

ATHLETE NEWSLETTER

How to Prepare for your Championship Meets



Nutrition

After a two or three hour long practice, every muscle, bone and limb ache, throb and cry as they have been worked to their maximum. One of the most important recovery steps after a long tiresome workout is to eat to regain the energy that you just used. One question asked often is, "how long should I wait until I eat something to maximize recovery?" The answer is, the sooner the better, ideally within one hour after swimming. After a hard session your body needs essential nutrients to kick start the growth and repair process. These essential nutrients consists of carbohydrates and protein. Carbohydrates are very critical to have the proper recovery because they're the body's main fuel. Carbs are stored in your muscles to restore the energy that was just burned in practice. Protein, vital for the growth and repair of muscles. Since hard training breaks down protein, it is important to rebuild that muscle tissue. The intake of protein after practice is a building block to growth and repair and can lower the percentage of muscle soreness for the upcoming practices.

Remember to always eat healthfully to rebuild the fuel and energy that was used in the pool!

Sleep

Getting regular sleep is as important as practice, so make it a practice to get regular sleep before championships. Getting extra sleep is also a good idea to ensure that you have more energy come your first day of championships. Taking naps between sessions is also a great idea. These can be very long meets, so taking a short nap between trials and finals is a good way to prepare for your final swims. While it is super tempting to look at your phone before you fall asleep, it actually hurts your ability to fall asleep. Electronics keep our eyes and brain signals functioning, so doing activities like stretching or reading will help you fall asleep faster.



The importance of Practice

One of the most important things that will lead to success at the end of the season is to work hard at every practice. Even if you are not able to hold your specific target time, as long as you are holding a heart rate of 180 beats per minute, you are working hard. It is important to come to every practice and work hard the whole time. If you have been working hard the whole season, you will be more confident in your ability to swim fast at your championship meet.



Championship Season is Right Around the Corner!

With the month of March approaching quickly, meaning most of our New England Championship meets are a lot sooner than we think, we hope to help you prepare to be at your best when the time comes.

Your New England Swimming Athlete Reps have some tips for how to make sure you are able to have a successful end to your short course season!

-Mary Buckley, Kayla Metivier, Jordan Arnold, Harry Homans and Elise Atkinson



NEWS: At all seven regional locations there will be an equipment drive for the Diversity and Inclusion committee. Please bring any lightly used or new equipment that you would like to donate.



Meet Mentality:

The attitude you have at the your meets plays a big role in how you are able to compete to the best of your ability.

Just because you have one bad race, doesn't mean the whole meet is going to go downhill. It is important to get all negative energy out of your system before each race and think of the positive. A good way to do this is to consider all of the training you have done to further work towards these races and how you want to do well.

Some good ways to be in the best possible mood before your meets:

- Listen to happy music that gets you excited
- Watch Olympic races the night before to get pumped about your own races
- Visualize your races

****Important Things to Remember****

In order to keep clean pools and good air quality, make sure you shower before you get in and don't pee in the pool!!!

From A Coaching Perspective...

A swimmer (let's call her Grace) recently asked me, "Coach, championships are coming up. What should I do so that I go best times?"

Well, that's a tough one. Here's my best shot at the answer.

Grace, while I appreciate your question and your desire to swim fast, by the last month of the season, 99% of what you could have done to "guarantee" best times has already been done.

The work you did (or didn't do) from September through January is what you will be relying on. If you came to 95% of the practices, worked your hardest, ate well-balanced meals every day, got 8-9 hours of sleep most nights, stayed ahead of your schoolwork, you have a CHANCE of swimming fast.

But, as you know, there's WAY more to it than that. The biggest factors being your belief in yourself and your commitment to your teammates and your "buying in" to your coach's philosophy. What I mean is, if you spent lots of time being negative, or "too tired", or trying to figure out why you are doing 10x300s or 200x50s or so much fly or not enough kick or too much pull, etc., you have virtually no chance of swimming fast. So there's nothing you can do. Good luck. Make sure you blame yourself for your slow swims.

But, if you did a good job on most/all of the above positive things, you stand a chance and here's what you should do. Keep getting proper sleep. Keep ahead of your schoolwork. Keep trying "wicked hard" at practice. Keep that great attitude and believe in yourself, and your team, and your coach, you'll sure be fun to watch.

And it will be so fun.

See you at
Championships.

Jay Craft

Kingfish Swimming

