



## *WHAT TO EXPECT AT A SWIM MEET*

### Success at Every Level

***Here are some things to remember when attending your first swim meet with Mavericks:***

1. Bring two towels and two bathing suits, a swim cap, and at least two pair of goggles. It is also a good idea to bring some snacks such a bananas, bagels, Gatorade, sandwiches, etc.
2. Bring warm cloths to wear such as sweat pants and sweatshirt, socks, shorts, or t-shirts. Bring you Mavericks team parka if you have one.
3. After walking into the pool area, find the check-in desk ( there is one for girls and one for boys ). Find your name and sign next to each event that you are entered in. Take note of your event numbers.
4. After checking in, look for your group coach or the head coach. Leave your belongings in the team area and then prepare to go in to the pool for the meet warm up. It is great when the team can warm up in the same lane. When the dive lane becomes available, please go to the lane where they allow race starts and practice at least two race starts.
5. After warm-up, we gather together back at the team area and hang out playing games or talking about race strategy, etc.
6. There is a meet sheet that can be purchased at the meet to see where you are seeded in your race. We all need to pay attention to the event numbers so that you know when to check for your heat and lane assignments and then have time to warm up before your event. Please give y our heat and lane assignment to your coach so that they know when to watch your race. Please get to your lane in plenty of time – maybe two heats before your own.
7. There will be three whistles at the beginning of your heat which means for you to stand behind or beside your lane block. After the long whistle, step up on the block and put your toes just over the front edge of the block and go down in the “take your mark” position when the started gives the instruction. Then the starter will blow the whistle for you to go. Get off of the blocks into the water as fast as you can and have a great race.
8. At the end of your race, wait for all swimmers in your heat to finish their race and then exit the pool. However, if “fly-over starts” are in use, then you wait until the heat after your is started before you exit the pool.
9. Please go to the warmdown lanes or pool and swim down until your breathing returns to normal.
10. Get some warm cloths on and have a snack or two to refuel and get ready for your next swim.