

Your First Swim Meet?

Need to know what to do? What to wear? What to bring?

Relax! - Swim meets are a fun learning experience. Getting nervous is normal, but don't let it ruin the meet. Just have fun and go hard. Give your best effort, and you can be proud of your results.

I'm at the meet, now what do I do? - The first thing you do is be on time, being late can interfere with your race preparation, then you need to look for the Rockingham team.

- Check in - Find the area where all the kids are lined up and they will help you through the process.
- Talk to your coach - After you check in and put your stuff down near the team, go find your coach and let them know you are at the meet.
- Warm-up - Your coach will tell you where and when to warm up. They will also tell you what they want you to do and run you through everything you need to know.
- The next part of the process is putting your events on your hand so you are aware of your event numbers – senior swimmers usually do this for juniors.

What to do before you race?

- Make sure you are wearing warm clothes and shoes up until the very moment you get in the chairs behind the time keepers; otherwise you will lose too much heat from the muscles.
- **2 events before you are called for marshalling you need to see your coach for race talk. It is important that your coach is the last person you talk to before your race, this way your race instructions are fresh in the brain.**

How do I get marshaled for a race?- It a lot like time trials, there will be an area you need to go to check in for the race you will be marshaled in the area so make sure your listening out for your age group and name. Once you find your name they will tick you off in the event number you are going to swim. Be sure you have checked in for the correct event.

Don't scratch unless you and your coach have talked about it first. Your coach will be upset if you do.

After you swim a race- When you've finished racing you need to do 3 things;

- Always warm down after you swim. Usually you warm down until your heart rate returns to normal, and you're not breathing hard. Sometimes your coach tells you exactly how much warm down to do.
- **Talk to your coach. Your coach has things to tell you about your swim.**
- Get dressed- warm clothes, with shoes and socks.

What do I wear?-Wear your Team T-shirt, sweatshirt, sweat pants, jacket/ Team jumpers, shoes and socks, beanie? Because your stuff looks like everyone else's be sure to have your name on all tags.

What to pack?	Food/ drinks? (eat low fat foods before & during meet)
At least 2 dry towel and a couple of spares	WATER!
Bathers and spare pair just incase	Gatorade/ Powerade only small amounts of theses drinks
Club cap and spare just incase	Fruit juice (small quantities of juice) more WATER
Warm clothes- underwear for after	Snacks- muesli/ sport/ fruit bars, fruit, crackers, yoghurt
Goggles and spare pair just incase	Lunch- sandwiches, smaller serves of pasta or rice

Leaving the Meet

After your last event of the day you are welcome to leave the meet. Please make sure you tell your coach before you leave. If the meet ends in relays, make sure you are not swimming in a relay before you go. It is very disappointing to the other 3 swimmers to be ready for a relay only to find that the fourth swimmer went home already. :)

HANDY HINTS FOR YOUR FIRST SWIM

MEET

1. Make sure you get a good nights sleep the night before the meet.
2. Pack your swimming bag the night before the meet.

Things to pack in your bag:

- A:** 2 pairs of bathers (1 for warm up, 1 for competing)
- B:** Goggles and racing cap. (good idea to take spares if you can)
- C:** 2-3 towels.
- D:** Warm clothes e.g tracksuit, jumper, swimjacket, beanie, uggies.
Some venues can get very cold, and it is important to keep warm in between races.
- E:** Highlighter, makes it easier to find yourself in the races you are competing in. A pen for writing down your times.
- F:** Sometimes there can be big gaps of time in between your races, so it is a good ideas to take an ipod, gameboy, mp3 player or portable DVD player. These are great for passing the time in between events.

3. All swimming venues have canteen facilities. But not all of these provide swimmers with the best nutritionally based foods. As another alternative it maybe a good idea to take your own food. This can also work out to be a lot cheaper on your pocket as well. Some healthy options are.

Snacks fruit, nuts, rice crackers, muesli bars etc

Lunch Cold meat & salad, sandwiches, Pasta.

Drinks Water, fruit drinks & sports drinks in moderation.

If you have a thermos it is a good idea to take hot chocolate or a warm drink, especially if the weather is cold.

Please remember this is only a guide to help you at your first swim meet. Every family is different as is every swimmer. The main thing to remember is to enjoy the day.