

Hickory Hill Swim Meet Survival Guide

What to do at a Swim Meet: Swimmers

1. Check the boards at practice in the morning on the day of the meet to see what events you are swimming. Look at all events in your age group to make sure that you are in no more than 3 events. If you find more than 3 events on the board, please tell one of the swim coaches.
2. Write down all of the events that you are swimming in with the event number, what you are swimming and what lane you are swimming in.
3. Arrive at the pool fifteen minutes before warmups in order to be in the pool when warm up begins.
4. Sit in the designated area for Hickory Hill and in the designated area for your age group. Stay with your team during the meet.
5. Check in with one of your age group coaches when you arrive and get your warmup.
6. Get into one of Hickory Hill's lanes and warm up.
7. Do two dives with a coach if you are not used to the blocks (usually at an away pool).
8. Once the meet starts, watch the event number boards.
9. Tell your coach when you are going to the bathroom or to see your parents. We would not want you to miss your event!
10. Check in with your coaches before and after your event for commentary and feedback.
11. Go directly back to your seating area with your team.
12. After your event, have a healthy snack and drink water.
13. Immediately put on clothes or a towel to keep your muscles warm.
14. Smile! No matter what!

What to do at a Swim Meet: Parents

1. Bring a pen and paper to morning practice and write down all of your swimmer(s) events.
2. Help your swimmer(s) pack smart for the swim meet. (See pack list below.)
3. Get your swimmer(s) there fifteen minutes before the scheduled warm up.
4. Bring him/her to their designated seating area and have them put their stuff there.

Hickory Hill Swim Meet Survival Guide

5. Have your child grab everything they need for their warm up (suit, cap, goggles, etc.).
6. Have your swimmer(s) check in with their age group coach and get their warm up.
7. Find a spot to watch your kids swim.
8. Ask the VP of Swim if any volunteers are needed for the meet (timing, deck marshal, announcer, etc.).
9. Once the meet starts, enjoy, and make sure that you do not miss your swimmer(s) event!
10. Tell your swimmer(s) that they need to stay in the designated area. If they come find you, bring them back to their spot with the team.
11. Congratulate your swimmer after the meet! Tell them how great they did!
12. Stay for the pizza party and fun with the coaches after the meet.

What to Pack for a Swim Meet:

Pack everything in a bag because it prevents items from getting lost.

- Blanket/Towel to sit on
- Towels to dry off with. Rule of thumb is that you need a towel for every race. Cold swimmers do not do well.
- Competition Swim Suit – Hickory Hill team suit is encouraged.
- Flip flops or slip on shoes - They help to prevent kids from getting muddy or stepping on sharp objects.
- Sweatshirt and sweatpants: No matter how warm out it is. When the sun begins to go down, younger swimmers always get cold.
- Cap – Swimmers can only wear Hickory Hill caps or a solid cap. It is a league rule that swimmers may not wear a cap promoting anything else (brand, other swim club, etc.).
- Goggles – Make sure that they are tightened appropriately. Extra goggles are encouraged, just in case.
- Change of clothes
- Healthy snacks (See Healthy Snack ideas below.)
- Water – 2-3 bottled waters

Hickory Hill Swim Meet Survival Guide

- Entertainment – there can be long periods of time between events depending on what they are swimming. Brings something for them to do such as books/magazines, electronic games, cards, coloring books, etc.

Foods to Eat the Day of a Meet:

Breakfast: Do not allow your swimmer to skip breakfast! Encourage them to eat a healthy carbohydrate rich breakfast.

- Pancakes with syrup, fat-free yogurt, and strawberries
- Whole wheat waffles topped with fruit
- Smoothie made with yogurt, milk, fruit or fruit juice
- Whole grain toast with peanut butter and bananas
- Bran muffin, yogurt, and berries

Lunch and Dinner the Day of: Try to eat a big meal 2-3 hours before the meet begins. Do not eat a big meal within 1 hour of the start of the meet. Eating a dinner full of complex carbohydrates is especially important the night before a swim meet. Carbohydrates are your body's foremost energy force and the main fuel for muscles. Complex carbohydrates include whole grain cereals, whole grain breads, rice, pasta, and vegetables, while simple carbohydrates include dairy products, fruits, and fruit juices. Avoid sucrose, such as candy, cookies, ice cream, cakes, pop, sugar drinks, sugary cereal, brownies, etc., and high fat foods such as potato chips and French fries. Ideas include:

- Pasta dishes (whole wheat pasta encouraged)
- Sandwiches with wheat bread or wheat rolls
- Vegetables and fruits

Snacks during the Swim Meet: No sweets including brownies, cookies, ice cream, cakes, candy etc. Avoid high fat foods as well – including French fries, potato chips, etc. Healthy Alternatives:

- String Cheese
- Granola bars
- Trail mix made with dried fruit, nuts and pretzels
- Whole grain crackers
- Fruit – especially bananas, oranges, grapes, and apples
- Raw vegetables

Hickory Hill Swim Meet Survival Guide

- Pretzels

Liquids: Swimmers should drink water before and during a swim meet. Gatorade and other enhanced drinks do not help swimmers. Pop and other sugary beverages should be avoided the day of a swim meet.