



## CITI\*SWIM 2014 Season

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### Tips for a Successful Swim Meet!

Hello all Citi Swimmers! Are you excited to make a splash at the Citi\*Swim Meets this summer? Below is a list of tips and tricks to help every swimmer succeed, while also helping to keep it entertaining and loads of fun!

**Swim Bag** Bring a gym bag that can get a little wet and a combination lock in case you want to lock up your shoes, clothes, and valuables. Also, a plastic bag to put your dry clothes in during the meet and wet ones after the meet will help keep everything dry.

**Always Pack Extras!** Nobody wants to be caught with a rip in their only bathing suit, or broken goggles right before a race, so make sure you have an extra swim suit, goggles, and cap in case something happens to them.

**Stay Warm and Dry** It's very important to keep muscles warm at any competition; it helps prevent illness and injury. Bring a minimum of two towels, but ideally each swimmer should have a fresh towel after every event they race in. Also, track pants and a t-shirt or sweatshirt is another way to help swimmers stay warm between events.

**Sunscreen!** Swimmers will be outside in the direct sunlight and need to reapply sunscreen after each dip in the pool to prevent sunburns, heat stroke, and uncomfortable races. Wearing a hat will help cool off and protect their heads, but wearing a tight swim cap all day can cause headaches and discomfort, so removing a cap after each race is a good idea.

## Tips for a Successful Swim Meet (continued)

**Stay Hydrated!** It's extremely important to drink lots at a meet, especially an outdoors one. We may not be able to feel ourselves sweating in the water, but it's definitely happening! Pack at least two water bottles and a sports drink that replenishes electrolytes, like Gatorade or Powerade. Pops and juices replace sugars, which eventually makes you thirstier and cause a sugar crash, so it's best to avoid super sugary things.

**Snacks** are just as important as staying hydrated to keep your swimmers' energy up. Granola and protein bars, and fruits and veggies make great mini snacks that can be eaten quickly and pack fairly well—just remember no peanuts please!

**How to Cure Boredom?** Wait times between events can seem like hours, and it sometimes is! Small, packable items like an MP3 player, deck of cards, game boy, or a book are fun things that can help the waiting time pass quicker, but don't forget to lock them up when not in use.

**The Ideal Meet Bag** contains 3 or more towels, 2 swim suits, 2 pairs of goggles, 2 swim caps, sun hat, sunglasses, 2 bottles of water, 1 bottle of Gatorade, 2 granola bars, carrot sticks, an orange, 2 oatmeal raisin cookies (as a treat), track pants, t-shirt and/or sweatshirt, deck shoes, combination lock, plastic bag, a good book, sunscreen, shampoo & conditioner (sealed in a plastic bag), deck of cards, \$5-10 in change for a freezie or extra snacks, disposable camera to make memories, and a pen or washable marker to write events down.