



NEXUS - Swim Meets (competitions)

Whether you are an experienced competitor or it's your first competition, below is some useful information on your approach to race day.

Swimmers - the day before

- Familiarise yourself with club advised arrival time.
- Pack swim bag the night before (most meets start early)
- Always pack a Nexus t-shirt (to wear at poolside), costume (and spare), Nexus hat, goggles (and spare), flip flops, two towels (one for poolside and one to shower after the meet), healthy lunch, plenty of drinks for the meet and snacks.
- Remember swimmers take their bags and lunch to poolside.
- Have an early night!

Parents - the day before

- Familiarise yourself with club advised arrival time.
- Ensure swimmer has organised their kit
- Take a cool bag with food and drink – not all venues have good catering facilities!
- Parents / guardians need money for entry and programmes (may also be swimwear / equipment to purchase)
- Take a pen and highlighter (some like to take a ruler and clipboard too!) – allows you to highlight your swimmers heat(s), and note down the times.
- Dress cool – even in winter!!!! Penlan is particularly warm, but all venues need short sleeves!
- If unsure of location, familiarise yourself with the route – post codes are handy!
- REMEMBER – its not about winning or achieving a personal best (PB) every time – its about the swimmers giving 100% - always encourage and be supportive. Don't be afraid to cheer (although your swimmer wont necessarily hear you)
- Be proud of your swimmer!!

Swimmers - on the day

- Swimmers leave the coaches alone until they have highlighted who is swimming, then you will be told when you are swimming
- Bring activities to occupy yourself, nothing too precious but devices are allowed
- Keep your kit together on one chair: towels, t-shirts, bags, hat, goggles etc
- Learn where rubbish bin is and put your rubbish in it
- Cheer for your team mates when they are swimming!!
- Don't worry if you feel you want to start in the water, diving in will happen the more you practice it
- Always be polite to your coaches, other swimmers and the Marshalls

Most of all....

- Set your alarm clock!
- Have an early night
- ENJOY THE DAY – both the swimmer and the parents / guardians (the first one always causes anxiety for us all)

Any questions contact: Speak with your coaches on poolside or contact via social media