

**DLS SWIM TEAM**  
**Important Tid-Bits Of Information**  
**In Preparation for the First Swim Meet**

Location: San Fernando Regional Pool  
208 Park Ave.  
San Fernando, CA 91340

What Time should You Arrive? 8 and under by 7:45 am  
9 and up by 10:45 am

- **PLEASE CHECK IN AT THE CHECK IN TABLE UNDERNEATH OUR TEAM CANOPY AND CHECK IN WITH THE COACHES WHEN YOU ARRIVE! YOU WILL BE INFORMED AT THAT TIME WHETHER YOU ARE PARTICIPATING IN A RELAY.**

What Should You Bring:

1. Enough towels for each event signed up for and one additional for warm up and relays.
2. Lots of water and Gatorade.
3. Nutritious snacks and food for the swimmers throughout the day. There will be snack bar available to purchase food.
4. A Canopy and chairs. We will be sitting as a team in a designated area.
5. A Great Attitude!!

Some Other Important Things:

1. If you cannot make it to the meet for any reason, please contact one of the coaches or board members by email: Thanks!!
2. You will receive a DLS swim cap when you check in at the table. Please bring a sharpie to write your swimmers name on the cap. Each swimmer's only receives one.
3. Please plan on staying until the end of your age session in order to participate and support our team relays. Thanks!
4. Please eat a dinner full of carbs (Pizza and Pasta would be great) the night before and get a good amount of sleep. It will be a long day and you need all the energy you can get.

We are proud of each one of you and can't wait to see you swim your heart out. We know you are all going to do Awesome!!