



# Meet Management: The Process of Doing What Is Necessary to Yield Maximum Performance

***"Meet Management" is about planning for success:***

- Creating a mental and physical routine for consistent peak performance that is practiced at every meet, before and after every swim.
- Making every decision during a meet, based on what is going to help you race your best.
- Maximizing the recovery after each race so as to prepare for the next one.
- Making good choices about how to act at a meet, so that every time you step on the block you are ready to give a good performance.

## **Pre-Meet Activities**

Proper nutrition and rest

Pack meet bag

Know events for each session

Know when warm-ups start/when to arrive for each session

## **During Meet**

Arrive early, ready to go for warm-ups Know order of events

Know events you swim each session Stay warm

Eat small snacks

Stay hydrated

Dynamic stretching

Backwards planning

- Look at heat sheet to determine when to warm up for each race.
- Warmup approximately 20 minutes prior to race; get behind blocks approximately 5 minutes prior to race (not earlier)!
- Pre-race warmup (around 600-800 yards); should be performance specific (based on event you are about to race).

## **End of Race/End of Meet**

Post-race warm down within 2 minutes of completing race (around 600-800 yards).

End of each session — warmdown around 800-1000 yards.

## *Things to Bring to a Swim Meet*

- (2) Goggles
- (2) Swim cap
- (2-3) Suits depending on meet, you need:
  - a) Practice suit
  - b) in-season meet suit
  - c) Championship meet suit
- (1) Water bottle (refillable)
- (1) Tennis Shoes/Sneakers
- (1) Flipflops/Sandals/Crocs
- (2 each) Sweatshirt/sweatpants or team warm-ups (jackets/pants)
- (1) Parka or heavy fleece pullover
- (1) Stocking cap
- (3) Warm socks
- (4) T-shirts-a mix of club team shirts/meet shirts (long-sleeve and short-sleeve)
- (2) Shorts
- (4) Towels
- (1) Sharpie/permanent marker

Assorted healthy & nutritious meet snacks

## POSITIVE ATTITUDE