



### **What to expect at the Summerside Junior Dolphins Fun Swim Meet**

Going to a fun swim meet can be a little overwhelming, so here are some tips to make it easier and enjoyable for everyone.

#### **What to Bring:**

- Goggles
- SDSC swim cap & SDSC team shirt
- Two large towels – one for drying off after each race, and one for after the meet

#### Before the Meet:

1. Find your coach on deck. If you don't see them right away, don't worry, they'll be around.
2. Each swimmer's name will be posted on the wall. Stand by your name and wait for instructions.
3. A program with heats will be emailed before the meet. Print it and note your swimmer's heat; it stays the same for all races.

#### During the Meet:

- The meet starts at 5:00 pm, so please have your swimmer on deck by 4:50 pm.
- The current heat will be shown on a whiteboard on deck.
- Seating is available in the viewing area for parents.
- No food or drink is allowed on deck.

#### After the Meet:

- Once your swimmer has completed their races, they can ask their coach if they can participate in any extra races (if time allows).
- The meet ends by 6:00 pm.
- Swimmers will receive a Christmas treat and their progress report in the lobby.

We're excited to see all our swimmers race, have fun, and cheer each other on!

Thank you for supporting our amazing swim program.

If you have questions or suggestions, please contact [robin.loyola@summersidedolphins.com](mailto:robin.loyola@summersidedolphins.com).