

A Swimmer's Guide to Swim Meets

Before a Meet

1. Know what events and at what sessions you are swimming.
2. Set your own goals for the meet and consider the things on which you should concentrate.
3. Pack your gear and collect your snacks the night before.
4. Get a good night's sleep.

When You Arrive at the Meet

1. Find where the team is sitting on deck and check in with your coach at least 15 minutes before the start of your warm up period.
2. Sign in for all your events for this session. Write your events on the back of your hand if it will help you remember.
3. Go to the camp or rest area and set up your sleeping bag/blanket and leave your bag. At most pools you cannot have your bag and snacks on the pool deck.
4. Report to your coach for warm ups with your cap and goggles, if you use them. It is important that you understand that a proper warm up is essential part of a successful performance.

During the Meet

1. Get your heat and lane assignments from the posted sheets in the pool area. When your event is called over the P.A. system, report on deck with your cap and goggles, if used.
2. Remember that you represent Boilermaker Aquatics Swim Team and Indiana Swimming, and at all times behave as a polite, intelligent athlete. Do not run, throw things in the building, roughhouse, or yell.
3. You are responsible for knowing which events you are swimming and for being on time for the start of each of your races. Don't hang out in an area where you cannot hear the announcements.
4. If you have questions about your races or about procedures, ask your coaches.

While waiting for a race, concentrate on your swim.

During a race, be a competitor.

After a race, get your time from the scoreboard or timer for your lane. Report immediately to your coach. After that you may go find your family or friends.

Out of respect to other swimmers, coaches and officials, do not over celebrate a great swim, or react in anger to a poor swim, or argue over a disqualification.

Between races, stay warm and drink plenty of water.

At all times, be courteous to meet officials, coaches, and fellow athletes.

Clean up the BA area on the deck and your area in the camp before you leave.

NEVER leave a meet until you have checked with the coach to see if you are needed for a relay.

SMILE, and have a great meet!