

## 1. Before attending the Open Meet

- Ensure you know what you are swimming in each session you have entered, there may be one or more session throughout the day.
- Write it down or print off the running order and highlight what you are swimming. This will help you, the coach, and helpers on poolside. You can stick it to your lunch box! See example below.
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**Wymk Forest Swimming Open Meet 2021**  
Programme of Events Schedule (20th September 2021)

Rank No.	Competitor	Gender	Date	Time	Notes
1	Fraser	M	20/09/21	01:50	Session 1
2	Fraser	F	20/09/21	01:50	Session 2
3	Fraser	F	20/09/21	01:50	Session 3
4	Fraser	M	20/09/21	01:50	Session 1
5	Fraser	M	20/09/21	01:50	Session 2
6	Fraser	F	20/09/21	01:50	Session 3
7	Fraser	F	20/09/21	01:50	Session 1
8	Fraser	F	20/09/21	01:50	Session 2
9	Fraser	F	20/09/21	01:50	Session 3

  

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## 2. What do I bring with me?

2/3 towels

Sharks T-shirt (or other)

Joggers /Shorts / Jumper

Race Suits (swimming costumes), Training Suits / Jammers, Training shorts

Flip Flops / Trainers

Sharks Silver hat & a spare just in case

Drink bottles

Rollers / Thera bands if appropriate (for certain squads)

Goggles & a spare pair just in case

**Tip:** If you have a little bag and put all of your spare hat and goggles

in you can take this up to the blocks with you just in case you need it and can not get back to your main bag!

### 3. What food do I pack?

No nuts are allowed on poolside due to allergies, but there is still plenty of things for you to eat.

Sample Meal Plan (based on 4 Races per day)		
Activity	Time	Food
Breakfast	0800	
Snack	1000	
Race 1	1100	
Race 2	1200	
Lunch	1300	
Rest	1400	
Snack	1600	
Race 3	1800	
Race 4	1915	
Evening Meal	2030	
Pre-Bed Snack	2130	



### During the Open Meet

Make sure you bring only what you need on poolside with you. The rest of your belongings can go into a locker (lock it) or with your parents.

There will always be a Team Sharks Coach or Poolside Support Team to welcome you to 'our area' for the meet.

Please ensure you always arrive 30 minutes prior to the warm up start time.

The coaching team and poolside helpers will not be able to chase/find any swimmer who is not on poolside and ready for their event.

Swimmers will only be allowed to leave poolside for toilet breaks, lunch breaks or if they have finished all their events.

If any swimmer needs to leave poolside please always check with the coaches/poolside helpers.

Mobile phones are not to be allowed on poolside due to welfare issues. So therefore we would like all technology to be kept to a minimum.

## **2. The Warm up (will be 10 minutes +)**

It is always important to attend the warm up at the open meet and is marshalled by a Coach/ Poolside Helper, so please ensure you follow the instructions, if you do not understand just ask!.

You must always jump into the water at the start of the warm up - no diving is allowed only at specific time slots. You will be told when you are allowed to dive you will get 2 dive practices.

Getting out of the water you will need to ensure you exit from the sides of the pool and not over the yellow timing pads. You will be told when to do this so you are safe.

Once you have done your warm up you will be instructed to go back to your bag in 'our club area'.

This is a good time to have a small snack and get yourself sorted for your race.

Before your race.

Try your best - you will be nervous but that is normal!

Speak to your coach before you are sent up to the marshalling area.

Make sure you keep your T-shirt on during marshalling as you might get cold.

Do some stretching in marshalling - you don't want to sit down for too long as your muscles will become cold.

You will be told your lane and heat number before you head off to marshalling

During marshalling you will be told your number and lane again

Remember to take your small bag with you which has a spare hat and goggles in side, and any other bits that you need - such as inhaler, drinks, etc.

You will be able to put all your belongings on the chair behind the block - Just remember to pick it back up again after you have swum!

The time keeper will ask you your name to check they have the correct person in the lane. They will always remind you of what you are swimming,,again.

At the end of the race remember to look at the timing clock and see what time you got!

### **After the race**

Remember to exit when you are told to from poolside by the officials on poolside.

Collect your belongings.

Make sure you head straight to the coach on poolside they are ready to give you feedback.

The feedback you are given will be about the time but the coach will also explain process goals that you did. It is not always about the time.

The coach will also ask you how you felt you did well and want you want to improve on next time.

if there is a small pool available the coach may ask you to do a 'swim down so you are ready for your next race.

If there is not a 'swim down' pool then the coach will ask you to do some post race stretches.

Get some protein inside you, this will make you feel better and give you energy (bananas, or celery snacks, chocolate milkshake etc, plenty of non fix drinks).

### For parents / guardians etc

Bring plenty of drinks and fluids it can be hot in the balcony.

You will most likely need small change for the car park and to enter the viewing balcony.

If you / swimmer are having to stay over night as we are too far to drive home, make sure you book a table at a restaurant before hand. Look at the menu in plenty of time so you can order and get your swimmer and yourself to sleep quickly. These are more at Regional / National Open Meets.

To find out more details on open meets / other bits of information you can find these on the stratford Sharks website.

'Members' Tab - Downloads Tab. You will find a few useful documents here, as well as using 'Swimmers' Tab and 'Competitive' Tab.

## Eating at Competition

The nutritional demands of a swim meet are quite different to a normal training day. You should carefully consider what and when you are eating in order to maximise your racing performance.

Here's a quick guide of nutrition Do's and Don'ts on race day

RACE DAY NUTRITION DO'S & DON'TS		
✓	<b>KEEP THE QUALITY HIGH</b>	Race day isn't an excuse to eat junk food and low quality snacks. Continue to focus on nutrient-dense foods just as you would at home.
✗	<b>OVEREAT</b>	Unless you are swimming multiple events or rounds in the same day then your energy needs will probably be lower than a training day.
✓	<b>HAVE A PLAN</b>	Don't leave things to chance. Bring snacks/meals with you and always know where you can access good quality food close to the pool.
✗	<b>PANIC EAT</b>	Don't cram cereal bars and energy drinks just before you race. These won't have time to digest and may cause stomach upset.
✓	<b>USE FLUIDS IF YOU'RE FELING NERVOUS</b>	Milk, smoothies and juices can be great sources of nutrition if you are nervous and don't feel comfortable eating.
✗	<b>EXPERIMENT WITH NEW FOODS</b>	Always trial new foods in training first, never on race day.
✓	<b>SAVE BIG MEALS FOR AFTER YOUR RACE</b>	Eat more after you race instead of before. Your biggest meal of the day should be at the end of the day after you have finished racing.
✗	<b>FORGET TO DRINK</b>	Keep sipping on water throughout the meet. You will lose a lot of fluid even when not racing.



## **Over night Open Meets Guidance**

Book tables in restaurants in advance.

Have a look at the menu to see what you wish to order and make a note. This means you can eat quickly and get to sleep as soon as possible.

Think about bringing your normal breakfast to the hotel - you do not want to be trying different foods that you are not use to on the day of your race.

Bring some home comforts such as your favourite pillow, blanket etc.

Sometimes hotel rooms can be very hot, therefore we recommend bringing a small fan if there is no air conditioning.

Bring plastic lunch box, and cutlery so you can reuse this though out your stay.