Northwest High School JV Swimming and Diving Team
Meet Information

Purpose

While the JV season is created for stroke development and endurance training, we still have meets to assess our current capabilities. These meets are important because they help me gauge the successes of my swimmers and also their shortcomings. Thus it is important for all swimmers and divers to maintain their eligibility and to make every effort to attend every meet.

Night before the Meet

The night before a swimming meet, all swimmers and divers should pack their team bag. Things that need to be packed must include:
1. Team swimming suit
2. Team swimming cap
3. Team sweat pant and jacket
4. Googles
5. Towel
6. Any snacks

Please know that according to UIL rules, we are only allowed to wear our team uniforms to meets, so do not change into your sweat pants and jacket until after you have been dismissed to go to the meet.

Because we area a team, I expect all of my swimmers and divers to wear the appropriate attire. This includes wearing their team sweats and jackets to and from the meet and wearing their team suits and caps at the meet. If you are not dressed appropriately, you will not participate.

Make sure to eat a well-balanced dinner and get a good night's rest the night before a meet.

The Day of the Meet

Once the swimmers and divers have changed into their team sweat pants and jacket, they will need to meet in front of the school by the athletics hallway at the stated departure time where a bus will pick them up. All swimmers and divers will ride the bus to the meet.

Make sure to eat a well-balanced breakfast and/or lunch before a meet.

At the Meet

In order to help build team unity and team support, I expect all of my swimmers and divers to sit as a team during the meet.

After the Meet

All swimmers and divers are expected to ride the bus back to the school. I will have all athletes call home approximately thirty minutes before we are to arrive at Northwest High School, giving parents plenty of time to prepare for pick up.