



CHECKLIST AND INSTRUCTIONS FOR SWIMMING COMPETITIONS

- **SWIMMING COSTUMES**

YOU MAY NEED MORE THAN ONE, THINK OF WARM UPS AND ALL SESSIONS IF THE COMPETITION PROGRAMME IS OVER A DAY

- **TOWELS:**

SEVERAL IF YOU ARE TO GET PROPERLY DRY AFTER EACH EVENT. YOU MUST KEEP AS WARM AND DRY AS POSSIBLE BETWEEN SWIMS. A SHAMMY IS A GOOD INVESTMENT IF YOU WISH TO SAVE ON TOWELS

- **CLUB SWIMMING HAT:** IT SHOWS THAT YOU TAKE PRIDE IN THE CLUB AND IT MAY HELP YOU TO STOP YOUR GOGGLES COMING OFF TOO.

- **GOGGLES:**

GET ONES THAT FIT PROPERLY. THEY SHOULD NOT NEED TO BE TOO TIGHT TO FIT CORRECTLY IF THEY ARE THE RIGHT SIZE AND SHAPE. IF THEY SLIP OFF IT IS EITHER BECAUSE THE ELASTIC IS TOO LOW AT THE BACK OF THE HEAD OR THE EYE PIECES ARE TOO LARGE.

- **POOL CLOTHING:** IS VERY IMPORTANT TOO

WEAR A TRACKSUIT OR TEE SHIRT AND TROUSERS **AND** POOL SHOES. YOU SPEND TIME WARMING UP THE BODY, DON'T SIT AROUND IN WET CLOTHING (REMEMBER SPARE COSTUMES) AS THIS WILL CHILL THOSE WARM MUSCLES. FEET, ESPECIALLY WHEN COLD CAN GET CRAMP. IT IS BE PAINFUL AND EMBARRASSING IF YOU HAVE TO BE PULLED OUT OF A RACE.

- **DRINKS:**

IT IS ESSENTIAL YOU PREVENT DEHYDRATION IN THE HOT ATMOSPHERE OF A SWIMMING POOL. AT LEAST 1 LITRE OF WATER EITHER WITH FRUIT JUICE OR HIGH ENERGY SUPPLEMENT SHOULD BE DRANK EVERY 2 HOURS. TRY THE 'WEE' TEST TO KEEP A CHECK ON YOUR FLUID LEVELS. WHEN YOU GO TO THE TOILET, YOUR WEE SHOULD BE EITHER CLEAR OR PALE IN COLOUR. IF IT IS YELLOW OR VERY DARK, YOU MUST TAKE MORE FLUIDS AS YOU ARE STARTING TO DEHYDRATE

- **FOOD:**

EAT HIGH ENERGY CARBOHYDRATE FOODS ONLY WHILST COMPETING. WHOLE MEAL BREADS / RICE AND PASTA ARE EXCELENT. MALT LOAF / RAISINS / BANANAS / CEREAL BARS ARE ALL GOOD, AS IS RAW JELLY WHEN YOU HAVE COMPLETED YOUR WARM UP.

AVOID ANYTHING WITH A HIGH FAT CONTENT, SUCH AS CHOCOLATE / CHEESE.

STAY WELL AWAY FROM FOODS WITH A HIGH SALT COTENT TOO, SUCH AS CRISPS / SALTED NUTS

- **RACES:**

STAY WITH YOUR TEAM MANAGER OR COACH AT **ALL** TIMES. IF YOU HAVE TO LAVE POOLSIDE, eg IF YOU NEED TO GO TO THE LOO, THEN YOU MUST TELL THEM

- **CHECK** FROM THE PROGRAMME OR TEAM SHEET WHEN YOUR EVENTS ARE. REPORT TO THE COACH WHEN DIRECTED BY THE TEAM STEWARD / MANAGER BEFORE YOUR EVENT FOR LAST MINUTE INSTRUCTIONS **AND AGAIN** AFTER YOUR EVENT FOR AN ANALYSIS OF YOUR RACE. **DO YOUR BEST** GET THE OPINION OF YOUR COACH. EVEN IF YOU DIDN'T WIN IT MAY BE THAT YOU HAVE ACHIEVED A SIGNIFICANT IMPROVEMENT IN YOUR EVENT. EVEN IF YOU DID NOT 'PB', YOUR COACH WILL BE ABLE TO GIVE YOU AN IDEA WHERE IMPROVEMENTS CAN BE MADE FOR THE NEXT TIME.

DON'T FORGET

YOU HAVE TALENT, YOU WORK HARD, YOU HAVE ACQUIRED SKILLS, HAVE FUN