



Six Tips to Swimming Your Best at Meets

From USA Swimming's "Speedo Tip of the Week"

1. A proper warm-up is necessary so that each swimmer is mentally and physically loosened-up and ready to compete. The Coach has an organized warm-up for each practice group before every session of the preliminaries of a meet. Get back into the water prior to your personal race or relay to get your mind and body right again. For meets that have finals, your coach has a specific finals warm-up.

2. At all meets, when we sit together as a team and encourage our teammates, we are bound to perform well.

3. Don't drink milk before a meet. Have a normal meal, and avoid eating candy, pop etc. If you absolutely need something to eat, ask your coach what he or she suggests.

4. A swimmer cannot perform well if they are horse playing and running around at a meet. Moreover, safety is in danger. Your parents have made a sacrifice for you in bringing you to these meets, so show them the courtesy of good conduct.

5. After you swim your event, warm-down, get dressed then go directly to your coach with your meet binder. You can learn from your swims, so discuss your race with your coach and write down your coach comments and splits while it is fresh in your mind.

6. Stay positive before, during, and after your race. Each swim presents a chance to gain knowledge. The more you learn the faster you can swim!

LET'S GO FAST!