



OPEN MEETS AND TEAM GALAS : KIT AND PROTOCOL **12 THINGS TO PLAN FOR**

When you are picked to represent your team or are attending an open meet there are few things to remember:

1. Prepare well the night before by getting a good night's sleep
2. Parents, plan your journey in advance so you know your route and how long it will take
3. If you are attending the first session in an all-day meet. Set your alarm in good time to allow a healthy nutritional breakfast make good choices (no fry ups)
4. Leave plenty of time to avoid any traffic jams so as to avoid performance anxiety, you don't want to be late and let down your teammates
5. If you are going to be at an all day meet pack some nutritional snacks such as nuts , raisons , bananas , bottle of water , and a light lunch in a plastic container consisting of small pieces of protein i.e. chicken , ham , tuna , , rice, pasta , don't rely on the leisure centre to provide a healthy alternative .(it will be more cost effective too)
6. Snack machines are not your friends, they are full of go-slow junk food such as crisps and chocolate -avoid them
7. Older athletes should make an effort to give advice and support to the younger swimmers, this especially applies to the boy and girl captains
8. Sit with your teammates, support them when they are racing
9. Treat the officials with respect, even if you don't agree with their decisions
10. Represent your club with pride
11. Kit - remember to pack two pairs of everything ,goggles , swimsuits , take something to occupy yourselves if you are going to be at a meet for a while such as a book or homework
12. Take the warm up seriously - do not clog up the lanes by continually stopping , remember you are representing your club. If your race is not programmed for at least an hour after the warm up on occasions and with the agreement of your coach you may be allowed to miss the main warm up if there is a continuous warm up/ swim down pool available.

Coaching team 2016