



What to Bring to the Meets

- ✓ **Swim suit** – girls a one piece; boys a “jammer” is preferred. Our team colors are red & black, but if you do not have one in these colors that is not a problem!
- ✓ **Goggles** – 2 pair; it happens at each meet, someone loses or breaks their goggles!
- ✓ **Cap** – if your swimmer wears one bring 2; again someone loses one or it rips.
- ✓ **Towels** – at least one per event your child swims. Most swimmers use one as a blanket to sit on as well.
- ✓ **Snacks** – since we start so early in the morning, the kids are usually hungry. Bring fruit, fruit bars, cheese crackers, etc. Just remember nothing “heavy” or messy. Most pools do not allow eating on deck or in the bleachers, please respect their preferences.
- ✓ **Drink** – water, water and more water! Just make sure to have your name marked on the bottle
- ✓ **Sharpie pen** – to write on your swimmer’s arm what events they are slated for. Ballpoint pen ink does not hold up in the water.
- ✓ **Something to do** – sometimes there are long waits between events. Please keep this to a minimum, not a lot of room and too many chances to lose something. Electronics are popular, but the pool and the teams are not responsible for lost or damage.
- ✓ **Chair or cushion** – for the spectators of course! Since the bleachers are always crowded, we recommend you bring along a “bag” chair and wait in the lobby or hallway (wherever the hosting team designates) between events.
- ✓ **Sunscreen** – S.P.F. of at least 30 for outdoor meets.
- ✓ **Shade** – for outdoor meets; if you have a large beach umbrella or “tent” you are more than welcome to bring it along.