

CHECKLIST AND INSTRUCTIONS FOR SWIMMING COMPETITIONS

• SWIMMING COSTUMES

YOU MAY NEED MORE THAN ONE, THINK OF WARM UPS AND ALL SESSIONS IF THE COMPETITION PROGRAMME IS OVER A DAY

• TOWELS:

SEVERAL IF YOU ARE TO GET PROPERLY DRY AFTER EACH EVENT. YOU MUST KEEP AS WARM AND DRY AS POSSIBLE BETWEEN SWIMS. A SHAMMY IS A GOOD INVESTMENT IF YOU WISH TO SAVE ON TOWELS

• BASC CLUB SWIMMING CAP:

IT SHOWS THAT YOU TAKE PRIDE IN THE CLUB AND IT MAY HELP YOU TO STOP YOUR GOGGLES COMING OFF TOO. CARRY A SPARE CAP, THEY TEND TO RIP AT THE MOST INAPPROPRIATE TIMES.

• GOGGLES:

GET ONES THAT FIT PROPERLY. THEY SHOULD NOT NEED TO BE TOO TIGHT TO FIT CORRECTLY IF THEY ARE THE RIGHT SIZE AND SHAPE. IF THEY SLIP OFF IT IS EITHER BECAUSE THE ELASTIC IS TOO LOW AT THE BACK OF THE HEAD OR THE EYE PIECES ARE TOO LARGE. ALWAYS CARRY A SPARE PAIR.

• POOL CLOTHING – WEAR BASC KIT:

IS VERY IMPORTANT TO WEAR A TRACKSUIT OR TEE SHIRT AND TROUSERS **AND** POOL SHOES. YOU SPEND TIME WARMING UP THE BODY, DON'T SIT AROUND IN WET CLOTHING (REMEMBER SPARE COSTUMES) AS THIS WILL CHILL THOSE WARM MUSCLES. FEET, ESPECIALLY WHEN COLD CAN GET CRAMP. IT IS BE PAINFUL AND EMBARRASSING IF YOU HAVE TO BE PULLED OUT OF A RACE.

• DRINKS:

IT IS ESSENTIAL YOU PREVENT DEHYDRATION IN THE HOT ATMOSPHERE OF A SWIMMING POOL. AT LEAST 1 LITRE OF WATER DILITED FRUIT JUICE OR HIGH ENERGY SPORTS DRINK SHOULD BE DRANK EVERY 2 HOURS. REMEMBER NO FIZZY DRINKS.

• FOOD:

EAT HIGH ENERGY CARBOHYDRATE FOODS ONLY WHILST ATTENDING A GALA. WHOLE MEAL BREADS / RICE AND PASTA ARE EXCELENT FOR LUNCH BREAK. IN BREAKS BETWEEN EVENTS SMALL QUANTITIES OF MALT LOAF / RAISINS / CEREAL BARS ARE ALL GOOD, AS IS RAW JELLY WHEN YOU HAVE COMPLETED YOUR WARM UP.

AVOID ANYTHING WITH A HIGH FAT CONTENT, SUCH AS CHOCOLATE / CHEESE. STAY WELL AWAY FROM FOODS WITH A HIGH SALT COTENT TOO, SUCH AS CRISPS / SALTED NUTS

•GENERAL INSTRUCTIONS:

STAY WITH YOUR TEAM MANAGER OR COACH AT ALL TIMES. IF YOU HAVE TO LEAVE POOLSIDE, e.g. IF YOU NEED TO GO TO THE TOILET, THEN YOU MUST TELL THEM. DO NOT SIT IN THE SPECTATOR AREA WITH PARENTS OR FRIENDS UNLESS YOU HAVE THE TEAM MANAGER'S PERMISSION. THE TEAM MANAGER AND ASSISTANTS DO NOT HAVE TIME TO LOOK FOR SWIMMERS PRIOR TO THEIR EVENT.

CHECK FROM THE PROGRAMME OR TEAM SHEET WHEN YOUR EVENTS ARE. REPORT TO THE COACH WHEN DIRECTED BY THE TEAM STEWARD /MANAGER BEFORE YOUR EVENT FOR LAST MINUTE INSTRUCTIONS AND AGAIN AFTER YOUR EVENT FOR AN ANALYSIS OF YOUR RACE. DO YOUR BEST GET THE OPINION OF YOUR COACH. EVEN IF YOU DIDN'T WIN IT MAY BE THAT YOU HAVE ACHIEVED A SIGNIFICANT IMPROVEMENT IN YOUR EVENT. EVEN IF YOU DID NOT 'PB', YOUR COACH WILL BE ABLE TO GIVE YOU AN IDEA WHERE IMPROVEMENTS CAN BE MADE FOR THE NEXT TIME.

BRING ALONG A BOOK OR PERSONAL MUSIC PLAYER IF THIS HELPS YOU TO RELAX. GAMES CONSOLES SHOULD BE AVOIDED, THEY TEND TO HAVE A NEGATIVE EFFECT ON SWIMMER CONCENTRATION AND CAN BE ALSO BE A DISTRACTION TO OTHER SWIMMERS.

REMEMBER TO CHEER ON YOUR BASC TEAM MATES DURING THEIR RACE.

DON'T FORGET YOU HAVE TALENT, YOU WORK HARD, YOU HAVE ACQUIRED SKILLS, HAVE FUN

Further Info on replenishing energy during a swimming gala

It is very important once you have finished your race you have a drink. A good way to replace your fluid levels and boost your carbohydrate level is to drink an isotonic sports drink. The carbohydrate within the drink will help to replenish the glycogen levels within the muscles.

Whilst at a gala, drinking should be your major source of boosting your energy. If you have an hour between swims, you may choose to have some small snacks but be careful what you choose. Sugary snacks will give your body a huge surge of sugar, your body will produce insulin and then the sugar levels will rapidly fall – to below the level they were at when you first had the snack!!!! You will then feel tired and sluggish and your performance will deteriorate. Don't fall into the trap of thinking that crisps will be a good source of carbohydrate: due to the fat content in the crisps, the carbohydrate is absorbed at a much slower rate. This slower digestion will divert the blood supply from the muscles to the stomach to assist the digestion process. For this reason also, bananas, which are slow to digest, are better eaten earlier in the day than during the competition.

Some good ideas for snacks are: isotonic drinks, raisins, apples, grapes, dried fruit, smoothie drinks, fruit bars, rice cakes with jam, cereal bars and Rice Krispie Square Bars.