

Carroll Sunday Snow CAST 1/20/19

- Sunday, January 20th, 2018 | 10:30 AM
- Arrive: No later than 8:50 AM
- Warmups: 9:00 - 9:25 AM



Location:

Carroll Rec Center | 716 N. Grant Rd. Carroll, IA

Directions:

<https://www.google.com/maps/dir//Carroll+Recreation+Center,+716+N+Grant+Rd,+Carroll,+IA+51401/@42.0654672,-94.8600247,17z/data=!4m8!4m7!1m0!1m5!1m1!1s0x87ed399c83d533ff:0x2824e05fcbe0138e!2m2!1d-94.857836!2d42.0654672>

Event List:

24 Event List with NO RELAYS:

<https://docs.google.com/document/d/1Tk741ueIAunxXeg2MnpjN9ILNPi54OOwgtPwS7yl2k/edit?usp=sharing>

Travel:

Coaches will always text the team if there is a cancellation. If you do not hear from coaches, assume that the meet is still on! As always, it YOUR decision on whether you want to travel or not. Use your best judgement on whether or not it is safe to travel. We have swimmers spread out over a large geographic area; roads may be better for some than others.

Spectators:

Spectators can sit in the pool area near the deck. There is limited bleacher seating available and parents may want to bring their own chairs.

Swimmer prep:

- Suit, Goggles, **TWO** Towels, Swim Cap (if desired)
- Bring Water / Sports Drink and Food / Snacks for the day or money for concessions. Good sources of protein and carbs that aren't pure sugar: peanut butter, trail mix, energy balls, fruits, carrots, etc. are good snacks for swimmers. Stay away from heavy foods or empty calories (chips, nachos, candy, etc.). Save the junk food and candy for after the meet. Please eat foods in the lobby area as ants are a problem when food is on the floor in the pool room.
- Blanket or additional towel to sit on in the camp area. A sweatshirt and pants are nice to have just in case to wear in between events if swimmers get cold; **however, Carroll is generally very warm in the pool area and spectators may want to have layers as it gets very warm in the pool area.**
- With a sharpie or marker, write the events your swimmer is participating in on their hand/arm. This will help them to know when to report to swim. A simple event number and event name will do. Coaches do not have time to do this for everyone, so parent help with this is appreciated!
- Swimmers sometimes like to have a small game, journal, or book to occupy themselves when not swimming. Please be aware that camps are out in the open and coaches will be busy coaching and helping to get kids to camp, so do not leave valuables (tablets or phones) unattended or out in the

open! We do not have security for camp items and cannot be held responsible. If something is not yours, DON'T TOUCH IT!

- Coaches will help assist kids in reporting to check in.

Facility Notes:

Food: Food service will be available, but swimmers and parents should be warned that NO food or drink will be allowed in the pool area. Be aware of the NO smoking policy in the building. We ask that no playpens be set up beside the pool.

If you have any questions, please email: harlanswimclub@gmail.com. Let's have some fun Saturday!