

## GENERAL GUIDELINES FOR WHEN YOU SWIM IN A MEET

### A FEW DAYS BEFORE A BIG MEET

- Extra strenuous physical work is not helpful
- Get extra sleep
- Eat Right: More fruits and vegetables; less sugar and junk foods

### WHAT TO BRING

- Goggles, team cap, and bathing suit
- Extra towels and appropriate clothes for warm or cool air temperatures
- Liquids (water recommended) and healthy snacks (fruit and plain carbohydrates recommended)

### NUTRITION AND HYDRATION

- Drinking before you are thirsty will help your muscles retain water. This water will help you swim faster.
- Eat healthy snacks including fruits and other natural carbohydrates

### TEAM SPIRIT

- Cheer for your teammates
- Congratulate a teammate on a good race or something that they have done well in practice
- Encourage your teammate to challenge him or herself in practice or during a race
- Participate in ribbon ceremonies and in team social events

### TEAM AREA

- Remain in the team area so that you can be identified for your next race.
- Respect the Clerk of Course – they are there to help you

### SPORTSMANSHIP

- A true athlete respects, even admires his competition. True satisfaction in swimming is not the victory over the other contenders, but the victory over the water, the clock, and the development of our own character.
- Be respectful to our opponents

### TEAM APPAREL

- MCF does not want to pressure any families to purchase unneeded clothing. However, we hope that the next shirt, suit, cap, towel, jacket, etc that you need to buy is an MCF one.

### WHEN YOU ARRIVE

- Arrive early to meets
- Assemble in our team area
- Participate in the pre-meet stretch
- Review the line up (many swimmers like to write their events, heats, and lanes on their hands)

### THE MCF STANDARD MEET WARM UP

- Participation in meet warm ups is crucial to maximizing all your hard work and for preventing injury

### RE-STRETCH

- Stretch during and after warm up, between races, and throughout practices
- Sitting still or lying down after a race will greatly decrease your odds of having another great race

### STAY WARM

- At some meets, it is wise to keep sweats, shoes and socks on until just before your race. Some world record holders wear gloves or mittens even in the summer to keep their muscles warm and loose.

### REPORT TO COACHES AFTER YOU SWIM

- The sooner you report your times to a coach, the better your coach will be able to help you analyze your race.

### ARRIVING LATE OR LEAVING EARLY

- Check in with the Head Coach if you must arrive late or leave early from a meet.