

**IMPORTANT THINGS YOU NEED TO KNOW FOR ALL SWIM MEETS ALWAYS ARRIVE ON TIME – IF GOING TO BE LATE/UNABLE TO ATTEND PLEASE LET GORDON KNOW**

**ROCKINGHAM SWIM CLUB ALWAYS SIT TOGETHER WITH A POSITIVE OUTLOOK FOR ALL ATHLETES**

1. Make sure you hydrate and have a healthy meal and a good night's sleep before the meet.
2. Pack your swimming bag the night before the meet.

**Things to pack in your bag:**

- Skipping Rope with correct footwear
- Plenty of Water
- 2 pairs of bathers (1 for warm-up, 1 for competing)
- 2 pairs of goggles and 2 caps (always carry spares just in case)
- 2-3 towels
- Warm clothes e.g. tracksuit, jumper, swim jacket, beanie, and uggies. Plenty of spare clothing as the swimmer needs to keep changing into dry clothes. Some venues can get very cold, and it is important to keep warm in between races.
- Highlighter makes it easier to find yourself in the races you are competing in. A pen for writing down your times.
- Sometimes there can be big gaps of time in between your races, so it is a good idea to take an iPod, game boy, mp3 player, portable DVD player and reading material. These are great for passing the time in between events.

**NUTRITION**

All swimming venues have canteen facilities. But not all of these provide swimmers with the best nutritionally based foods. As another alternative it may be 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 and muesli bars etc...

**Lunch** Light Meat & salad, sandwiches, pasta... (Whole meal flour)

**Drinks** Water mostly, moderation for fruit drinks and sports drinks because of high sugar content...

**PLEASE ARRIVE ON TIME FOR DRYLAND STRETCHING:**

Always arrive on time for Dryland Stretching **prior to the Swim Warm-up**. Please check with your coach as to the correct time for doing stretching. (E.g. 20 minutes before the **Swim Warm-up**)

**THE IMPORTANCE OF THE WARM-UP AND COOL DOWN**

Warming up before competition is important because it prepares the body for greater effort and reduces the risk of muscle and joint injury.

A good warm-up provides a dress rehearsal in preparation for the competition race. Swimmers rehearse swimming skills, starts, turns, finishes and intensity prior to race. It familiarizes the swimmer with the pool conditions.

Cool down is just as important after you have competed so you bring your heart rate down from active to passive with moderate activity (active recovery) – give your body some breathing space and bring it back to normal with a gradual decrease in activity, also reduces the risk of soreness and fatigue.

**BEFORE AND AFTER YOUR RACE** – it is a must to see your **COACH** for a preparation/feedback talk **before your race event number comes up** and after your cool down.