

NSC Meet Information

- 1) **Swimmers are to be on deck, ready to swim 30 minutes before warm-ups.**
- 2) Parents are not allowed on the pool deck at anytime for any reason due to insurance reasons if they are not volunteering. If you'd like to volunteer please sign up on the volunteer list on the team bulletin board. All parents should volunteer at least once during the season. We need everyone's help!
- 3) **Swimmers are not allowed to leave the pool deck without asking a coach.**
- 4) Swimmers should make sure to bring all of their belongings on the pool deck unless they have a lock for a locker.
- 5) **Swimmers should leave their walkmans, ipods & game boys at home. Swimmers should be up and cheering or sitting & resting during the meet. It is a good idea for swimmers to bring two towels. One for during the meet and one for after the meet.**
- 6) A concession stand is available throughout the entire meet in the cafe. Healthy snacks along with lunch items and beverages will be available for everyone.
- 7) **Swimmers should eat and drink healthy snacks and drinks during the meet. Fruit, vegetables, crackers & pretzels are examples of good snacks. Cookies, potato chips, fast food & candy should be avoided. Water is always best to drink during a meet but sports drinks such as Gatorade and Powerade while high in sugar are ok. Soda and sugary fruit drinks like Hawaiian Punch should be avoided.**
- 8) Swimmers are not allowed in the gallery. Swimmers and parents should meet up in the café or outside of the pool area.
- 9) **Parents please do not stand in front of other spectators in the stands. Everyone wants to see the pool.**
- 10) Please do not take any flash pictures at the start of an event. Timers and hearing impaired swimmers use the flash of the starter to start the race.
- 11) **While there is a no food allowed on the pool deck rule we do allow swimmers to bring snacks on deck during the meet. Please remind your kids to pick up after themselves. At the end of the meet we all clean the deck together.**
- 12) We need to show our Newington Pride by making signs for the pool walls. Please keep everything positive, pro-NSC and in good sportsmanship.
- 13) **Parents we need your support!! Please be loud and proud in the stands during the meet. When you hear your kids doing the "N-S-C!!!!!" cheer do it with them!**
- 14) Please do not leave the meet until the meet is over. We are a team and stay together until the end of the meet. If you need to leave the meet early please give a note to Mark by the Thursday before the meet. If something comes up during the meet where you have to leave just please tell a coach.
- 15) **NSC has the best team spirit and sportsmanship in the league. Let's keep it that way by always staying positive and by treating our opponents with respect.**