

# Helpful Hints

## Before a Meet

- Attend the practices leading up to the meet, and follow coaches instructions!
- For the days preceding a meet, eat nutritious foods, including protein and carbohydrates (Coaches recommend pasta!)
- Get a full night's sleep.
- Drink lots of water.

## Day of the Meet

- Allow enough time for travel. Print out the directions for the meet location
- The coaches recommend you bring 2 sets of goggles and 2 swim caps for the girls (for back-up)
- Also bring 2 towels (one for the deck, the other to shower afterwards) and of course a dry change of clothes.
- For outdoor meets, bring chairs, be sure to bring sunscreen, a hat, and sunglasses if you like. Parents may want to bring a folding chair!
- For USA meets, remember to arrive prior to the cut-off time for positive check-in.
- Warm up with the team before the meet.
- Check your events. Be aware of the events in progress, so you don't miss your event!
- Eat nutritious snacks (smaller portions) during the meet, and drink plenty of water.