

# PARENTS - Just a reminder!

(From the Melrose Swim Team Handbook)

## CARE AND FEEDING OF YOUR SWIMMER BEFORE A SWIM MEET

Swimmers arrive at meets generally at 4:45 pm and are not through until approximately 8:30 pm.

Eat lightly around 4:00 pm (soup, sandwich, fruit, etc.)

### DURING-THE-MEET SNACKS

(Send your child with their own food to keep with them in the swim team area rather than having them try to find you at the meet.):

- Fruit (grapes, apples, cut up cantaloupe, cut up watermelon, raisins, cranberries)
- Nuts (peanuts, walnuts, sun flower seeds)
- Cheese (string cheese, cubed cheese)
- Crackers, baked chips, pretzels
- Water or sports drink

*NO HOT DOGS, POP, CANDY, ICE CREAM OR MILK.*

*YOUR CHILDREN WILL END UP WITH AN UPSET STOMACH AND WILL NOT SWIM WELL.*

### SWIM MEET SURVIVAL GUIDE

When the meet is at Melrose, the team warms up at 4:45 p.m. When it is an 'away' meet and the Makos are the visitors, warm-up is generally at 5:30 p.m., unless the coach instructs the swimmers otherwise.

### SWIMMERS -

Remember to rest & play quiet games between events; keep all your energy for your swim event. This is NOT a time for running and playing tag.

- Wear team suit, shirt and flip flops (Note: Do not wear team suit to everyday practice only to meets.)
- Bring towel, goggles, and sunscreen.
- Bring snacks & drinks from the list above
- Quiet entertainment (cards, books, games, etc.)
- Swim bag to keep it all in.
- LABEL EVERYTHING PLEASE!

*MAKE SURE YOU HELP PICK UP GARBAGE AFTER THE MEET IS FINISHED.*

### PARENTS -

- Bring lawn chairs (especially to Away Meets), water bottles, hats & sunglasses, small snacks
- Don't forget your camera!
- NO coolers are permitted at Arrowhead Country Club.
- Remember that the home team snack bar is a fundraiser so help support it when you can.

Before each meet, the coaches will determine the "heats", or order in which the swimmers will compete. The fastest swimmer (determined either at a prior meet or by timing the swimmer at practice) swims the first heat.