Pretend we are Ruby. She knows she's in event 22 because she wrote it down when she checked in.

1. She looks for event 22 and finds her name

2. Above her name it shows heat 1. She would write that down or remember heat 1.

3. Next to her name is a 1 - she is lane 1. She is in heat 1 lane 1 of event 22.

Forest Grove Swim Club

Event 22 Mixed 11 & Over 50 Yard Freestyle

28.89	11-12W 12A
28.99	11-12M 12A
30.39	11-12W 11A
31.19	11-12M 11A
25.49	13-14M 14A
26.69	13-14M 13A
27.09	13-14W 14A
27.79	13-14W 13A
23.79	15&OM 15A
26.59	15&OW 15A

Lane	Name	Age Team	Prelims
Heat 1	Girls 11-12 B - Final		
1	Ruhl, Ruby C	W12 FGSC-OR	33.17

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

