

# TOP 10 TIPS FOR CRAZY FAST MEETS



*Everyone wants to go their fastest at meets. But, sometimes we don't hit those speeds because we fail to do the simple things. Read below and follow these steps to make sure your meets are their very best! \*Check with your coaches for details of each.*

1. Arrive **30 minutes before warm ups** with all your gear. (Food, water, towels, extra goggles, etc.) You may have to get up early. Champions do this.
2. Do your **dynamic warm ups** before swimming a warm up. (Your body needs time and activity to heat up. You do not want to use the first couple of events to “get into the meet.”)
3. During the meet, **never let 30 minutes go by** without the following: a snack, some hydration, some loosening up in the water. Some meets will have you sitting for a while.
4. Go to the blocks **a few heats early** with the following: a race strategy that you will confidently execute, extra goggles and an extra cap.
5. Take a few minutes to **mentally rehearse** your race. This means picturing your start, your turns and build the excitement in your head about the fast race coming your way. In other words, execute your race strategy in your mind first.
6. **Go see your coach immediately after the race...**not mom and dad, not your friends and not the results sheets. You need immediate feedback from your coach AND you need to give feedback as well.
7. **Do your warm down, every bit of it.** Your fatigue will accumulate rapidly over the course of the meet if you do not do this. Each race will get progressively more difficult, mentally and physically, and you will wonder why the swimming is so slow.
8. **Rest.** Eat. Hydrate. Loosen up.
9. Avoid discussions about how your race felt. **You don't have to feel good to swim fast...**you just need to race those around you... like you intend to win!
10. **Look at you goals during the meet** and race like you are trying to get them. You may not get them now, but your best efforts get you closer to them and create the growing possibility that your best races are still to come!