

Tips for all Swim Meets:

- Let them make errors and also achieve goals, yet ensure they always learn, in a positive way and move on, from the experience.
- If circumstances change to prevent you attending, e.g. Illness, please let the organisers (and us) know ASAP, as our Club may be asked to supply volunteers for duties, based on our attendance numbers.
- All involved in a swim meet should learn something from meet, as each venue is different. I.e. the parent, the coach and primarily the swimmer. Eg. What to bring/not to bring; where to sit; how to warm up, etc.
- We tend to learn more from poor results than good results, so try to stay balanced in your responses to all swims that are undertaken.
- Let them develop in all strokes, particularly the 200IM, which is a measure of a well-rounded swimmer.
- Let them race over various distances in various strokes. The 50's are easily attained as they are the predominant race distance, particularly at school-based carnivals. However, young swimmers should aim for 50's, then move onto 100's as this will demonstrate the training effect upon their swimming ability. Very little improvement starts to occur if you keep targeting the same event.
- Teach your swimmer about pre, during and post event nutrition. Lollies can have a negative effect and only occasionally, a positive effect. Heavily laden protein-based foods will also impact on a swimming performance. The timing and amount will also play a role.
- Some simple tips when racing:
 1. Keep your eyes in the 'boat';
 2. The start and the walls are the fastest sections of a race, so use them well. I.e. speed in equals speed out.
 3. Stroke rate up in Backstroke; Keep hips high and hide your head in Fly and Breaststroke;
 4. Breathe only when needed in 50 Fly and Freestyle, but get plenty of air in for longer events – training will dictate this;
 5. When that finish is within 4-5m, keep the head still and go for the wall.
- Ensure the swimmer actively seeks out the coach:
 1. Prior to the warm up.
 2. Within the warm up
 3. And, prior to their race. They should then see their coach again:
 4. Before they swim down after each race.
- Make the carnival experience a positive one, so the swimmer enjoys the event. Nerves are normal and each swimmer will learn to deal with them their own way, but let the Coach know so they can assist. Help them to move on from a poor result

or even a disqualification – support them, but do not coach them. They need to learn to not dwell on past performances and that they cannot change the past, but can change the future, by understanding that they can control the process.