

## Team General Competition Checklist

### Night Before

- Get 9 or 10 hours of nightly sleep.
- Avoid screen time or bright light 1 hour before bedtime
- Keep the room as dark as possible!
- Check swim bag is packed and ready to go.
  - Nutrition/Hydration (See Energy Section)
- Double-check warmup times and events!
- Review your race contingency plans (utilize comp. contingency planning form)
- Review your Gold, Silver, and Bronze meet goals and/or race strategies

### Energy

- Do not experiment with new foods or drinks. You should be doing this during training.
- Check urine color for hydration status (clear rather than dark).
- Eat the last large meal no later than 3 to 4 hours pre-competition. Eat small snacks for 1 to 3 hours pre-competition.
- Eat locally grown and unprocessed food to maximize nutritional value.

### Arriving On-Site

- Arrive 15-30 minutes before the official warm-up time.
- Change into practice suit.
- Set up the deck area.
- Double-check equipment needs.
- Check-in with the coach no later than 10 minutes before the official warmup

### On-Site Warmup

- Light dynamic warmup
- Team wet warm-up
- Change into a tech suit if you prefer.
- Check to see if heat sheets are available

### Mental and Emotional readiness

- Use a strategy to relax and mentally prepare you for your upcoming events.
  - Deep belly breathing
  - Progressive muscle relaxation
  - Imagery
  - Listen to music
  - Talk to friends

### Pre-Race Rituals

- 23-minute rule
  - 23 minutes before the race, check heat and lane and get in to warm up
  - Then warm up for 10-12 minutes
  - 3-5 minutes to get into your mental and emotional readiness state
  - 1-3 minutes check-in with coach
  - Behind blocks with 3 minutes left to go

### Post-Race Rituals

- Warm down within 3 minutes of the race
  - Check out with the coach within that 3-minute window or after warm down.
- Complete Your Personal Post-Race Debrief

## Competition Contingency Planning Form

### Predetermined Critical Situations (Physical, Mental, Cue Words)

- Warm-Up Procedure: How will you respond to packed lanes, empty lanes, short warmups, and long warmups? Do you know how to extend your warmup? If you can extend your warmup to 45 minutes this is a huge boon but our warmup ranges from 20-25 minutes so what will you do when you have more time?
- Gear/Suits: Do you have backups? Your suit, cap, and goggles will break at one time or another. Your goggles WILL fill up with water from time to time. Are you prepared? How have you prepared? What will you do when it happens behind the blocks?
- Heat Changes: Too many have passed out on deck from dehydration at indoor pools, now imagine an outdoor pool. Clothing is massively important for constant thermoregulation consistency.

### Reactions to Good and Bad Performance Trends

- Opponent Laps You: What's your positive and honest cue?
- You Lap Opponent: What's your positive and honest cue? Will you spin out, slow down, speed up, or maintain the race plan?
- Goggles Fill Up with Water: It will happen and continue to happen, accept it, and have a cue to dial your focus back in.
- Choke on Water: It will happen and continue to happen, accept it and have a cue to dial your focus back in.
- Mess up on the wall: What's your positive and honest cue?
- Last-minute heat/lane change behind the blocks: How will you reset and refocus? What will you tell yourself and what strategy are you likely to employ?
- Lost Goggles Behind the Block: Brave enough to ask a friend? What would you do?

### Reaction Cues Suggestions:

- Ready, Respond, Refocus

### Post meet Evaluation

- Goals (Gold, Silver, Bronze)