

Caldwell Swim Club Swim Meet Survival List

Here is a list of items which will help you and your swimmer have a more enjoyable swim meet experience.

1. Food (no glass containers at any pool side)
 - a. Water bottles, it is very important to keep the body well hydrated during a swim meet. Yes, you sweat!
 - b. Sport drinks and fruit juice.
 - c. Crackers, cheese, pretzels, bagels, muffins, pop tarts, granola bars, rice crispy treats, power bars
 - d. Fruit chews.
 - e. Fruits and veggies.
 - f. Trail mix, peanuts, granola – healthy snacks (avoid fried foods and other high fat foods, carbonated beverages or high sugar foods)
2. Swim Supplies (at many meets, most supplies are for sale at reasonable prices)
 - a. Team suit and/or practice suit.
 - b. Team cap – Janice has these and they can be purchased for \$3.23. You should have 2 in case one rips.
 - c. Goggles – you should have at least 2 pairs in case one breaks or is lost.
 - d. Foot wear – sandals, flip flops, swim shoes.
 - e. Towels – bring at least 2
 - f. Sweats – to wear between events, it is important to warm during your wait
 - g. Blanket – to sit on or wrap up in makes this wait more comfortable.
 - h. Outdoor meets – remember plenty of sun block and hat(s)

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- i. Showering supplies – dry clothing to change into after you're done for the day, comb, shampoo and conditioner and a plastic bag to put your wet clothes in for the ride home.

3. Other items

- a. Small garbage bag for trash.
- b. Gameboys, cards, books, travel games, CD player, CD headset, CD's, anything to keep you entertained during the wait between events.
- c. Highlighter – use this to highlight the heat sheet for your swimmers events for the day.
- d. Writing Pen – to mark your swimmer's event, heat and lane on their arm, hand or leg. Plus you can use this to cross off the events that have been swum to keep up with the days events yourself.

4. Team Camaraderie

- a. Cheer for all team members, you all work very hard.
- b. Be supportive of all CSC swimmers and remind them when their events are coming up.
- c. Congratulate all members on finished events.