

# Competitions

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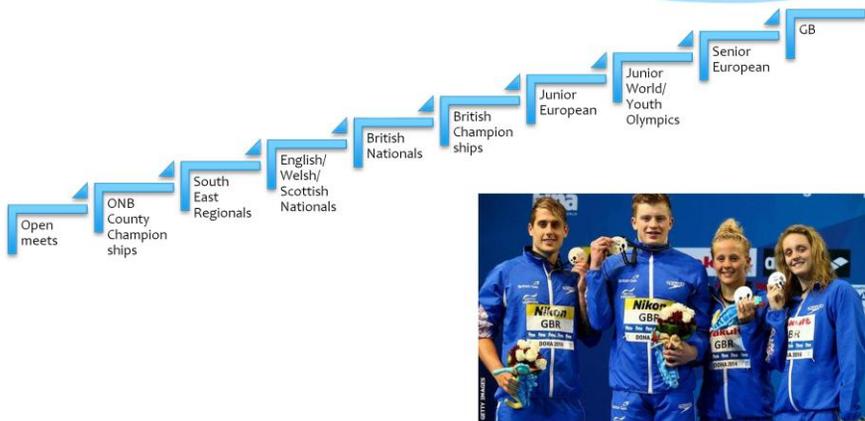
# Introduction

Why the meeting?

- To provide new parents useful information to assist with competitions
- Help provide the best environment for swimmers to achieve optimal performance



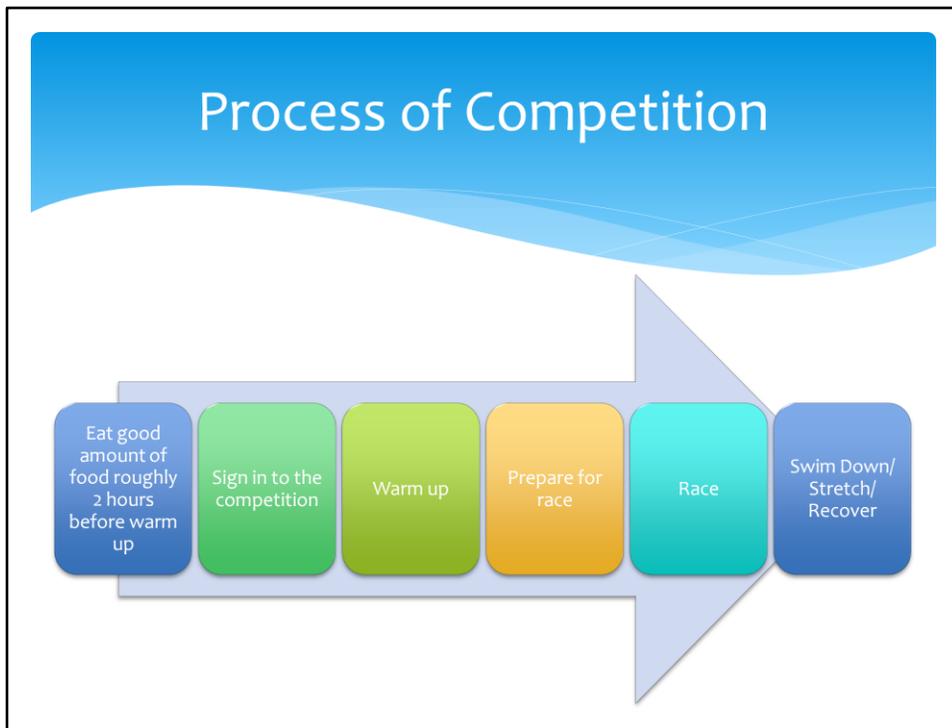
# Pathway of Competitions





Before entering the competition swimmers should speak to their coach about which events they should enter. Their coach may want them to enter particular events based on what they have been working on in training.

For the majority of events you will need to enter through the website. Click on events and then edit commitment, and follow the instructions from the Competition Secretary. However, for some events such as Counties you will need to complete a paper entry form and return to the competition secretary.



Coach and Team Manager's are not responsible for your swimmer signing in, this is swimmers' responsibility.

Prepare for race – this includes a land warm up, a briefing from the coach, and getting to the marshalling area to be set into heat/lane and taken round to poolside.

Parents shouldn't be coming onto poolside at any time during the competition, if require to talk to the coach please do this before or after the session

Ideally swimmers need to be very self efficient such as putting their own race suits on as they move through the stages to nationals and beyond they will need to be able to do this themselves

# Equipment

## What equipment is required?

- An equipment list can be found on this link:  
[https://www.teamunify.com/SubTabGeneric.jsp?team=reczzmsc&\\_stabilid\\_=119915](https://www.teamunify.com/SubTabGeneric.jsp?team=reczzmsc&_stabilid_=119915)
- Training costume
- Racing costume
- 2 hats and 2 sets of goggles
- Skipping rope
- Trainers
- Foam roller/ Ball (if have one)
- Club shirts, Jogging bottoms, jumpers, socks, hat?
- Small bag for poolside

## What food to take?

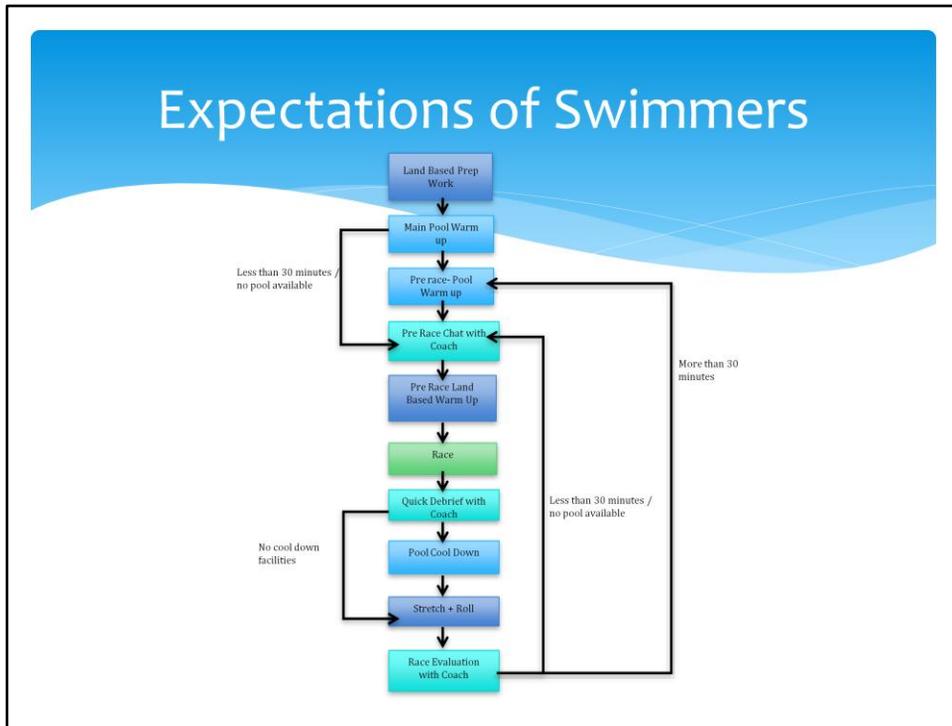
- 1-2 bottles on poolside with spare available
- Lots of healthy snacks with spare available
- Light foods during longer breaks (nothing too heavy)
- Week before competition want to eat fairly healthily but not to change too much



It is important that the swimmer has food and drink with them poolside whilst also having spare available either with the parents or in the car. Having all of the food/drink with the parents means that swimmers cannot be constantly sipping their drinks to stay hydrated and cannot be constantly keeping up with their recovery/nutritional needs.

A 1% drop in hydration level can lead to a 10% drop in performance, so it's really important that swimmers are constantly on top of this!

# Expectations of Swimmers



As you can see there is a great deal for the swimmer to do in order to prepare themselves properly and recover properly after every race. It is important that the swimmers follow this process to allow for the optimum performance in each and every event they swim throughout the competition.

## Expectations of Swimmers (continued)

- Swimmers must sign in at competitions where required, any withdrawals are also the responsibility of the parent and not the coach/team manager
- Kit and equipment required is the responsibility of the swimmers (help as required)
- Visiting the gallery process:
  - Speak to coach/team manager to determine if enough time and agree when to return
  - Inform team manager where you will be
  - Avoid sitting in balcony as this doesn't aid recovery, aim for somewhere cooler and keep relaxed



Meets where there is no sign in process run something called 'active withdrawal'. If you cannot swim a race and need to withdraw you need to firstly agree this with the coach, and secondly either text/email the organisers or ask the team manager to complete a withdrawal form if already at the meet. Most meets with active withdrawal now fine swimmers who do not let the organisers know that they will not be swimming in an attempt to avoid empty lanes. If you haven't followed the process and haven't withdrawn then the responsibility of the fine lies with you and will not be paid by Maxwell.

# Goals of Coaches

## Aims for swimmers:

- To understand the skills required to be an elite performer (such as correct underwater work).
- To assist swimmers in working the process and to develop process goals instead of focus on the result or outcome. Assistance to celebrate the skills/technique over times will assist us in helping your swimmers achieve a higher level of performance.
- To enable self-motivated swimmers achieve what they set out to in the pool and in life.



We want swimmers to race with confidence and be excited about the process. The aim is to build swimmers through their racing career as shown in the competition stages. Please help us to celebrate the process (racing with skill, improving technique, sticking to a race plan) and not just celebrate the result (time/medal). Ultimately, our job as coaches is to do the coaching, and your job as parents is to support your kids. The more that you can support your child in the same ways, whether you think they've done a good or a bad swim, the more they will find their own motivation to succeed and also be able to focus on the technique information that we give them. Things like 'I love watching you race.' rather than analysing their race, really help this process!

This will also help our swimmers to race with confidence and fully commit to what they are trying to do, instead of what sometimes happens – racing with fear (fear of the result, fear of the time, etc.).

# Any Questions?

