

CVALS

August 6th-8th, 2010

THE WEEK BEFORE CVALS

- You have been working hard for months---but this last week before CVALS is important.
- Eat healthy all week
- **NO CANDY UNTIL SUNDAY NIGHT!!**
- Get plenty of sleep—we want to be well rested going into the meet, not tired.
- Rest your legs this week---there will be a minimal amount of kicking the week before CVALS, and try to rest while at home, too.
- Think about your races all week---in order to swim fast, you need to be mentally prepared---mentally swim your races this week (or course you'll be the winners!!)
- .

**REMEMBER:
SWIM FAST AND HAVE FUN**

Meet Checklist

- Bathing suits (two are better than one!!—one for warm-up, one for the races)
- GOGGLES!!
- Several large towels
- Shoes and socks to wear on the deck
- Sweat suit and shirt to wear while not swimming
- Team swim caps (optional, but easier for the coaches)
- Healthy snacks and drinks
- Suntan lotion!!
- **A POSITIVE ATTITUDE**

Please bring these items regardless of the weather forecast, as it can get quite chilly for the swimmers while waiting for their next event.

**REMEMBER:
SWIM FAST AND HAVE FUN**

At the Meet

- When you arrive at the meet, make sure to visit the check in station first, and then check in with your coach.
- Warm-ups start at a predetermined time, so please make sure your swimmer is behind the blocks and ready to go when warm-ups begin. (in other words, they have had time to check in and get organized prior to the start of warm-ups)
- There is an organized warm-up for my group. Warm-ups are done **TOGETHER, as a team!!**
- During the warm up time, that is when the swimmer gets a feel for the pool, tries out the starting blocks, works on their backstroke count, and get the muscles ready to race.
- Girls are **ALWAYS** in odd numbered events, and boys are **ALWAYS** in even-numbered events
- **STAY OFF YOUR FEET AT THE MEET!!!** Bring cards, games, books, or other sit-down activities while you are waiting for your next event (save your energy for the **RACE!!**).

Approximately 20 minutes before the anticipated start of your child's event, the heat and lane assignments will be **posted**. In other words, there will be an alphabetical list, with all the swimmers in that event,. There will be numbers corresponding to the lane and the heat in which they have been assigned. The heats usually go from fastest to slowest, based on the entry times.

What to Expect

- WHISTLES!! Whistles are used in place of verbal commands in swimming
- Events will be announced: "Event #1, Girls 10/under 50 freestyle, then you will hear the whistles"
 - Several short whistles is the command to get behind the blocks (when it is your heat)
 - One long whistle is your command to get on the blocks (or get in the water, if the race is a backstroke event)
 - The starter will then say "Swimmers, take your mark"
 - The '**BEEP**' of the starting horn is the swimmer's signal to go

Checklist for a Swim Meet

- Pack your bags the night before, and go to bed early.
- Arrive at the meet venue prior to warm-ups starting, with time to check in and get settled.
- Sign in at the check in station and let your coach know you are there
- Warm up with your group.
- Dry off, and watch for your heat and lane assignment to be posted
- Notify your coach of your heat and lane assignment prior to each race, and get last-minute race instructions.
- After your swim, ask the timers your time.
- Talk to your coach immediately after each race, to get feedback.
- Before you leave, double-check with your coaches that you aren't in any relays, or have qualified for any finals or consolation heats.

HAVE FUN!!!!