

HELPFUL HINTS – LAST CHANCE MEET

1. Ft. Eustis Aquatics Center is on the military base. You will need to show your driver's license as you enter the base. You will also need to say that you are there for the swim meet. The Aquatics center is a little less than a mile from the gate on the right hand side. There is plenty of parking.
2. Ft. Eustis does not allow parents on the pool deck. There is a spectator area above the pool for all parents. We usually try to sit together, so look for other OBX Parents or save seats for others. These are wooden stadium seats with no backs. The seats right next to the rail have the most leg room and the top row does have railing to lean on. Ft. Eustis can be very warm in the stands.
3. Swimmers can take their swim bags with them on the pool deck. The pool deck can be COOL for swimmers. Make sure your swimmer has clothing to pull over their suit (warm-up suit, sweatshirt, etc.) or an extra towel to wrap up in between events.
4. When your swimmer enters the pool area, Coach Craig usually has the team sit immediately to the right, under the spectator seating.
5. **Your swimmer has been asked to wear their team shirt(s).** The color order is Saturday – Black and Sunday – Blue. If you do not have both colors just wear one color both days.
6. Coach Craig will have Team Caps at the meet. If you have not received your team cap, please see Coach Craig. If you need a new cap, they cost \$3.00.
7. Heat Sheets (or the meet program) usually costs about \$5.00. The Heat Sheet tells you when your swimmer swims and which lane they will be in.
8. A fine point Sharpie and a highlighter is helpful with the Heat Sheet.
9. There will be a concessions stand at the meet that has swimmer friendly foods. Save the candy for after the meet.
10. Make sure to bring water or sport drinks!
11. Parent's like to have gum, mints, magazines, knitting or crocheting, etc. There is always time to fill between your child's events.
12. Warm up times can be found on the team website. Make sure to arrive at least 15 before warm ups.
13. Timers will be needed. If you like to be close to the pool, you can volunteer to time. You will get wet, so be prepared. They will announce when they need timers to volunteer.
14. There is usually a swim store at the meet, if you need goggles, suits, bags, etc.

15. If you need help or have a last minute question, feel free to call your mentor parent or Debbie Gibbs – home (leaving Sat Morning) 473-3156/ cell – 252-202-5992.