

# Preparing for your competition - kit list and information

## **Getting there**

Details regarding venue and times will be confirmed prior to the competition by the Team Manager. Anyone requiring directions should contact the Team Manager.

## **Dress code**

Swimmers are representing BOK Synchronettes and should arrive smartly dressed in club kit:

- Green BOK T-shirt
- BOK tracksuit top (if available)
- Black shorts and tracksuit/jogging bottoms depending on weather (jeans are not permitted)
- Suitable footwear (pumps/trainers)
- Long hair should be tied up in a single ponytail
- **No nail varnish on fingers and/or toes**

Swimmers need their green BOK T-shirt and black shorts to wear on poolside and for the presentation ceremony.

## **Equipment check list**

In your kit bag you will need:

Club warm up costume	Old towel (to protect clothing while having hair gelatined)
BOK hat (for warm up)	Solo routine costume and headdress (only swimmers aiming to qualify to swim their solo routine)
Plain white hat for figures (if relevant)	Duet routine costume and headdress (only swimmers aiming to qualify to swim their duet routine)
Plain black costume for figures (if relevant)	Nose clips – at least 2, skin-coloured or clear only (one to wear & one to tuck in costume while competing)
Goggles (for figures and warm-up)	Plenty to drink (it can get very warm in the changing rooms and poolside)
Flip flops / pool shoes	Snacks (to keep energy levels up during the day)
Towels (enough to dry off after each practice / routine)	Packed lunch (strongly advised – due to timings/venue, it may not be possible for swimmers to purchase food and drink)

*Please note: all team costumes will be brought to the competition by the Team Manager.*

## **On the day**

All swimmers must register at the time stated, so please arrive at the event venue at the specified time.

On arrival, swimmers become the responsibility of the Team Manager. Swimmers must keep the Team Manager informed of their whereabouts at all times.

Please make sure that you abide by the Club Code of Conduct and encourage all competitors throughout the day.

## **Parents**

For the safety of all swimmers, only CRB-checked authorised officials and Team Managers are allowed in the changing rooms. Please do not take your swimmer out of the building without informing the Team Manager.

It's worth noting that not all venues have a café or refreshments for purchase by swimmers or spectators.

Please keep an eye on emails / Facebook / correspondence in case of last minute schedule changes.

**And finally...** enjoy the day and good luck to you all!