



A GUIDE TO PERFORMING YOUR BEST AT OPEN MEETS

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

- If you are competing in the morning session ensure you have a suitable breakfast at home.
- Always arrive in plenty of time and preferably with your warmup suit on so you can go straight on poolside to reserve seats.
- Bring only essential items on poolside – many organisers stipulate “small bags only on poolside”.
- Always wear a baggy training suit over your racing suit in warmup.
- Practice your turns and streamlining properly in warm up. Warm up is a chance to warm up physically, familiarise yourself with the pool and prepare mentally.
- Arrive knowing which events you are swimming and bring a list of your current PB’s which can be found at <https://www.locksheathswimsquad.co.uk/results-pb-s-cr-s/>
- Ensure you have the following kit:
 - Towels/Chamois
 - Warm up and Racing Costumes
 - LHSS swimming hat and Goggles
 - Spare LHSS swimming hat and Goggles
 - LHSS Polo Shirt/Hoodie/Shorts/Tracksuit and Dry Clothes to wear home
 - Food and plenty of drinks – see Nutrition Advice article
 - Money/padlock for lockers
 - Any medication required
- Always have a positive attitude and try your very hardest in every race.
- The coach 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.
- All swimmers are expected to be involved in cheering on their team mates.
- If you are leaving poolside please let the Coach 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 you are competing in another session, ensure you know what time you need to return to poolside.

If you have any questions, please contact Lynda