Boldmere Club Championships

Advice for Swimmers and Parents

Things to Bring:

1. Kit bag
2. Costume, swimming hat, goggles
3. Towels, T / polo shirt, shorts, tracksuit
4. Flip flops/trainers/deck shoes to wear on the balcony
5. 2 litres of water or weak squash (not fizzy pop)
6. Packed lunch: pasta/sandwiches/bananas/energy bars (not sweets or chocolate)
7. Packed tea: pasta/sandwiches/bananas/energy bars (not sweets or chocolate)
8. Dry clothes to go home in

Do:

1. Keep drinking... by the time you are thirsty you are already dehydrated
2. Wear your Boldmere kit – we are very proud of our club
3. Leave all your valuables at home
4. Sit with your friends on poolside, or your parents in the balcony if you prefer
5. Take your towel and footwear when you leave the balcony – you must be dry and have footwear on to return to the balcony
6. Listen to the announcer and the marshals – they will tell you what to do
7. Be quiet when the referee blows their whistle to start a race
8. Shout as loud as you can once the race has started
9. Take everything with you when you go – including your rubbish
10. Collect your medal from the entrance desk before you go

Do not:

1. Eat a big meal at lunch time
2. Leave anything in the changing rooms
3. Enter the balcony unless you are dry and have footwear on
4. Make any noise after the referee blows their whistle
5. Leave the building unless you are with your parents