

## **COMPETITION GUIDELINES**

These guidelines are to ensure you perform at your best during competitions.

### **PRIOR TO COMPETITION**

#### **Check goals of competition with coach**

- Events and/or skills that you are currently working on.

#### **Be aware of upcoming qualifying times and choose events accordingly**

- Be aware of distance events (there may not be many opportunities to qualify for upcoming competitions), and of 50m events for selection in relay teams.

### **COMPETITION DAY**

#### **Prepare & Pack the night before**

- Organise food & drink (food at pools is often expensive and has poor nutritional content – eg hot chips, pies & sausage rolls).
- Ensure that you have packed spare goggles, swim suits, towels, warm cloths/shoes, skipping rope etc.
- Consider the competition and venue. Is the pool outdoors? Will you need water proofs, sun block, sun glasses?

#### **Get to the pool early**

- Arriving early ensures you can park close to the pool and get a seat with the team.
- Sit with the team; look for the banner and Lane Cove coaches.
- Check the events that you have entered with the program.
- Inform the team manager or coach if there are any errors.

#### **Be on pool deck 15 minutes prior to the start of warm up**

- Use this time to stretch and discuss the warm up and events with coach.
- Wear the club uniform.
- Starting on time ensures good lane space for the team.

#### **Warm up with the team; wear your Lane Cove team cap**

- You should feel proud and confident of being part of a great club.
- If you are not going to be there for the morning warm up tell your coach when you will be arriving.
- Check that the group warm up is suitable for you. Discuss any issues with your coach.

## **DURING THE COMPETITION**

**Discuss your competition plan with your coach prior to each event.  
Take a spare pair of goggles, hat and costume with you to the blocks.  
Wear warm clothes (footwear is a must), stay warm.**

### **Have a pre race preparation plan**

- How many events prior to your race do you go to marshalling?
- What stretching routine will you do?
- Where will you sit/stand?
- How will you prepare mentally?
- Will you skip/exercise to warm up?

### **Know your events and ensure you are in marshalling on time for your event**

- Check that you know where the marshalling board is.
- Pay attention in marshalling, it is **your responsibility** to be behind the blocks for your event

### **Ensure you stay warm**

- Wear the clothes and shoes that you packed.

### **Rest**

- It's important that you don't run around and save your energy for your race

### **Support your team-mates swimmers**

- Cheer

### **Bring homework or other activities to keep you stimulated throughout the meet**

- Talk to the team manager or your coach about finding a quiet area to do homework.

### **Stay hydrated**

- De-hydration is common during competitions. Water, sports drinks and diluted fruit juices (10% juice) are the best drinks.

### **Food**

- Small amount of food should be eaten frequently. The food should be low in fat and protein. The carbohydrates should be a balance of low and high GI foods (some simple sugars and some complex carbohydrates).

### **Stay Focused**

- Conduct yourself so that you swim at your best: remember what you are there for.
- If you are swimming poorly (times) concentrate on skills and or tactics. Pick an event and focus on a personal best in at least one event.

### **Dropping out of an event**

- If you are leaving early or wish to drop out of an event you must speak to your coach.
- Under normal conditions dropping out of events is not acceptable, however your coach can authorise you pulling out of an event for a legitimate reason.

### **Behaviour**

- You are required to follow all competition and pool rules as well as showing respect to all officials and swimmers.
- Please support all Lane Cove competitors and show good sportsmanship to all other competitors.

## **POST COMPETITION**

### **Swim Down (after all events including your last event)**

- Follow the swim-down plan practiced with your coach.
- Remember the shorter the event the longer the swim-down.
- It is vital that you teach your body to recover after competition.
- If you are required for a medal ceremony be aware of the procedure.
- *Missing a medal ceremony, arriving late or not in uniform is very poor behaviour and shows disrespect to other swimmers, officials and the competition. In most cases your swim down will be shortened when you are required for a ceremony. Finish your swim down after the ceremony.*
- Your body can take up to 36 hours to recover from a race if you do not swim down correctly.

### **Discuss your race with your coach**

- Your time and placing are not the only results from a swim. Skills and performance are more important than times. What did you do well, what can you improve on?

**Remember the reason why you race is to identify areas that need improvement.**

**Do not miss the next day's training unless your coach informs you that training is cancelled.**