

What to Expect at Swim Meets

Meets and races are the best part of competitive swimming. They are the reason that we train. Swim meets are a great place to get to know your teammates and make new friends from different clubs around the state.

Competition is the testing ground for the training that you do. Every set you swim, every repeat, every turn, every workout gives you something to use in your races. Swim meets give you the opportunity to face new challenges, competitors and environments. But, hopefully, your preparation that you have done in workout will allow to work toward success!

Here are some things to remember and think about for every meet:

- Try to be to the pool 10 minutes early. This gives you time to relax before warm-up and get settled into the team area and check in with your coaches.
- Be one of the first in the pool. At most meets, warm-up gets more crowded as it goes on. Lots of swimmers don't utilize their warm-up time properly. Meet warm-up should be similar to the warm-up you do in workout everyday. Depending on which group you are in, your meet warm-up will range from 800-1650 yards/meters. This isn't done in 10 minutes. It takes times to get warmed up properly so your body will be ready for optimum performance.
- Talk to your coach before your race. Have a plan for how you are going to swim your races.
- After you finish your race, the **FIRST** thing you do is head to the cool-down pool, not to mom/dad or your towel. Cool-down is critical to recovering from your race and helps prepare you for your next race.
- After you finish your race, check in with your coach to discuss your swim and check your splits. Take ownership of your race and know what went well and what needs to be worked on
- It is your responsibility to find your heat and lane assignments. If it is your first meet, talk to the coaches and have them assign you a buddy to help you get used to what happens at the meet.
- Bring fluids and snacks to help you maintain your energy level. Drink lots of water!! Especially in the summer on in hot/humid pools. Gatorade is a great recovery drink **AFTER** your swims.
- Bring things to do during your breaks. You will usually have down time between your events. Bring homework, cards, music, etc.
- Bring your suit, cap, goggles, towels, sunscreen for outdoor meets and warm-dry clothes. Have spare caps and goggles just in case! Be prepared for all types of weather.
- Cheer for your teammates. There is nothing better than competing when you have your team cheering you on!
- No matter what the results, there is a lesson to be learned from **EVERY** swim. There is always something you can do better to go faster the next time! If you have a rough swim, you learn from you and work on things to make the next one better. If you have a great swim, use that excitement and energy to keep going faster the next race!
- Remember that if you have done the work in practice, the meet will be no different! You get the lane to yourself and get to put your hard work to the test!
- And most importantly, last but not least – **HAVE FUN!!**

Best of luck with your swim meets!



PARK CITY AQUATIC TEAM