**Synchro Gators Swimmer Meet Checklist**

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| **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.