

BLAST SWIM TEAM

How to Survive and Thrive at Short Course State Meet

This is an open guide book to help new and veteran swimmers survive and thrive at the Louisiana Short State Swimming Championships on February 12 – 15. As some of you veteran swimmers and parents read this you may have some ideas or experiences of your own to add to this. Feel free to do so.

SLEEP – The “newly discovered” performance enhancer.

As of this writing, we are 14 days away from state. The time to get your rest is **NOW**. While you are tapering your body is going through changes that will let you swim faster in state. Extra sleep will help this process. Extra naps, lay downs, going to bed 20 – 30 minutes earlier, sleeping in whenever you can, - all will help. As swimmers get closer to state, they naturally get more keyed up and can't sleep. The night before the meet most swimmers are so wired they toss and turn all night. So get the extra rest now while it's still relatively calm.

STATE MEET IS A MARATHON, NOT A SPRINT!

A 13 and over who swims senior relays and makes finals in all seven events they swim, will compete in five relays, seven prelims and seven finals in four days. That's 19 swims in three days! That's more swims than Michael Phelps did in his nine days of Olympic competition. An age grouper will swim seven prelim events and that many finals if they make it in plus age group relays. That's as many as 16 swims! As a parent, please don't expect every swim to be a best time. As coaches we hope to get the swimmers to peak Friday morning and carry it over through the long weekend. But we know that an athlete who has great swims Friday night in finals may struggle Saturday morning or a Sunday morning. **The toughest swims to improve in are the morning prelim swims after an exciting night of finals.**

Don't get too high if you do great or too down if you don't. Keep an even keel, and stay focused on preparing for the next race. Use the warm down pool wisely, not for playing around.

DON'T BE INTIMIDATED BY THE LARGE NUMBERS OF SWIMMERS.

This is a large meet. There will probably be over 750 swimmers at prelims on Saturday and Sunday. Relays will be crazy; if you are a relay swimmer only, you will need to be at the meet at the designated time. Don't give your coaches and fellow relay swimmers heart attacks.

We will try to have an inside team area and an **outside** team area also. We have some families going up in campers who will be outside the Natatorium and can give some outside peace and quiet between events. If anyone has a tent or an awning and can bring it, please do.

The meet is traditionally set up to have girls swim at one end in prelims and boys at another. The meet directors will try to do whatever they can to speed things up; so don't leave the building without checking with your coach.

REST BETWEEN PRELIMS AND FINALS!

IF we have most of our team on the same floor at the hotel, we need to be in lock down mode for swimmers who are in finals. Parents will need to patrol the corridors to make sure there's no excessive noise. Through experience, we have found out that a quick meal and lots of rest works better than a sit down meal and a movie between prelims and finals. If you didn't make finals and want to make noise, please do it away from where all the swimmers are resting.

EATING OUT

Some folks like to bring their food to the meet; some like to do restaurants. I hope we can find a good buffet restaurant so we don't have to waste time waiting on poor service. If anyone can find a good buffet restaurant [like a Ryan's] near our hotel, let me know. I know there the Swim Louisiana team is providing post finals dinner on Friday and Saturday nights, this could be a good option for dinner. Please let the coaches know if you want have a meal at the pool.

WHEN YOU RACE:

Know that you've done everything you can possibly do to prepare for your race. Know that you are in complete control of yourself and are ready to swim the best race you know how. Leave any doubts in the warm up pool; bring your confident self up to the starting block.

When your race is done, know that it was the best you could do before you check your result. If you know in your heart it's your best effort, the positive results will always be there for you.

State meet will be a wonderfully positive experience if you take the time to properly prepare for the meet.

GEAUX BLAST!

