

LOCKS HEATH SWIM SQUAD

HOW TO PERFORM YOUR BEST AT OPEN MEETS

Here are a few points to help you swim your best at an Open Meet!

Always arrive in plenty of time and preferably with your swim costume on so you can go straight on the poolside to get seats.

If you have to register put your bags in our area first then go back to the registration table.

If it is a morning session make sure you have breakfast at home, NOT on poolside just before warm up.

Always wear a baggy training suit over your racing suit in warm-up .

Practice your turns and streamlining properly in warm up. Warm up is also a chance to familiarise yourself with the pool.

Arrive knowing which events you are swimming and with a list of your current PB's which can be found on the LHSS website. Also bring a list of any qualifying times you are aiming for.

Ensure you have the following kit:

- Towels/Chamois
- Warm up and Racing Costumes
- LHSS swimming hat and Goggles AND spares
- LHSS Polo Shirt/Hoodie/Shorts/Tracksuit and Dry Clothes to wear home
- Food and plenty of drinks – see Nutrition Advice article
- Money for Lockers to put bulky items in

Always have a positive attitude and try your very hardest in EVERY race.

I will talk to you before and straight after your race, where available, you should go into swim down pool and swim steady and continuously for at least 10 minutes regardless of the length of your race.

When you are not racing or swimming down you should be cheering on your team mates.

If you are leaving poolside please let me know and you must be wearing clothes and shoes (unless you are just going to the changing room).

After your last race and swim down in each session you can for a break or go home.

If there is another session ensure you know what time you have to be back by.

If you have any questions please contact me

Lynda