



Swim Meet Check List

Pre- Meet	√
1. Did you bring healthy snacks?	
2. Did you bring drinks (no glass bottles)?	
3. Did you bring extra clothes?	
4. Did you bring Team Outfit?	
5. Did you bring extra: bathing suite, swimming goggles, swimming cap?	

During Meet	√
1. Did you do your warm up?	
2. Did you do your sprints?	
3. Did you talk to your coach before each race?	
4. Did you get your time from timers on your lane?	
5. Did you do your turns?	
6. Did you count your strokes in backstroke?	
7. Did you do pull outs of breaststroke?	
8. Did you stay with the team throughout the meet?	
9. Did you swim each race?	

Post Meet	√
1. Did you tell the coach that you're leaving?	
2. Did you collect <u>ALL</u> of your belongings?	
3. Did you clean your mess up?	