

# **Boldmere Junior Invitation Meet 2017**

**Stechford Cascades Saturday 25 February 8.00am - 5.30pm**

## **Advice for Swimmers and Parents**

### **Things to bring:**

1. **Kit bag**
2. **Costume, swimming hat, goggles**
3. **Towels, T / polo shirt, shorts, tracksuit**
4. **Flip flops/trainers/deck shoes to wear on the balcony**
5. **2 litres of water or weak squash (not fizzy pop)**
6. **Packed lunch: pasta/sandwiches/bananas/energy bars (not sweets or chocolate)**
7. **Dry clothes to go home in**

### **Things to do:**

1. **Keep drinking... by the time you are thirsty you are already dehydrated**
2. **Wear your club kit – we are very proud of our club**
3. **Leave all your valuables at home**
4. **Sit with your team in the allocated area**
5. **Take your towel and footwear when you leave the balcony – you must be dry and have footwear on to return to the balcony**
6. **Listen to the announcer and the marshals – they will tell you what to do**
7. **Be quiet when the referee blows their whistle to start a race**
8. **Shout as loud as you can once the race has started**
9. **Enjoy the dancing at lunch time**
10. **Take everything with you when you go – including your rubbish**
11. **Collect your medal from your coach before you go**

**SWIM FAST AND HAVE FUN!!**

### **Please do not:**

1. **Eat a big meal (chips) at lunch time**
2. **Leave anything in the changing rooms**
3. **Enter the balcony unless you are dry and have footwear on**
4. **Make any noise after the referee blows their whistle**
5. **Leave the building unless you are with your parents**