



Preparation for Competition (Swimmers)

Pre-Swimming Meet

1. Parents to know where, when and at what time the event is being held.
2. Parents/Swimmers to know what events they are entered for.
3. Parents to make sure:
 - a. Swimmer is on time for warm-up at least 20 mins before being asked to be there, and signs-in if necessary.
 - b. Swimmer has had a good breakfast before the competition
 - c. Swimmer takes poolside clothing, swim suits, club swim hat, two pairs of goggles, and two towels, and training shoes (no flip-flops!)
 - d. Swimmer takes appropriate snacks, food and water. AVOID fizzy drinks and expensive sports drinks. **Water** is best! Also avoid chocolate and sweets! These will make swimmers more thirsty. Good foods are sandwiches, pasta, fruit, energy bars, rice cakes.
 - e. Swimmers - get a few good nights' sleep before the event!

At the Swimming Meet

1. Find a place on the side of the pool where swimmers can leave their belongings – do not take valuables with you!
2. Warm-up well and completely and remember to do some short sprints to get used to the starting block and wall (for backstroke starts!).
3. Keep warm and wear training shoes! A lot of heat is lost through the feet.
4. Keep hydrated and eat small snacks. Avoid fizzy drinks (water is best) and avoid sweets, chocolate and overly salty foods.
5. Report to the Competitors Stewards in the 'Whipping/Marshalling Area' in good time before your race. Ask your coach when you should do this.
6. Focus on your swim ONLY and swim FAST!
7. Spend time working on your visualisation techniques. Prepare the way that suits you ie you may prefer to listen to some music whilst visualising your 'best' swim (the start, stroke technique, how you will feel, the turns, the finish and so on). Some swimmers like to find somewhere quiet and away from the noisy pool to practice their visualisation techniques. Discuss this with your coach for the best strategy!
8. Support fellow team mates – they will really appreciate this.
9. Plan with your coach how you are going to swim your race!
10. Swimmers should warm-down in a separate pool if it is available – swim gently but for a good 10 – 15 mins.

11. Return to side of pool as soon as possible and wait for next race.

Post Competition

1. Eat some carbohydrate type food after the swimming competition e.g banana, cereal bar, flavoured milk, yoghurts, raisins, nuts.
2. Analyse each swim and report this to your Coach as soon as possible.
 - a. What was the best swim – why?
 - b. What was the poorest swim – why?
 - c. What have you learned from this swim meet?
 - d. Parents contact Coach with any queries a day or so after the event

Helpful Hints:

1. Be personally responsible for your warm-up, your swim, drinking water, eating and looking after your personal belongings.
2. Don't over-react if you are unhappy about your swim or 'beat yourself up' with negative comments. Focus on taking care of yourself and then help others on the team. There will be others more nervous than you.
3. Pay attention! Report for your race on time and know which events you are swimming in. Don't miss any event!
4. RACE to the best of your ability and strive to swim the best time you can with the best technique.
5. ENJOY the whole competition experience – if approached in the right way you will look back on some very happy memories of your time in swimming races.
6. Develop a winning attitude by being the best you can be and learning how to be 'grown-up'.
7. If you swim well, develop a modest reaction; if you do not swim well demonstrate a good level of maturity and sportsmanship.
8. Do not be afraid to ask questions! Your Coaches and other teammates are there to help you. Poolside officials are there to help too.
9. Try to make a note of the times you swim and keep this information for your personal development swimming diary. Successful athletes make a habit of recording how they have performed. ASK your Coach for results from the swim meet or check the hosting club's website.

WITH BEST WISHES FOR HAPPY AND FAST SWIMMING!

Marcus Branson
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