

BRONZE

Preparation for the Meet

- **All swimmers must be ready on deck 15 minutes prior to the meet warm up. Arriving on time is an essential part of being on the swim team.**
- **Equipment**
Each swimmer must wear a black TSC swim cap, a black TSC t-shirt; bring a towel, two pairs of goggles, water bottle, flip flops, and shorts/long pants. **Make sure your name is on all of your clothing and equipment.**
- **Food at the meet**
Bring healthy snacks. Choose from fruits like bananas, berries, oranges, or grapes. A chopped up plain bagel is a great carbohydrate snack. Use a **recycled** container.
- **Preparation takes days before the meet**
 1. Start off by moderating your junk food or eliminating it completely the week before the big meet. No junk food the weekend of the swim meet.
 2. Make sure you attend all of your practices, and eat healthy. Establish a solid sleeping pattern (9 hours or more).
 3. **Write down your goals** for the swim meet. Submit it to your coach before the meet. Discuss your goals with your coach.
 4. On the evening before the swim meet, eat a healthy meal. Choose a meal that you can call your “pre-meet meal” (choose from pastas/rice/potatoes, meat/poultry/seafood, vegetables, and fruit)
 5. The evening before your meet get your mind off swimming by doing something that relaxes your body (for example read a book, watch your favourite movie, or listen to music). Stay positive! 😊
 6. Stay hydrated by reminding yourself to drink plenty of **water**.

The Day of the Meet

1. Your equipment bag should have all the necessary items that you need on that day (prepare it the night before). **Make it your responsibility!** Not your parents. Remember to bring 2 black TSC swim caps, and 2 pairs of goggles (equipment can breakdown).
2. Have a good breakfast (if your meet is later in the day). If it's early in the morning then focus on getting up a little earlier to eat. Or have your parents prepare food in a **recycled** container for you to eat on the way to the meet.
3. Leave on time so you get on time to the swim meet. Rushing will stress you, and your family. Missing a team meeting prior to a warm up means that you will miss out on key instructions that the coach has for you.
4. Arrive to the pool deck with confidence! You did all the preparation in practice and outside of the pool. Remember you need to be dressed in your **TSC uniform** (make sure your name is on it). The clothes will keep your body warm, and it will showcase your pride for TSC.
5. When the coach says it is time to do the **activation** set as a team then taken it upon your self to follow or lead the group.
6. The meet warm up will indicate to you and to the coach how prepared you are. Focus on each of your strokes. Do all the drills correctly. **Streamline** off each wall with power and speed. Remember you have to warm up your body. Make sure you do every meter that the coach has instructed you to do. You want to leave the warm up feeling confident and prepared for your events.
7. Dive starts are the final part of your warm up. The BRONZE/INTRO protocol is IM order (Fly, Bk, Br, and Fr). The goal is to do all four starts unless the coach says otherwise.
8. Team cheer! Get yourself pumped up. **Team spirit!** 🤗 It will motivate you and others on the team.
9. Get your TSC tattoo from the coach and place it on your body with pride.
10. Make sure you know your **event**, **heat** and **lane** number.
11. After your race shake hands with your competitors.
12. **Talk to your coach right after your race.**
13. Cheer on your teammates.
14. Clean up after yourself.
15. Before you leave make sure you have all of your equipment.

Victor Delač

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