



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## **SPECIAL NOTICE FOR SWIMMERS AT YMCA DUAL MEETS**

- Be on Time for warm-up.
- Check the line up before warm-up, if you need to write your events on your hand, ask the coaches for help. You should always be in 3 events and could be in 4 depending on the meet.
- Make sure you have goggles and a RAYS cap.
- Make sure you are drinking fluids during the meet.
- Know your Racing Fundamentals; we have flyers posted at both the YMCA and RHS.
- Be prepared to swim fast.
- If you need to leave the pool deck you need to check with the coaches.
- If you are unable to stay for the entire meet please notify the coaching staff prior to the day of the meet.
- NO playing in the showers!
- **Most important of all is to cheer on your teammates, be loud and have FUN.**