

Thought of The Day

If you want to go fast, go alone
If you want to go far, go together



Coach Don Swartz, North Day Aquatics

We are doing both, going fast and going together at the B championship meet this Saturday and Sunday with 74 Sailfish qualifying in 222 events.

This is a very important first step in the championship season. For swimmers making their first cuts it is a celebration of a major accomplishment. For swimmers with faster times in other events this is an important rehearsal of technique, pacing and race strategy in less practiced events. The technique, pacing and race strategy will be used in future meets just in different strokes or distances.

Any BB or better cuts made at this meet qualify for future meets like the Jr Stags meet.

Meet Musts for Success:

- 1) All swimmers should already have their goal cards completed and know exactly what events are on what days.
- 2) Wear your Sailfish team cap! Preferably with the FISH facing forward. It is against the rules to wear a cap promoting something other than your team.
- 3) Bring extra caps, goggles and suits, just in case.
- 4) No jewelry, watches, tattoos or tape. You must have a doctors' note to show to the meet referee to wear any tape. If you must write on yourself, do it on the inside of your wrist.
- 5) Bring folding chairs to sit in. This will also help us establish a team area. At this pool we have traditionally set up near the baby pool area which upon entering the building is to the right on the other side of the pool. If it is nice outside and you have a big break between events feel free to sit outside for a while.
- 6) Parents, cheer for your swimmer but let them talk to their coach for advice about race strategy for each race. It is confusing to the athlete to have more than one quarterback in the huddle.
- 7) Swimmers, only think about one race at a time. Give each race your best effort. That means when you are on the blocks do not move at all. When you hear the beep, turn off the thinking and turn on the effort and just go with everything you have.
- 8) It is important to warm down after you talk to your coach after each race. This is especially important after your last race before getting into a car and sitting still for 2 hours on the way home. Parents please give your swimmer a few minutes to warm down before leaving.
- 9) The 400 IM and 500 Free require positive check in at the meet. If you do not know how to do that ask your coach as soon as you arrive at the meet.
- 10) Given that we have 2 lanes for warm up we will break up our warm up into two sessions. It is very important to learn the flags, walls and blocks in the competition pool. You are doing yourself a big disservice missing the team warm up the first session of each day.
- 11) Relax and have fun. This is a celebration of your accomplishments and a rehearsal for bigger meets in the future.
- 12) Thank your parents and your coach for providing the opportunity to get to the meet and help you learn how to do your best.