

Synchro Coach Checklist

Things to remind your Swimmer to bring

- Competition bathing suit (s)
- Black bathing suit or backup suit
- Nose plugs x2
- Bathing cap & goggles
- Towels x2
- Flip flops
- Water & Snacks
- Remove nail polish & cut nails

Things for coaches to bring

- Back up music**
- Music downloaded on your phone**
- Speaker
- Portable phone charger
- Extra noseplugs
- Makeup & Lipstick
- Competition schedule
- Pool tarp/tent
- Water & Snacks
- Running shoes & flipflops
- Sunglasses

Good Luck!