

Boldmere Junior Invitation Meet 2018

Central Baths, Bath Avenue, Wolverhampton
Saturday 3rd March 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