

Parent Check List: HOME meets

- Goggles
- Swim Cap
- Towels (at least two per swimmer)
- Sunscreen
- Theme related apparel
- Money for concessions or bring snacks
- Camp chairs for parents
- CAMERA - Take pictures to include in banquet slide show. Send to stingraysmtsp@gmail.com.
- Black sharpie marker
 - write Child's Last Name, first initial, & Age on right shoulder blade
 - write "E" "H" "L" & stroke name (Event#, Heat#, Lane# & name of stroke) on inside left forearm. Use heat sheet or the entry sheets categorized by swimmer that are posted at the pool. (Will send via email too.)
- Remind swimmers that they will be staying with their group during the swim meet just like they do when they go on a school/VBS field trip.

Upon arrival:

- Arrive 1 hour & 15 minutes early for warm ups. (For example, arrive at 4:45 p.m. for a 6:00 p.m. swim meet, because Stingrays will warm up at 5:00 p.m.)
- Volunteers check in with volunteer coordinator.
- Age Group Coordinators (Bull Pen workers) report to covered deck.
- Coaches/swim team reps will assist parents with checking your swimmer(s) in with their age group coordinator(s).

NOTE:

- 6 & unders only swim free style early in the meet & do not have to stay for the entire meet.
- Cheer on every Stingray! Go STINGRAYS!