

General Information On Swim Meets

1. Arrive at least 20 minutes before the stated warm-up time. This will allow you to park, get all your "stuff" to the staging gym, spread out and get you child's equipment ready before Coach Lisa calls them together for warm ups.
2. Look for where BYB is gathered and sit with the team.
3. When you arrive, check in with either Coach Lisa, Coach Sara or Jackie Wagoner.
4. Find out your swimmer's events and write them on your swimmer's hand with a Sharpie. Coach Lisa will post the events somewhere in the team area.
5. Write your name on everything including suit, cap (on the inside), sweats, etc. You'd be surprised how many things get misplaced in the confusion that is a swim meet.
6. If you take anything of value with you (camera, gameboy, purse), DO NOT LEAVE IT UNATTENDED!! Keep it with you at all times. We have had numerous items "disappear" during past meets, particular the big, multi-team meets.
7. Do not leave the meet before checking with Coach Lisa even if you have swam all of the events posted for you. You might be added to a relay and not know it.
8. Be a good guest....clean up your area of any trash, food etc. before leaving. Double check to make sure you have all your belongings including swimsuit, goggles, etc.

Other things to remember.....

- Get a good night's sleep the night before the meet.
- Check and double check your Must Bring List before you leave home.
- Eat a good breakfast or lunch before the meet and drink plenty of water.
- What should they eat? Carbs, carbs and more carbs. Did I say carbs? Information from the USA Swimming website recommends pasta, breads (including pancakes) and cereals. They are easily digested but pack energy. Some examples they give are: spaghetti, bagel with cream cheese or peanut butter, mac-n-cheese, turkey sandwich, pancakes, waffles, low-fat yogurt, fruit.
- Ribbons, etc. will be placed in your swimmer's folder at Sunday evening practice.

Parent's of Younger Swimmers

1. Younger swimmers should be supervised at all times by parents.
2. Please stay in and around the designated BYB team area.
3. Take your swimmer to the Clerk of Course area when their events are called. Once the Clerk takes your child to be seated, you may leave and go to the pool deck to wait for their swim.
4. Once your child has completed their race and spoken to Coach Lisa, take your child back to the team area to wait for the next race.

Items You Must Bring to the Meet

1. Team Suit
2. Swim Cap
3. Goggles (preferably a pair and a spare)
4. Towels (in winter, one for each race your child swims)
5. Flip flops to wear out side the swim area
6. Sharpie marker (to put event numbers on your swimmer's hand)
7. Map and Directions to the meet (if out of town)
8. Coach Lisa's cell phone number – 859-619-3169

Items You Should Bring to the Meet

1. Sweatshirts and pants for between races. Socks and hats are also be good. Some kids bring robes to wear. The air temp in the gyms where the teams wait can be chilly. The main thing is to keep warm. **Cold swimmers = tight muscles.**
2. Blanket or sleeping bag to place on the floor for your swimmer to sit/lounge on between events.
3. Outdoor fold-up chairs so that you have a place to sit. It is usually not a problem for meets at our Y but at meets at other venues, it is much better than sitting on the floor or standing all day.
4. Cards, games, books, other amusements to keep your swimmer occupied between events. Particularly with younger swimmers, there can be big gaps of time between swims. It keeps them from being bored or from literally from running around the crowded room. (Bring yourself a book or something to read too!).
5. Bottles of water for your child to drink before and after races. Stay hydrated! Gatorade is ok too. Soft drinks and other carbonated beverages are not.
6. Healthy snacks. Most places will have a concession stand but its always good to bring your own healthy food your swimmer likes. Examples: fruit, raisins, granola or cereal bars, bagels, pasta, pretzels, graham crackers, yogurt, peanut butter, other carbs. **Bad examples:** High-fat food including fast food, candy, and anything heavy right before you swim.
7. Clothes to wear after the meet.