



SWIMMER TIPS & FAQs

What do I bring to practice?

Swimmers should bring their own towel, suit, goggles, and cap (if hair is longer than shoulder length). Divers must wear team suits; no board shorts, etc. No jewelry or wristbands are allowed. Please remember that Club rules require that all swimmers arriving to the aquatic facility wear a cover-up or appropriate clothing over swimwear when walking to/from the parking lot.

What should I bring to a meet?

At away meets, refreshments can be charged back to your GOCC account. Many swimmers choose to bring their favorite drinks, snacks, or small meals from home. This allows them to stay in their team area and eat as needed. Always bring a sweat-shirt and pants for between events or if the weather is not ideal. Please wear your team suit and have a swim cap to race in. Pack two towels: one to sit on and one to dry off with. Pack quiet activities to keep your kids busy during events; handheld devices and cards are typical. Label everything with your child's name.

What time should I arrive for a meet?

It is best to arrive about 15-20 minutes before warm-ups begin. This will give you time to navigate to the clubs, check-in, find the team area, change into suits and be ready behind the blocks for warm-ups. All swimmers will participate in team warm-up. This is designed to prepare swimmers for competition and familiarize them with the facility.

Weekday Meets:

2:30 Divers Arrive
3:30 Diving Competition Begins
4:15 Swimmers Arrive
5:00 Swimming Competition Begins
8:00 Meet is usually completed

DK Relays (invite only):

5:00 Swimmers Arrive
6:00 Swimmer Competition Begins

Where do I go once I arrive at the meet?

Once you have arrived at the Club's pool facility, there will be a designated area for all Glen Oak swimmers to sit together. Parents generally sit outside the pool deck area to minimize confusion and allow coaches to find your children easily and have them ready for their events. If you have young swimmers, we realize this may not be possible and understand that you'll need to accompany your child.

How do I find out what events my child is swimming in?

As you locate the team area, there will be heat sheets posted nearby displaying what events your child will be swimming in that day.