FIRST SWIM MEET PARENT CHECKLIST

Less guessing. More cheering. A simple plan for your first meet.

Swimmer: _____ **Meet / date:** _____

Club arrival: _____ **Team meeting point:** _____

01 CONFIRM WITH THE COACH

- ☐ Read the meet package + club emails
- ☐ Confirm events and any relays
- ☐ Confirm arrival time + meeting point
- ☐ Know supervision + pickup arrangements
- ☐ Check required cap, shirt + supplies
- ☐ Know who to contact for questions
- ☐ Know how to report illness / absence

02 PACK THE BASICS

- ☐ Suit, club cap + goggles with spares
- ☐ Towels, sandals + dry, warm clothes
- ☐ Water + snacks allowed by venue / club
- ☐ Current heat sheet / PDF / meet app
- ☐ Highlighter or pen for paper
- ☐ Phone charged; stay reachable
- ☐ Seat cushion, if permitted
- ☐ Quiet activities for waiting / siblings

03 ARRIVE + GET SETTLED

- ☐ Allow extra time for parking + entry
- ☐ Take swimmer to the club meeting point
- ☐ Follow coach directions for warm-up
- ☐ Find the spectator seating area
- ☐ Check the latest heat sheet
- ☐ Highlight swimmer's name + events

04 BETWEEN RACES

- ☐ Watch event, heat + lane updates
- ☐ Follow team routines for snacks + water
- ☐ Swimmer checks with coach before leaving the team area, including bathroom trips
- ☐ Let the coach handle race instructions
- ☐ Cheer for effort, learning + trying

05 BEFORE HEADING HOME

- ☐ Ask coach if all events / relays are done
- ☐ Confirm pickup and departure
- ☐ Collect gear, bottles + charging items

MY SWIMMER'S RACES

Use the newest heat sheet. Event, heat and lane are identifiers, not start times.

Event	Distance / stroke	Heat	Lane	Notes / updates

Remember: Schedules can change. Keep technical feedback with the coach.

Club and venue rules come first, including deck access, food and photography.

Paper notes work for race details. If writing on skin, ask your coach and use only a product made for skin, following its instructions. Highlighters are for paper only.