

## Graded Gala Protocols

**Timings**, ensure you know when to turn up for the warm ups and what session and day you are swimming. You should aim to turn up 5-10 minutes prior to the start of the warm up and remember the first event dictates whether boys or girls are warming up first.

**Entries**, make sure you do not enter too many events in one session as you need to recover between events to maximise your performances at the meet; rest is almost as important as racing.

**Hydration**, pool sides can be warm and humid and de-hydration is a real factor when competing. 2% de-hydration can cause a reduction in performance of up to 10%, so it is vital to keep drinking throughout the entire session / meet. A good rule of thumb is to drink at least 500ml per hour better to drink 1 litre per hour if possible and fizzy drinks are not allowed. If you feel thirsty you are already de-hydrated and your performances have already been affected.

**Nutrition**, if the body has no energy you will not be able to perform. During a meet a swimmer can burn up to 3000-4000 calories over the day from swimming, nervous energy and all the other functions the body has to do in a normal day. These calories need to be replenished constantly. After every race it is a good idea to eat something sugary to get the immediate boost and then eat some slow release energy foods about 5 minutes after that. Nutrition starts from 24 hours before when swimmers should be eating a meal high in vitamins, minerals and high in protein and carbohydrates. I will be producing a document soon detailing foods to eat.

**Clothing**, you must always wear club kit, including hat and t-shirt. You are representing your club and should be attired as such. Staying warm is very important with wet bodies and hair swimmers can get cold very quickly and a reduction in body temperature will result in a reduction in performance. Water conducts heat 10 times faster than air and so towel drying thoroughly after a race is very important to avoid a loss in body temperature.

**Kit**, you should always have a spare club hat and goggles. Your spare goggles should be the exact same pair as your racing pair and should be the same you use in training. Enough towels should be brought to make sure you remain dry. Swimmers may also wish to change costumes after warm up to a racing costume. Racing costumes should not be used in the warm up.

**Poolside**, swimmers are to remain on poolside during the session. If you go up to the gallery please inform the coach where you are going. Before each race the coach will give you a race plan to follow and technical aspects that need to be concentrated on to execute the best performance. After each race return to the coach to receive feedback on your swim which will include splits and hopefully some video analysis if practicable.