



## Ridley Area YMCA Swimming



### **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.**