



Riversharks Swim Meet Etiquette

Arrive on time. Get to the meet early enough to check-in, settle down into a “spot” with your team, and be ready with your cap and goggles on when the warm-up session starts. Meet warm-ups are often short and crowded, so it’s important to be on time.

Be prepared. It is best to know what events you are swimming BEFORE warm-up. This way, you can practice the appropriate starts, turns and sprints in the warm-up. Also, make sure that you have everything you need – towels, swimsuit, water bottle, cap and goggles.

Sit with your teammates and cheer. Swim meets are the best time to get to know your teammates and build team spirit. It is also easier for your coach and teammates (relay members) to find you if they need you. Cheering also increases your heart rate (kind of like an extra warm-up) to better prepare you for your races.

Stay positive. If you have a bad swim, or you don’t want to swim the events you’re entered in, take it as a learning experience and just do your best. In her Road to Athens Journal published on USA Swimming’s web site, Mary DeScenza writes, “Sometimes your coach puts you in an event you do not like. You just have to do your best and not complain.”

Be a good sport. Stay in the water until the last swimmer has finished the race. Shake hands with the swimmers near you and say something nice. Be a good competitor!

Bring plenty of drinks and snacks. Know how much water you will need (about 8 ounces per event) and be prepared. Bring light snacks to munch on, such as fruit, goldfish or string cheese. You don’t want to be buying Skittles from the concession stand.

Realize that relays are just as important as your individual events (if not more so). Give it your all and help pump up your teammates (no matter which relay you’re on). Swim in the relay order your coach gave you, and HAVE FUN! Also, stay and cheer on your team until your last teammate is out of the water.

Talk to your coach before and after every event. Make sure that you see your coach before each event for last minute tips, and after each event to get input on your race. Take your coach’s suggestions not as criticisms, but as a way for you to improve your next race and become the best swimmer you can be.

Respect the meet officials. Remember that these are volunteers who want to see you get the most out of swimming. A DQ is not the end of the world. It is a tool for learning how to improve.

Clean up ALL of your mess. It is important to leave your area just as you found it. Throw away your empty bottles and Power Bar wrappers. If your teammates left a mess, go ahead and pick it up. That’s what teammates are for!