



## **Shaving Guidelines:**

### **Why we Shave:**

It is a common misconception that one would shave solely for the purpose of removing hair, therefore reducing resistance on the h<sub>2</sub>O. Although this is true, it serves as the smallest component of why one would shave before their focus competition. Firstly, shaving one's body before competition is done in order to remove layers of dead skin that all of us have on our body. This process opens up the pores and sensitizes the body to the h<sub>2</sub>O (you can feel the h<sub>2</sub>O much better). Done correctly and with the right timing shaving has been proven to have tremendous benefit to swimmers.

The whole swim season is focused mentally and physically preparing for the moments each swimmer will spend at their focus championship swim meet. The process of shaving serves as a physical and mental trigger for each swimmer who has made their investment into the "Delayed Rewards" approach. All year each swimmer has focused on being successful in both training and competition. Doing it "tired". This process takes each swimmer through learning experiences that help build confidence, strength, and focus for the moment they will swim "rested". The trigger of shaving puts each athlete in the mental and physical state of readiness to cash in on his or her investment.

### **When to Shave:**

The Shave should be saved until as close to competition as possible. Do not wait until the morning of the race. The day of the race each athlete should be focused on THEIR RACES ONLY. Therefore the shave should occur the night before the competition starts.

Plenty of time should be set aside for this process and should be considered an event. After all we have waited six months. Each Athlete should do a little something to make this their special process. If a little bit of rest is sacrificed that night to ensure the best shave possible so be it. The rest that an athlete receives the night before the night before competition will serve them on the big day.

### **Supplies:**

Clippers- A lot of swimmers have excess hair that is more easily removed with a pair of electric clippers.

Razors- As long as you have plenty and none that release gel or lotion.

Shaving cream- Just cream. Do not use any with moisturizers or lotion it will fill up those pores and work against your shave.

Fluids- You need plenty of fluids during this process because you will need to stay hydrated for the big day.

A Friend- Someone needs to be there to help you shave you BACK. This is a must it is the largest surface area on your body. Do not skip.

### **Shaving Process:**

Fill the tub at least half way with warm water and make sure that the area you are shaving in is warm as well as not to give you the chills (that triggers the pores to push hair to the surface of your skin). Be thorough make sure to shave all the areas your suit does not cover (see "do-nots" below). This is not a shave so you can wear shorts out in public. You need to make sure that you are removing layers of dead skin as well as hair. Take your time as not to cut yourself. Apply even pressure. Rinse and shake out razor often. You want to keep razor free of hair and dead skin so they can do their job. Again take your time. The better you shave the better you will feel in the h2o.

You need to make sure you are shaving all the places your suit does not cover. Except for palms of your hands, bottoms of your feet, eyebrows (unless that is a personal choice). Do shave: behind your knees (be careful), back of legs up past the suit line(hair will stick through the suit if you don't guys), arm pits, stomach, chest, elbows, arms, shoulders. Have a friend help you with your back. If you have somewhere on your body you wish not to shave run it by your coach and have a good reason. (e.g. I never shaved the inside of my thighs or my forearms)

Once you are done make sure to have someone check you. Do touch ups as needed. Remember using a razor with no cream will increase your razor burn. Razor burn will be there no matter what if you shave. Your coach will call that "Extra sensation". After shaving you need to make sure you stay warm. You need to pay attention to your hydration level the time spent in the bathroom will dehydrate you.

### **"DO- NOTS":**

Shave before you are supposed to

Shave the day of the meet

Use lotion of any kind before or after shave. NO

Use cold h2o

Proceed with this process alone. #1 Safety #2 Help

Worry! You will swim great.