

FIRST MEET – OMNI Swimmer/Parent General Information

We recommend that you pack your bag the night before the meet. You will need:

- SWIM SUIT
 - a. Team suits (if desired) can be purchased through the Elsmore Team Store link on the bottom left of the OMNI website
- GOGGLES
 - a. Goggles are sometimes available for purchase at meets, but it is a good idea to bring your own as well as a backup pair for meets and practices. You may choose your own goggles, however a few recommended by your coaches are available through the Elsmore Team Store.
- OMNI TEAM SWIM CAP
 - a. Plain OMNI caps, silicone and latex, are available for purchase.
 - b. We will have an order placed for silicone caps, personalized with names as desired
 - c. It's a good idea to have one backup cap for meets and practices.
- 2 TOWELS
 - a. One is used during the meet between swims and one to shower up with at the end of the meet.
- SWEAT TOP and BOTTOM to stay dry and warm between events.
- SOMETHING FOR YOUR FEET
 - a. Swimmers often wear slip-ons (Crocs, flipflops, etc.)
- WATER
 - a. Please bring water to drink and only in plastic containers.
- FOOD
 - a. Swimmers could bring a few light, healthy snacks to the meet. Depending on the duration of the session a swimmer may not eat much, but it's important to have a variety of healthy fuel options available to power their bodies. Food is allowed on deck if the swimmer is careful to clean up after themselves.

**REMINDER: NO GLASS ITEMS are EVER ALLOWED ON THE DECK
or POOL AREA.**

Swimmers Guidelines at Meets:

- Change in the locker room and pack all belongings into your bag to store on deck or some larger items like winter coats with parents in the stands. **Do not leave belongings in the locker rooms!**
- Look for the OMNI coaches on the deck to locate your team area. Your swimming equipment should stay in our designated area on deck.
- Please arrive at the pool 15 minutes ahead of the warm-up time. It is important to fully participate in the warm-up time in order to prepare your body and mind as well as to acclimate to a new pool.
- Please stay on deck during the meet (unless cleared by your coaches for brief visits to parents) to cheer on your teammates and build new friendships.
- Your coaches will provide you with reminders and send you up to the blocks before your events. Please check in with them following your race for feedback.
- As an OMNI swimmer you are expected to demonstrate good sportsmanship towards your teammates as well as others. Please tell the swimmers in the lanes next to you “Swim fast!” before their races or “Good job!” when you’ve finished. Remember that you represent OMNI in every interaction with others.
- Please put extra thought into providing your child with small electronics on deck. We want to foster community, team-building and peer interaction. The coaches will request that any electronic device inhibiting this be returned to parents and can be retrieved following the meet.
- Most meets have relays. Your coaches will organize as many relays as we can to provide swimmers with this special experience. Please note that relay changes frequently occur and are possible right up until the relay begins. Changes will be made as needed based on unexpected absences or other situations.
- **HAVE FUN!**

Parents at Meets

- Wear OMNI team apparel and look for other OMNI parents in the stands to sit together and cheer for all the kids.
- Meet programs are usually available for purchase in the hallway near the pool entrance. Meet programs will indicate when (event) and where (heat, lane) your child will swim. This is for your information only as the coaches will prepare your swimmer and direct them when it's their turn to swim. Swimmers will be organized by seed times, which are the swimmer's prior fastest legal time in each event. If the swimmer is swimming an event for the first time, he/she will have a coaches estimated time or NT (no time).
- The timeline, listing when each swim is expected to start, is only a guide and not an exact time. Your swimmer should be on the deck and near the coaches at all times unless they have granted permission between races for a short visit to the stands.
- Please note that on occasion the officials may make changes to the meet program in order to help the meet run better. Any changes to the program will be announced by the officials on the deck.
- **By USA swimming rules, PARENTS are not allowed on the deck** except when parents volunteer to help at the meet in a role such as timing.