











What to Bring to a Swim Meet

-  2 pairs of goggles
-  2 team swim caps
-  2-3 swim suits
-  1 refillable water bottle
-  1 pair of tennis shoes/sneakers
-  1 pair of flip flops/sandals/crocs
-  2 (each) sweatshirts and sweatpants/team warm up
-  1 parka or heavy fleece pullover
-  3 pairs of warm socks
-  4 t-shirts (a mix of long sleeve/short sleeve and club/meet shirts)
-  2 pairs of shorts
-  4 (or more) towels
-  1 sharpie/permanent marker
-  LOTS of assorted healthy snacks



1 POSITIVE ATTITUDE

Send any questions to Mentoring@csctigersharks.org

