

What to do the night before...

- Eat a good meal
- Pack your bag
 - Multiple towels depending on how many events your swimming, don't forget warm ups too!
 - Cap and goggles
 - Extra goggles!
 - An extra set of dry clothes for between races
 - Something to do between races,
 - A book
 - Cards
 - Homework
 - Games
 - Some people really like to bring iPods or other mp3 players. They are a great way to pass the time and psych some swimmer up for races, but be careful with your valuables. Meets are hectic and crowded.
 - A Sharpie or permanent marker

Parents and swimmers, wear your Dolphin Club gear to the meets when possible it helps unify us as a team and find one another.

At the meet...

- Get there early!
 - USS meets are crowded; we'll ask that you arrive at least 15 minutes before our scheduled warm up time.
 - Fifteen minutes early does not guarantee you a spot to sit. Often people are waiting at the doors when they open.
 - Coaches are unable to save spots, and often have a different designated area to sit things since they will be there the duration of the day.
- Once in the door...
 - Find a spot as best as possible and look for other team members.
 - Certain pools allow chairs to be brought onto the pool deck.
- Buy a heat sheet or find someone to share with.
 - Heat sheets can be expensive, it may be helpful to share the cost with another parent or have different parents buy each meet.
 - Coaches are often running around before the meets and running warm ups, their heat sheets cannot be relied upon with so many swimmers and so little time.
- Write down your event, heat, and lane on your hand or somewhere you won't lose it! (That's what the sharpie is for)
- Meet the coaches at the assigned lane(s) for warm ups.

- During the meet...
 - Rest and have fun with your teammates, family, and friends between races.
 - Make sure you see the coaches before and after **each swim**.
 - That way we know you're headed to the blocks on time.
 - We can give your reminders before you swim, and praise and pointers after a race.
 - We love having you check in with us, but often with crowded meets it's not possible to hang out with coaches during the races, and stops other teammates from getting their instructions before and after they swim.
- **Cheer on your teammates!** We may not be the biggest team but we do have a lot of spirit. Your teammates love to see you cheering them on (watch out for the officials).
- At the end of the meet make sure you gather up your things and clean up the area where we sat. We like to be a clean team too!

Parents

- Meets can't happen without your help. Often getting involved in the meet makes the sessions go faster and get you a front row view. We need parent volunteers at meets as timers and officials. When you check in to volunteer make sure you mention that you're from Dolphin Club. These things are recorded in Virginia Swimming. For more information on officiating, please see the volunteering section of the website.