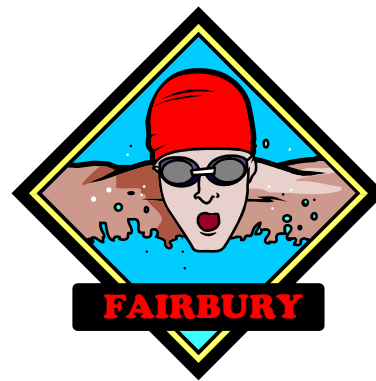


FAIRBURY SWIM TEAM



Helpful Hints

➤ **Tips for Successful Practices**

- **For the Swimmer**
 - **Be on time! Practices are short.**
 - **Be prepared! Bring goggles, caps, one-piece suit and a towel.**
 - **Try your best! Strive for your personal best!**
 - **Safety first! Please walk on the pool deck.**
 - **Be respectful and encouraging! Go team!**
- **For the Family**
 - **Be on time! Prepare ahead of time to avoid the last minute rush.**
 - **Family needs to stay outside of the pool deck area during practice.**
 - **Keep food and drink outside the pool area.**
 - **Contact the coach(es) outside of practice times. Consider asking a Board member or contact the coach using email or cell phones/texting!**
 - **Be respectful and encouraging! Go team!**

➤ **Items to Pack and Bring to Swim Meets**

- **For the Swimmer**
 - **Team Suit/Cap**
 - **Black "Sharpie" Marker**
 - **Earplugs/Nose Plugs (if used)**
 - **Towels, Towels, Towels**
 - **Extra Clothes**
 - **Goggles ~ Plus an extra pair!**
 - **Flip Flops or "Cros"**
- **For the Family**
 - **Lawn Chairs**
 - **Healthy Food/Snacks**
 - **Blankets**
 - **Sunscreen**
 - **Bug Spray**
 - **Hat/Head Covering**
 - **Sunglasses**
 - **Music/Books/Something to Do**