



## SBSC Swim Meet Tips for First Timers

Swim meets are a great way for your child to get to know other swimmers on the team. They are also a great opportunity for your child to learn sportsmanship. Swimmers will have a chance to challenge themselves and encourage their teammates. No matter where they finish in a race, they always have an opportunity to race against their own best time. To get the most out of the meets, you will need to know a few things. Here are some tips to make the process a little easier for you.

- Prior to a swim meet, take the opportunity to review the online meet form. The form will indicate the pool address, some suggested travel instructions, the sequence of events, and possibly a projected timeline for the session.
- Each club that attends a swim meet is assigned the responsibility of providing a number of timers for the duration of the competition, based on the number of swimmers the club brings to the meet. All SBSC parents are expected to support the club by fulfilling a timing slot at meets. If this is your swimmer's **first** meet, you do not need to time. Use this as an opportunity to familiarize yourself with the meet procedures and to help your swimmer navigate through the meet.
- Be sure your swimmer has a good breakfast. Bring plenty of snacks and fluids to maintain your swimmer's energy throughout the day.
- Arrive early. Your coach will tell you what time you need to be there. And plan to be there at least 15 minutes prior to that. Trying to find access to the pool, a parking spot, the check in area and the team area all take time. Your swimmer will also need to warm up before their first race. Arriving early gives you time to get where you are going without missing your first event.
- If your swimmer is disabled and needs special accommodations remind the coach to let the officials know at the beginning of the meet.
- If you are able, bring an extra cap, an extra suit and an extra pair of goggles. Wardrobe malfunctions are stressful for young swimmers.
- Always bring a minimum of two towels.
- Bring a jacket or sweatshirt with a hood, or a beanie style cap to keep your swimmer warm between events.
- Good footwear is very important. Your swimmer will stay warmer and perform better if they spend the day in shoes.
- Bring plenty of sunscreen. Most of our Southern California meets are outdoors in full sun.
- Bring a chair(s) for your swimmer and for you! Meets vary in length and having a beach chair is a nice luxury.