



# What to do before, during and after a meet

## **PRIOR TO COMPETITION**

### ***Check goals of competition with coach***

- Events and/or skills that you are currently working on.

### ***Be aware of upcoming qualifying times and choose events accordingly***

- Be aware distance events (there may not be many opportunities to qualify for upcoming competitions).

### ***Enter a lot of events (unless you coach informs you not to for tactical reasons)***

- You are all trained athletes and can cope with multiple events. If you are at the meet, you may as well be swimming. More race practice the better.

### ***Check on the desired preparation to the meet with your coach***

- How many sessions and when you should swim them. Do not miss training for a minor meet.

## **COMPETITION DAY**

### ***What time should I get to the pool?***

By the time listed on the flier for **warm up**, not the start of the meet. If you can get there earlier, please do so. The coach likes all swimmers to be at the pool 15-30 mins before warm up.

Leaving home 15mins earlier can mean the difference between a good or bad parking spot (a short or long walk to the pool), getting a seat in the stands with the other swimmers of your squad or club, having adequate pool space and time to warm up correctly. If you are not swimming until later in the program, arrive at an appropriate time for your event. Let your coach know that you will not be there at the start and organise a time to warm up.

### ***Know what races you are swimming in***

All swimmers must obtain a program and highlight the races they are competing in. As an extra reminder, with a marker or pen each swimmer should mark on the top of their hand the event number and stroke they are swimming so they do not forget. It is not the coaches' responsibility or your parents' responsibility to get you to the marshalling area on time. Always keep an eye on which event is being marshalled and which event is being called. If you are confused, especially if it is your first carnival, ask the coach. If you miss your race you can only blame yourself!

### ***Warm down (after all events including your last event)***

**Your coach will advise you if you need a warm down.**

It is vital to teach your body to recover after competition. Your body can take up to 36 hrs to recover from a race if you do not warm down correctly.

Immediately after each event you should swim down if possible. A swim down can be between 200m and 1000m depending on the event you have swum and how long before your next race. The longer you race the longer the swim down. Including some kick in your swim down will help further. Remember to stretch after the swim down.

### ***Talk to your coach***

After your swim down, get dressed into some warm clothes (if it is cold) then speak to your coach about your race.

When talking to your coach the time and placing is not the only results from the swim. Skills and performance are more important than times. What did you do well, what can you improve?

***\* Remember the reason why you race is to identify areas that need improvement***

Consider the strengths and the areas to improve on for next time. Write down your time swum in every race, and check to see if you have swum a personal best time, or achieved your goals.

***What to do between races***

There are often long periods of time to fill between races. It is good to rest, but you do not want to be sleepy before your race. Stay awake and conserve energy. Running around is not a good idea.

This time can be used to get homework completed. If you are training a number of nights a week and have a carnival over the weekend, time is precious. Bring some suitable homework to do whilst waiting for your race. It is the smart way to use up some of this time.

You may need to warm up again prior to being marshalled. You do not want to feel tired and lethargic prior to the start of the race. Do something to wake your self up.

***Stay Focused***

Conduct yourself so that you swim your best remember what you are there for.

If you are swimming poorly (times) concentrate on skills and or race tactics. Pick an event and focus on a personal best in at least one event.

***Dropping out of an event***

If you are leaving early or wish to drop out of an event you must speak to your coach.

Under normal conditions dropping out of events is not acceptable, however your coach can authorise you pulling out of an event for a legitimate reason.

### ***Support other LPAC Squad swimmers***

Cheer and support other LPAC Squad swimmers.

### ***Behaviour***

At all times remember that you represent your club and the Leichhardt Squad Program. You should abide by the meet, pool and club rules. Behave in a sportsman like manner. Complement rivals on good swims, shake their hands or make simple statements such as "well done". If you do not swim well, or if things do not go as well as you would like, do not worry. Remember meets and competitions are fun, as well as challenging.

### ***Why should the LPAC team members sit together?***

We like our swimmers to cheer each other on and this is much more effective (and louder) if they sit together.

It is much easier to manage the team when they are all sitting together. It helps the swimmers to get to know each other.

There is less likelihood of a swimmer missing their event if they see other swimmers in their age group getting ready to talk to the coach/ and or moving to the marshalling area.

## **WHAT SHOULD I TAKE TO A MEET?**

### ***Bring warm clothes (including shoes)***

There is no point in warming up if you then cool down before your event. The warmer you stay the better. After the warm up have a hot shower and stretch!! You will stretch better after your muscles are warmed up. Get changed into warm clothes quickly. Mainly the feet and the head lose body heat.

### ***Towels***

You need at least two. If you prefer not to have to carry heavy wet towels home, an optional sports chamois can be purchased from most sports stores. It is still a good idea to take at least one towel with you for your shower at the end of the day.

## ***Equipment***

Ensure you have packed swimmers, goggles and caps before you leave home. You should have at least 2 of everything (goggles, caps, and cossies). You do not want to be panicking if you lose or break something. Check that your goggles are a good fit, and do not let the water in, or are about to break. Boys, check that your swimmers are done up!!

**\* Swimmers should wear a Leichhardt swim cap during warm-up and competition.**

## ***Drinks***

Dehydration is common in competitions. Ensure that you have a lot of water and perhaps sports drink or dilute cordials for carbohydrate and salt replacement. So stay hydrated, do not become thirsty. Dehydration will reduce your performance by up to 10%.

## ***Food***

Small amounts of food should be eaten frequently. The food should be low in fat and high in protein. The carbohydrates should be a balance of low and high GI foods (some simple sugars and some complex carbohydrates). You will need lots of snacks as well as healthy, easily digested lunch. Snack foods can include fruit, red and green frogs, pasta and/ or rice, vegetable sticks, sandwiches, unbuttered bread and rolls, low fat yoghurt and rice crackers. Lunch can consist of sandwiches, rolls, pita bread with healthy fillings, pasta, potatoes, etc. Yes, it's boring, but your performance will be better if you leave the lollies, soft drink, chips, ice cream and other junk food until you are on the way home.

## ***An esky or food cooler***

A small esky is a good idea to keep the food and drinks cool and fresh.

## ***A cushion or something padded to sit on***

Chairs are allowed on the cement at pools without grand stand seating. A cushion is a great idea if you are sitting on concrete all day!

## ***A small note book to record all those PB's!***