

FOR BEST RESULTS: TAPE TO BATHROOM MIRROR

CHAMPIONSHIP TAPER WEEK



Don't mess with us at CHAMPS!

- 1. Attend all practices!
- 2. VOLUME goes and speed goes
- 3. REST goes and PERFECT SWIMMING goes
- 4. Mentally feel *faster* and *stronger* each day during the taper.
- 5. SHAVE DOWN as close to race day as possible (Blue group and below must have parent permission)
- 6. EAT RIGHT ALL WEEK. No junk food, candy or pop *at least* seven (7) days out!
- 7. GO TO BED AT THE SAME TIME each night.
- 8. WAKE UP AT THE SAME TIME each morning.



- 9. SET GOALS NOW, don't wait until race day (bad idea!)
- 10. GET EXCITED! This is the biggest meet so far this season!
- 11. Make *every* set and *every* practice count – your dedication in practice will show up in your races.

- 12. HAVE FUN AT PRACTICE!! Stay loose. Remember, swimming is fun!



GOAL #1 EVENT: _____	TIME: _____
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