

YOUR FIRST POOL COMPETITION?

The first thing you need to do is . . . 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.

What do I do the night before a competition?

The best thing to do the night before a competition is have a good meal and get everything packed. You'll need to have:

- 2 x bathers (approved)
- 2 x goggles
- 2 x caps
- 2 - 3 x towels (plus extras if you have 5 or more races)
- Warm clothing (including club polo if you have one),
- Ugg Boots or similar to keep warm
- Plenty of healthy food, snacks and water
- Copy of the races you entered for the meet
- Highlighter to find your events in the programme and marker pen for writing events on your arm.

Once everything is organized, relax and have an early night.

I'm at the meet, now what do I do?

The first thing is arrive on time. Being late can interfere with your race preparation. Generally if a meet starts at 9am, swimmers are expected to be at the venue by 7.45am so they are ready to start warm-ups at 8am. Check the timeline on the flyer.

Once you arrive, look for the Rocky Rays Team:

- Find the area where we are set up. They will help you through the process.
- Talk to your team mates who can talk you through the warm up.
- You can write your events on your hand if you wish.
- Make sure you know where the marshaling board is. It tells you which event number is being marshaled.

Before your race . . .

- Make sure you are wearing warm clothes and shoes up until the moment you get in the chairs behind the timekeepers, otherwise, you will lose too much heat from your muscles.

How do I marshal for a race?

- There will be an area you need to go to check in for your race (marshal) when your event number is displayed on the marshaling board.
- Line up with the other swimmers in your race and get your name checked off the list.

Make sure you are marshaled for the correct event number.

- You will be told which chair to sit in to wait. Make sure you change seats when the other swimmers in your heat change rows.
- If you wish to scratch from an event you will need to let event organisers know

After your race . . .

When you have finished racing you need to do 4 things:

- Some people like to Cool down after a race. Usually you swim easy laps until your heart rate returns to normal, and you are not breathing hard.
- Get dressed – warm clothes with, shoes and socks.

What do I do between races?

In between races it's a good idea to relax, have something to eat and drink and get yourself settled for your next event. Don't forget to keep an eye on the races and cheer for your teammates!

COMPETITION NUTRITION

Before, during and after competition, it is important you consume the right kinds of food and avoid the wrong kinds of food to remain ready to race throughout the day/s. Athletes put in months of hard work for championship swims; it's crazy to throw it all away on the day by eating poorly. Not all of these options are practical for competition and athletes might not like all of the foods, these are merely guidelines and there are many similar foods that will help to sustain your performance.

Before racing

You don't need to carbo-load the day / week before a swimming competition. Carbo-loading is important for endurance athletes competing continuously for 90 minutes or more. A regular carbohydrate rich meal the night before a competition is sufficient.

The morning of your competition, it is important to consume carbohydrate rich foods that will sustain you throughout the day. Avoid fatty or greasy foods. It is also important to be well hydrated going into a competition, so drink plenty of water.

It may be worth getting up slightly earlier to ensure you can digest your food before your warm-up. If you don't have time for one of the more substantial meals, eat foods from the "Between races" list.

<i>3 - 4 hours before competition*</i>		
Crumpets with jam or honey + flavoured milk	Baked potato + cottage cheese filling + glass of milk	Baked beans on toast
Breakfast cereal with milk	Bread roll with cheese / meat filling + banana	Fruit salad with fruit-flavoured yoghurt
Pasta or rice with a sauce based on low-fat ingredients (e.g. tomato, vegetables, lean meat)		

* The same foods can be consumed if you have a large break within the day (i.e. 3-4+ hours)

Between races

Between races you will need to 'graze' on food because you will rarely have enough time to eat a full meal. Do plan to eat something more substantial if you know you will have a long break somewhere in the day.

Avoid a heavy reliance on sugary treats – these will lead to inferior performance once the sugar 'rush' is over. Instead of simply eating lollies, try cake, fruit, or just sports drink. Remember to continue to drink water throughout the day to stay hydrated.

<i>1 - 2 hours before competition / between races</i>		
Liquid meal supplement	Milk shake or fruit smoothie	Sports bar (check labels for

		carbohydrates and protein)
Breakfast cereal with milk	Cereal bars	Fruit-flavoured yoghurt
fruit	Jam / honey sandwiches	Banana bread / health cake
<i>Less than 1 hour between races</i>		
Sports drink	cordial	Sports bar

After races / between days

At the end of your final race, it is worth trying to consume a snack that has both carbohydrate and protein. Consuming it within an hour of your last race will help you recover and hopefully keep you full until you can have a larger meal at home – but we know what swimmers are like when it comes to food!

<i>Completion of the day</i>		
300g creamed rice	250 – 300ml liquid meal supplement	250 – 300ml milk shake or fruit smoothie
600ml low fat flavoured milk	Sports bar (check labels for carbohydrates and protein)	1 large bowl breakfast cereal with milk
Cereal bar + 200g tub fruit-flavoured yoghurt	220g baked beans on 2 slices of toast	1 bread roll with cheese / meat filling + large banana
300g fruit salad with 200g fruit-flavoured yoghurt	2 crumpets with thick spread peanut butter + 250ml glass of milk	Large baked potato + cottage cheese filling + glass of milk

This information has been adapted from the AIS website.

Timekeeping

It is a requirement that all clubs entering a competition have a representative available to participate in timekeeping duties during the day. A timekeeping roster is drawn up for competitions by the host organisation. Most timekeeping slots are for 1 hour.

Some pointers to help with timekeeping:

- Please head down for timekeeping 5 minutes before your allocated time slot and swap with one of the Rockingham timekeepers in the lane/s we have been allocated.
- Most timers only require pressing at the END of a race, so don't panic!