

Tigershark Aquatics

General Meet Guidelines



At the Meet:

- 1) Arrive at least 15 minutes before warm ups begin.
 - a. So that coaches can make sure everybody is checked in.
 - b. So that we can do a little bit of team stretching before warm ups start
- 2) Do a team cheer after warm up, before the meet starts
 - a. So that we can get the swimmers and crowd ready!
- 3) Stay on deck until the end of the meet (or the end of the session).
 - a. So that we can cheer for every swimmer in all races.
 - b. So that we can ensure our team area is very clean before leaving.
 - c. So that the coach can say something to everybody before leaving.
 - d. In certain circumstances, swimmers may leave after completing their final race.
 - i. Let the coach know.
- 4) Cheer for and encourage your friends and teammates
 - a. So that everyone knows that their swims are important.
- 5) Talk to the coach before and after your race
 - a. So that you have something you can focus on during the race.
 - b. So that you can know what went well and what needs work after the race.
- 6) All relay members stay with your relay team until the race is over
 - a. So that everybody on your relay team knows that their swim is important
- 7) Swimmers try to stay on deck and in the team seating area during the meet (session).
 - a. So that the coaches can find you if needed.
 - b. If a swimmers needs to use the restroom or ask their parent a question: make sure with the coach that they have enough time to do so.
- 8) Swimmers should respect each other and their surroundings.
 - a. So that everyone is safe
 - b. Sot that the meet is a positive experience for all participants.
 - c. So that others don't have to clean up the deck afterwards.
- 9) Meet Focus: Best Times or Improvement
 - a. Best Times = Improvement
 - b. Sometimes, improvement means better technique or strategy without a best time

- c. Usually: Best Times result from better fundamentals (turns, streamlines, kicking, finishes)
- d. Most of the time: Best Times result from improved technique or improved fitness.

Nutrition Guidelines

- 1) Eat a healthy, balanced meal, rich in carbohydrates prior to arriving for the meet.
 - a. 2-4 hours prior is best, so that your body has a chance to process this intake of food before racing.
 - b. This can help limit hunger during the meet
- 2) Drink plenty of water prior to arriving for the meet.
 - a. So that you are properly hydrated to begin the meet.
- 3) Bring a water bottle, drink water throughout the meet.
 - a. Sports drinks are not “magical water”. Water is better than sports drinks.
 - b. Sports drinks and juices are good water flavoring- dilute them for maximum hydration benefit and minimum excess sugar intake.
- 4) Pop is bad- it has too much sugar and can dehydrate you.
- 5) Swimmers should have some healthy snacks with them to eat during the meet.
 - a. Examples of low-fat, carbohydrate rich snacks
 - i. Pretzels
 - ii. Fruit (fresh or dried)
 - iii. Whole grain crackers/ cereals
 - iv. Bagels
 - v. Fruit bars
 - vi. Trail Mix
 - vii. Nuts
 - viii. Low fat yogurt
 - b. If your child is younger, there are some special considerations
 - i. Smaller items (trail mix, cereal, etc.) tend to get dropped more frequently and are harder to clean off of the wet pool deck.
 - ii. It can be harder for younger swimmers to limit their food intake, especially during longer breaks between swims.
- 6) Don't eat too much just before or during the meet
 - a. Eating large amounts of food causes your body to redirect blood to the stomach and digestive system and away from muscles.