

Senior Sectional Swimmers,

The number one expectation I have for all NCAC swimmers at this meet is that you be on time.

Your team unity and support has been exciting to watch develop this season and will now be your strongest tool as you all set out to achieve your goals. Support one another, have fun, and believe anything is possible!

These days will be physically, mentally, and emotionally taxing. You must take care of your body every opportunity you get.

Get to bed early each night. I realize that 9:30pm may be much earlier than most of you are used to going to bed but please do your best to bank some extra sleep.

Waking up each morning; Trust me when I say I know how your minds work and the first thing you guys will try to adjust in this itinerary is the wake up time ☺ waking up, get moving, and a good breakfast is more valuable than the extra 15-20 minutes of snoozing. When you arrive to the pool you should be alert and have digested a good meal.

Napping; between sessions some swimmers like to nap and some don't. Either is fine as long as you just take it easy. If you do nap you should not sleep more than 90 minutes (one REM cycle) much more than that will leave you groggy or disrupt your ability to sleep later that night. Also, time your nap so that you wake up and move around a bit before heading back to the pool.

Hydration; I preach all day and every day the importance of staying hydrated. You will feel better, perform better, and recover faster if you are properly hydrated. Gatorade is fine during or immediately following your session but water is best the rest of the time. No soda. I expect that you should drink 16oz of water when you wake up, 32oz of Gatorade or water at prelims, 32oz of water between sessions, 16-32oz at finals, and 16-32oz of water before going to bed. That's a lot of fluid! Don't force it or drink if you feel to full but you should be peeing a lot and pee should be clear. I know gross ☺

Food; I have also been harping on the importance of eating well. Think of your meals as fuel. Don't just eat what you want to eat consume what will allow you to perform your best. You may not always be in the mood for a big breakfast early in the morning but it is important that you give yourself ample fuel to perform at your best in prelims. This meet will be fast and second swims are not guaranteed but are expected! Again, don't cut corners just to sleep another 10-15 minutes.

Dynamic stretch routine; you guys have designed and practiced your dynamic stretch routine. This will be done together before warming up and will help prepare your body for optimal

performance. Again, everyone is expected to be on time. Show your commitment to achieving your goals and respect your teammates by being on time.

Team Unity; You have worked hard together all season in preparation and now we will support and praise one another as you achieve your goals! I am excited to watch you all support one another in what promises to be a very successful meet. We will most definitely achieve success together!