



## TPRR Meet Preparation Guide

Aspect (timeframe)	Parent	Swimmer
Long-term	<ul style="list-style-type: none"> <li>• Look at meet schedule, and think about which meets, your child is likely to attend. (book time off work, book accommodations)</li> </ul>	<ul style="list-style-type: none"> <li>• Look at meet schedule, and decide what meets you'd like to attend.</li> </ul>
Registration (4-6 weeks)	<ul style="list-style-type: none"> <li>• Once you have received the meet information, decide whether you'd like to register your swimmer for the meet.</li> </ul>	<ul style="list-style-type: none"> <li>• Be sure to tell your parents when there's a meet upcoming. Think a) whether you'd like to attend, b) what you'd like to swim.</li> </ul>
Weeks leading up to the competition	<ul style="list-style-type: none"> <li>• Get your swimmer to the pool as much as possible. <b>DON'T</b> put too much stress on your swimmer. It's important that they feel comfortable and confident!!!</li> <li>• If you change your mind about the meet, notify the head coach A.S.A.P.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>FOCUS ON TECHNIQUE AND MAXIMUM EFFORT AT PRACTICE</b></li> <li>• If you are feeling nervous about the meet, talk to your coach.</li> <li>• Be sure your gear is in working order (goggles)</li> <li>• A race is not the time to test new goggles</li> </ul>
Week before	<ul style="list-style-type: none"> <li>• Start thinking about the meal plan(s). Night before should be a big meal! Morning – light meal</li> <li>• Buy whatever snacks, drinks your child will need for the meet</li> <li>• Last chance to check your child's gear.</li> <li>• You should receive an email regarding meet fees to pay the treasurer or head coach.</li> </ul>	<ul style="list-style-type: none"> <li>• Get lots of sleep, eat right, don't do anything to risk an injury.</li> <li>• Stay hydrated!</li> <li>• Be sure your gear is in order.</li> <li>• If you know your swims, start thinking a little bit about your races.</li> <li>• Focus on technique for stroke and turns, <b>GET READY TO GO FAST!!</b></li> </ul>
Day before, night before	<ul style="list-style-type: none"> <li>• Stay <b>RELAXED</b>, keep your swimmer <b>RELAXED</b>, and confident.</li> <li>• Remind your swimmer to get lots of sleep, eat right, and not do anything too strenuous.</li> <li>• Know the warm-up times.</li> <li>• Help your swimmer pack their bag.</li> <li>• Get snacks ready for the next day</li> </ul>	<ul style="list-style-type: none"> <li>• Lots of sleep, and eat a big (healthy as could be meal)!</li> <li>• Drink lots, stay hydrated!</li> <li>• <b>STAY RELAXED.</b></li> <li>• Don't overthink/stress your races. Be confident!</li> <li>• Don't do anything that would tire yourself out.</li> <li>• Pack, and double check that you have all your gear for swimming, and a long day on deck!</li> </ul>



## TPRR Meet Preparation Guide

<p>Day of the meet (morning)</p>	<ul style="list-style-type: none"> <li>• Check that you have everything you need (gear, food, etc.)</li> <li>• Fuel your swimmer with a healthy/light breakfast!</li> <li>• Get to the pool with plenty of time.</li> <li>• Say bye to your swimmer and good luck!</li> </ul>	<ul style="list-style-type: none"> <li>• Check and grab your gear, and food!</li> <li>• Fuel up and stay hydrated: have something to eat, don't have something too, too heavy, but have a healthy breakfast!</li> <li>• Stay relaxed!</li> <li>• Be Confident!</li> </ul>
<p>At the meet</p>	<ul style="list-style-type: none"> <li>• Stay relaxed.</li> <li>• Cheer on your team.</li> <li>• Don't come on deck, stay in the stands. Let the coach coach.</li> <li>• Stay positive for your swimmer.</li> </ul>	<ul style="list-style-type: none"> <li>• Find your coach and your team.</li> <li>• Find out your swims</li> <li>• Stretch with the team</li> <li>• Swim warm up with the team</li> <li>• <b>STAY WITH THE TEAM, and CLOSE TO THE COACH.</b></li> <li>• Know your swims, and be ready to swim!</li> <li>• Meet with your coach before and after each swim.</li> <li>• Stretch and get <b>PUMPED</b> before your race!</li> <li>• Stay hydrated, stay fueled up, have some small snacks every hour or so.</li> <li>• <b>WARM DOWN (if possible)</b></li> <li>• Follow the pool rules</li> <li>• Be respectful</li> <li>• <b>STAY POSITIVE! BE CONFIDENT!</b></li> <li>• <b>CHEER ON YOUR TEAM!</b></li> </ul>

### A few notes:

- This is intended as a guide with the competitive swimmer in mind. However, as all swimmers with the club are on the path toward being a competitive level it should prove useful to all levels of swimmers and parents.
- There's some limited info on the webpage, [swimtprr.wordpress.com](http://swimtprr.wordpress.com) regarding nutrition and diet that may prove helpful, and will be constantly added to.

### Meet fees:

Once the deadline for registration has passed, all meet fees are payable and non-refundable as the club will be charged based on the entries at the time of the deadline.