

# MEET DAY/COMPETITION DAY ROUTINE

A day or two prior to each meet, we will hand out information on that meet – where it is and a tentative schedule of events. Transportation to and back from competitions is on your own, though we will try to coordinate rides with members of the team who drive their own vehicles. We expect you to be at the meet one and a half hours before your event is scheduled to begin (this is just in case the meet is running ahead of schedule and to make sure that you have enough time to properly warm up). We also expect you to remain at the meet for at least an hour after your last event (enough time to warm down and cheer on other members of the team). Be sure to bring anything you might need during the meet – remember that most of the season is in cold weather (uniform, warm-ups, shoes, spikes, water, food, etc.). We expect that you know what time your events are tentatively scheduled and where your events fall in the order of the meet so that you know when to begin warming up. While at the meet, we expect you to behave as mature, focused athletes who are there to have fun, but also to do well. Childish or unsportsmanlike behavior will not be tolerated.

- Make sure that you have checked with the teachers of the classes that you are going to miss and keep up in the class because you will be missing these same classes many times during the season.
- When excused from class, go get changed and leave for the meet
- Drive carefully when going to the meet
- Check in with your event coach when you get to the meet
- Warm-up properly before your event(s)
- Compete well and give 100%
- Cool down properly
- Cheer on teammates