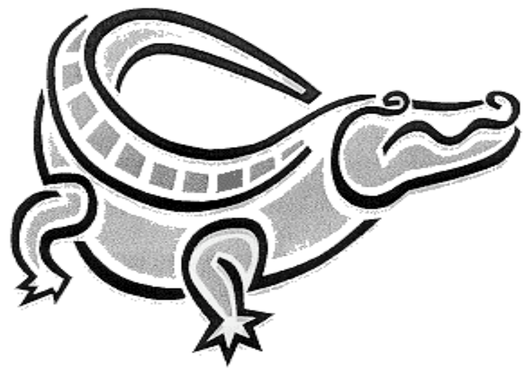

Gator Meet Info

Event Request Forms These forms are used to tell the coaches if you are coming to the meet & which events you are interested in swimming. This form must be initialed by a parent. The form must be turned in by Monday before a meet so that swimmers can be assigned to events. Please remember, these forms are used to tell preferences, but Coach Kathy makes the final decisions on which events you will swim.

Arrival Swimmers should be at the pool by 5:00 pm. Swimmers enter through the locker room. Please be courteous to those people at open swim.

The meet begins at 6:00 pm. Parents enter through the rec center doors. There is a $1.00 admission for parents not volunteering at that meet. Events that your child will be swimming are handed out to swimmers. Another copy for parents is available on a table inside admissions as you arrive.

Warm ups Warm ups in the pool will begin shortly after arrival. All swimmers need to warm up.

During the meet Swimmers stay in the courtyard during the meet. While there, check in/out with the adults if you need to go to another area (i.e. restroom). When you are in the bullpen and have your event card, please listen. During a meet, you may be in more than one event. Be ready to line up for your event. Please respect yourself and the adults supervising the area. Be ready for your events. Support your teammates.

Heats Our pool only has 6 lanes, which means in some events, there may be two or three heats of the same event. (For example, if 12 girls are in the 50 yard freestyle, there would be two heats of the 50 yard freestyle.) Places for each event are determined by each swimmer's time. We look at the event as a whole, not by each heat.

Ribbons All Gators receive 1st through 6th place or Participant ribbons for the events they swim. Gators receive Personal Best ribbons every time they set a new personal best time in that event. Swimmers should be proud of these special ribbons. The coaches are proud of you.

Parent Volunteers No team is complete without the family behind it. We need parents to volunteer at swim meets. We will have the sign up sheet for each week's meet at all practices. You will be expected to cheer on your swimmer even when you volunteer to help.

Sign out If your swimmer is done with ALL their events, and you wish to leave before the end of the meet, parents must sign them out. The sign out sheet is located near the bull pen or the corner near the baby pool.

Tips for the day of the meet

- Get plenty of rest the night before the meet.
- Do not exhaust yourself Thursday by swimming/exercising all day long. A light practice early in the morning and then a rest would be beneficial.
- Eat a meal at 3:00 p.m. with plenty of carbohydrates (like Mac & cheese) & light fruits (like grapes or plums) and no meats. No hot dogs.
- "You are representing yourself and the team."

Things to bring to a meet

At least 2 towels per swimmer
Goggles and Cap (extras are for sale during the meet)
Blanket for the ground
Sweat shirt, extra shirts and pants - it gets chilly!

Light Snacks for during the meet:
- Box of Jello (not prepared)
- Fruit (not bananas)
  - Grapes (frozen or cold)
- Finger foods such as gummy bears, raisins, strawberries, gum drops

Water or juice

***Do not eat dairy, eggs, cheese or meats, bananas, watermelon, soda, peanut butter sandwiches. Do not bring chocolate.**

***Do not bring balls, Frisbees or electronic toys. They may get wet, damaged or borrowed. Swim team is not responsible for lost or broken items.**

Please pick up after yourself in the courtyard. Make sure you get all of your items when you leave.

If a swimmer is unable to come to the meet for any reason, please call one of the Coaches so that the line up can be changed.

Coach Kathy's number 815-784-2366
cell number 815-970-0068

Coach Paul & Emily's number 815-784-6634
cell number 815-508-0653

Linda Underwood's number 815-508-1064

Remember: No team is complete without the family behind it.