



COMPETITION CHECKLIST

SWIMMERS PLEASE START TO PACK YOUR BAG 2-3 DAYS BEFORE THE EVENT TO ENSURE YOU ARE PREPARED DO NOT ASK YOUR PARENTS TO DO THIS FOR YOU PLEASE

- Two to Four or More Costumes for the day (Old ones for Warm Up, Specific ones for Racing).
- 2 Pairs of goggles in good working order (in case of last minute breakages).
- 2 Swimming Caps in good working order (definitely a Club Cap).
- Kickboard for warm ups.
- Water bottles. (use 50% lucozade sport or powerade to 50% water)
- 2-3 Towels one to sit on throughout the day, 1 to use at the end of the day.
- Navy Tracksuit Bottoms. (any make)
- Club Hoodie
- Club T-bag T-Shirt.
- Trainers for poolside (No Crocs or flip flops)
- A Cushion or pillow to be comfortable on poolside with.
- I-Pods, Handheld Game Consoles, Magazines (to help stay relaxed in-between race, they must go off when one of our swimmers is racing so that we can support them)
- All your food for the day, all your drink for the day (do not rely on leisure centres being able to provide this). (Pasta is recommended, also rice cakes, nuts, cereal bars, and bananas. No crisps, chocolate or sweets which are far too high in sugar and not helpful to the body, you need high carb and protein foods.
- A mobile phone to contact parents with during the day.
- Money in case you run out of food or drink.
- Swimmers will need to get changed after races and warm ups into dry costumes so that they are not sat around in wet gear.
- All the clothing on this checklist is to be worn at all times to keep the body as warm as possible, warm muscles are able to help us swim much faster than cold ones. (hats and gloves can also be worn if needed)