



Swim Meet Essentials

SWIM GEAR:

- Swimsuits:** Make sure your swimmer packs at least one extra swimsuit. It's not uncommon for suits to get stretched out or torn during a meet, and having a backup can save the day.
- Goggles:** A good pair of goggles is essential for clear vision in the water. Make sure they fit properly and are comfortable for your swimmer to wear for extended periods. I recommend all swimmers bring an extra pair of goggles in case a strap breaks during the meet!
- Swim Caps:** Swimmers can wear any cap during practice, but for swim meets Patriot swimmers should have a red Patriot cap. Silicon caps tend to last longer as they don't get stretched out, but latex caps are just fine for the younger swimmers. Pack a couple of extras just in case.
- Towels:** Bring along a few towels for drying off between races. Quick-drying towels are especially handy for busy meet days.
- Flip-flops or Deck Shoes:** Keep your swimmer's feet protected and comfortable when walking around the pool deck. Flip-flops also help keep the swimmer's feet dry and warm.

CLOTHING:

- Warm-Up Gear:** Depending on the weather and pool conditions, your swimmer may need warm clothing to stay comfortable between races. Pack sweatpants, hoodies, or jackets to keep them cozy.
- Change of Clothes:** After a long day in the pool, your swimmer will appreciate having dry clothes to change into. Don't forget underwear and socks!
- Team Apparel:** Show off your Patriot spirit by wearing club t-shirts, hats, or other apparel. It's a great way to bond with teammates and show support for your club. As all team apparel looks the same: please write your name on the tag so we can easily identify your swimmer's items.

SNACKS AND HYDRATION:

- Water Bottle:** Staying hydrated is crucial for peak performance in the pool. Make sure your swimmer has a refillable water bottle and encourage them to drink plenty of fluids throughout the day.
- Healthy Snacks:** Pack nutritious snacks like fruit, granola bars, or trail mix to keep your swimmer fueled and energized. Avoid heavy or greasy foods that could weigh them down. I encourage the swimmers to have smaller snacks throughout the day rather than emptying out their lunch bag in one sitting.

EXTRAS:

- Sun Protection:** If the meet is outdoors (Red Deer freeze or fry and the HLST Last Chance Meet!), don't forget sunscreen, sunglasses, and hats to protect your swimmer from the sun's harmful rays.
- Entertainment:** Keep your swimmer entertained during downtime with books, games, or electronic devices. Just make sure they're not too distracting during races!
- Feminine Hygiene Products:** While coaches always have a supply of hygiene products on hand, it's important for female athletes to keep an emergency kit with period swim bottoms and/or sanitary products in their swim bags.