



Catawba Valley Aquatic Club

AQUATUDE = A strong MIND, BODY, and SPIRIT

WHAT DO I NEED AT A SWIM MEET?

SWIMMERS

- CVAC Team Swimsuit
- CVAC swim cap and extra cap in case it breaks!
- 1-2 Towels
- Goggles and a spare in case they break
- Something to do while waiting for your events--read, playing cards, listen to music, etc...
- Coach Paul suggests...roll out of bed, get to warm-ups and eat breakfast AFTER warm-ups! 😊
- Change of clothes and shower products—if the swimmer wants to take a shower after their session, there are locker rooms with showers.

PARENTS

- SHOW YOUR TEAM SPIRIT! Wear your CVAC team shirts or team colors to cheer on the swimmers and show your spirit! It is a great way to **SEE** and **MEET** parents and families that are on the team.
- CHAIRS: foldable chairs. Bleachers cannot hold ALL swimmers and families at our home meets. Families sit in gym adjacent to pool. Charlotte pool has sufficient seating in bleachers and no room to set up your chairs. Huntersville pool has bleachers, but there IS ROOM to bring and set up chairs. At our pool (Home Meets) you can set up your chairs and blankets the NIGHT BEFORE
- HIGHLIGHTER: this is used to highlight your swimmer's event in the Heat Sheet
- HEAT SHEET: this is something each person purchases or families get together & purchase to find out *what* and *when* your swimmer is swimming. When you go thru the heat sheet, events are sectioned by what TYPE of STROKE and by AGE *within* that stroke. Go through the heat sheet and highlight your swimmer's name under each event. Look for the following information – EVENT#, HEAT# and LANE#. You will see swimmers with the letters **E-H-L** written on them. This is to help them listen for their event # to be called, know which heat # they are in & what lane # they are in. Look around at other swimmers... you will see the "EHL Chart" they draw on themselves 😊 It helps to see it first!
 - **E: Event** the EVENT# is number of event in numerical order
 - **H: Heat** the HEAT# of event your swimmer is swimming
 - **L: Lane** the LANE# they will swim in

Some write the STROKE they are swimming out to the side as a reminder
- SHARPIE MARKER: to write the above "EHL" information on your child. Also, many of the kids like to use different colors and write "Eat my Bubbles", "Swim Fast", "Go CVAC" or things like that.
- INK PEN: to write down your swimmer's times
- CASH: You need cash to buy Heat Sheets, concessions and any t-shirts you wish to purchase. Not all places take checks.
- COOLER: for drinks, snacks, etc...
- ENTERTAINMENT: Something for you to do during the session...newspaper, book, etc.
- ASK FOR HELP! Definitely ask any parents for help 😊

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