

Hi, Swim Families!

We are looking forward to kicking off another great season with the Marlins and our awesome coaching staff. In preparation, here are some tips for the new folks and reminders for our veteran swimmers and families. Meets are so much fun but can be crowded, sometimes long, and at times a little chaotic. Here's what I have found over the years to be helpful. Hopefully it's helpful to you and your swimmers:

***Bring lots of towels.** One is not enough. Two probably aren't enough. The first one disappears, the second gets in a big puddle, and who knows who may accidentally pick up the third. Speaking of someone picking up your things, if they do, you will want to get them back when the dust settles.

***Put your name on everything.** Towels, goggles, caps, bags -- they could all use a label. If you can fit it, it's not a bad idea to put "Macaulay" or "Marlins" on as well. This is helpful for away meets. While you are labeling these items, don't forget to pack them! Check and recheck and have back-ups for goggles and caps.

***Don't forget sunscreen.** Even though meets are in the evenings and the greatest danger for burning is in the afternoon, you can get sunburn at a meet.

***Pack some drinks, snacks and/or bring money.** There are usually concessions at the meets with drinks and snacks. Please support the concessions at our home meets in particular; this is one of our greatest fundraisers. It's not a bad idea to bring a few things along as well. Swimmers are hungry people and volunteer parents get thirsty!

***Bring something to pass the swimmers' time.** Your child will have gaps of time in between events. The meets are fun to watch and of course we want everyone cheering for each other. However, it is a good idea to bring some cards, coloring or something low key to pass the time. This is also helpful in keeping little feet out of trouble and in the child gathering area where they can easily be found for their events. The children will be gathered in the kiddie pool area. This is so important for the parents who are getting the swimmers to their events on time and to ensure that your swimmer participates in all of his/her events.

***Check up, check in, and don't check out too early.** Keeping track of what events swimmers are in is also a good way to make sure they are ready and present for their event. I will have a sign that lists the events with their numbers so swimmers can check up on which events they are in. It is also very important that swimmers not leave until they are finished swimming. This is so important because they may be part of a relay team that cannot swim without all the members of the team. To avoid this, please check in with the coaches or child gatherers before you check out for the night. This ensures that your child and other children on relay teams get to swim all of their events.

Hopefully this is helpful. We are looking forward to another great season! Have fun and good luck to all the swimmers! [GO MARLINS!](#)

Cathy Diehl