

Competition

Types of Competition

- League – Represent your club as a **Team** – have fun swim fast
- Level 4 – Gain new times practice - your weaker events - new tactics
- Level 3 – gain experience – swim through – many events
- Level 1 & 2 – Season Best times – correct tactics – race planning & Prep

How Many & Why

Swimmers in the training development stage should be prepared to concentrate on training rather than competing. Racing during this stage should be viewed primarily as an opportunity to execute skills at speed. This is a long term development opportunity as opposed to a short term win at all costs mentality. Therefore we should be racing no more than 12 – 14 times per year.

This does not leave too many opportunities for Open Meets

Junior League x 3

Arena League x3

Internal Galas x 3

Counties x 2

Regionals x 2

Nationals

Gala Day

Prepare your bag:

Race costume(s) - Warm Up Suit(s) - Towels -Club kit incl- footwear

Food & Drink see nutrition sheet – Spare goggles – 2 hats (Maidenhead)

Arrive early for warm up – Blood flow – swimming warm up – check sign in /withdrawal rules. Be aware of timings – speak to coach before race – warm down – race review with coach

Pre & Post Conversations

Be positive – encouraging – focus on process oriented outcomes

Avoid discussing placings & comparing with other competitors