**Synchro Gators Swimmer Meet Checklist**

|  |  |
| --- | --- |
| **Checklist for Routine Meets*** Routine suits
* Headpieces
* Bobby pins
* Nosies (2)
* Goggles
* Make-up
* Make-up remover
* Towels
* Warm-ups
* Routine music
* Relaxation music
* Music player
* Camera & Film
* Shampoo/conditioner
* Personal items
* Brush/comb
* Black figure suit
* White cap
* Note for little/big sis
* Homework
* Water
* Healthy Snack

  **Additions for State*** Sleeping bag
* Pillow

  | **Checklist for Figure Meets** * Black figure suit
* White cap
* Nosies (2)
* Goggles
* Towels
* Warm-ups﻿﻿
* Shampoo/Conditioner
* Personal items
* Brush/comb
* Note for little sis/big sis
* Water
* Healthy snack
* Routine music & player
* Homework

   **Healthy Snack ideas** * Cheese
* Rice cakes
* Fruit
* Bagels
* Dried fruit
* Peanut butter
* Granola bars
* Veggies
* Popcorn
* Sandwiches
* Trail mix
* Fruit juices
 |

**Synchro Gator Swimmer Preparation**

**WHAT TO DO BEFORE FIGURE MEET:**

Visualize  – Picture yourself performing figure perfectly and confidently, think through coaches’ comments.  Practice your plan.

Stretch – (synchro yoga = nose to knees, runners lunge, splits, plank, upward & downward dog, nose to knees)

**WHAT TO BRING:**

* Required plain black suit and white cap, nose plugs, goggles, towel
* Team warm-up
* Snacks, water
* Routine music and player to land drill
* Confident and positive attitude
* Good luck wishes for big/little sis

**WHAT TO FOCUS ON:**

Ø  Remember all the corrections/comments from coaches and put them together in a positive plan.
Ø  Stay relaxed internally.
Ø  Support and encourage your teammates & little sisters.