



IN-TOWN COMPETITION EXPECTATIONS

- When competitions are in Ottawa, you are asked not to make any plans or commitments for your swimmer for the weekend
- The club will share the meet itinerary as soon as it is available. Your team coach will e-mail your swimmer's team itinerary in the week prior to the competition. Swimmers are required to follow the team itinerary
- You can expect that your swimmer will be at the pool most of the weekend.
- The schedule will include not only the times the team is competing in routine and figures, but also land drill and stretching times, time to do hair and make-up, cheering for other Nepean routines, and perhaps a team meal or get together
- Sports etiquette is an essential part of any sport, and all swimmers are expected to support teammates and club mates. Please review the Code of Conduct with your athlete.
- It is extremely important that all swimmers are well rested going into and during any competition. The coach will impose a bedtime curfew on competition weekends.