



# Meet Schedule

Date	Opposing Team	Location	Warm-up Time	Meet Start Time
October 28	Elk Grove	Home	2pm	3pm
November 12	Mount Prospect & Elk Grove	Away	4:30pm	5pm
December 2	Carol Stream	Away	2:30pm	3pm
December 9	Bolingbrook	Home	2pm	3pm
January 20	Carol Stream	Home	2pm	3pm
February 3	Bolingbrook	Away	2:30pm	3pm
February 17	Des Plaines	Home	2pm	3pm
February 24	Divisional Conference	Carol Stream	TBD	TBD
March 9	All Conference Championship	Arlington Heights	TBD	TBD

*Away Meets*

*Home Meets*

*Conference Meets*

All swimmers must swim in at least 3 of the above (inter-divisional) swim meets to be eligible for divisional meet. To be eligible for conference swimmers would qualify at divisional meet. Top 2 finishers in each event will swim at conference championship.

# How to Survive a Swim Meet

## **What to Pack?** *(label everything: bags, goggles, towels, etc. look alike)*

- **TEAM SUIT:** Bring your swimmer's competition suit and, if possible, a spare.
- **TEAM CAP:** Bring a competition swim cap plus an extra (they tear easy and are easily misplaced!)
- **GOGGLES:** Bring two pairs! Prior to an event, make sure the goggles fit snugly or they will end up around your swimmer's neck!
- **DECK SANDALS:** Make sure your swimmer wears deck sandals for protection.
- **TOWELS:** Bring at least two towels (during the meet, towels may get wet; having an extra handy is never a bad idea).
- **WARM CLOTHING:** Pack your swimmer's bags with at least a couple pairs of sweat pants/shirts, socks.
- **WATER:** Make sure your swimmer has plenty of water bottles and/or Gatorade. Even though they are immersed in water, swimmers dehydrate easily!
- **FOOD:** Bring nutritious snacks: Fruit, goldfish, fruit, power bars, cheese sticks, yogurt, dry cereal in Ziploc bags, etc.
- **INHALERS:** If your child is asthmatic, this is the most important thing they own. Different environments have different triggers that can set off an attack. Be sure to tell the coach(es) if your child has asthma!
- **MISCELLANEOUS:**
  - Something to do while waiting for your event.
  - Blankets or towels to sit on the ground
  - A lock for a locker for valuable items/to keep things dry

## **What to do when you arrive at the meet?**

**1. Find your team!** As soon as your swimmer has arrived (ten minutes early), have them find their team. Have your swimmer ready to go with cap, goggles, and towel. Parents are asked to sit with the other spectators. Some pools have limited deck seating and ask that spectators bring their own seating.

## **Your role as a parent:**

1. **Parental Guidance:** Cheer them on, congratulate, and console if necessary. Remind your child that every race is a chance to improve. Help them keep a positive attitude no matter the outcome of their race.
2. **BE A VOLUNTEER!** Remember that all parents have a responsibility to help out at meets at which their child is swimming by volunteering. Volunteering is not required, but is highly recommended and appreciated!
3. **RELAX!** Swim meets are not known for their brevity. If you've done your duty as a timer, bring something to occupy your time while you wait for your swimmer to swim again.