

## How to Prepare for a Klahaya Swim Meet

- 1) Eat only healthy food for lunch, dinner, and at the meet. Your food is the fuel for muscles. Make good choices and eat and drink clean natural foods that will help you perform as athletes. Examples: chocolate milk, peanut butter, nuts, smoothies, oatmeal, fruit, veggies,
- 2) Hydrate all day. Bring a water bottle to the meet and drink it all.
- 3) Pack your swim gear:
  - a. Swim suits- athletes can race in only one single suit. However a back-up suit can come in handy in case one gets lost. Suits should be snug and form fitting. Boys can wear Jammers, briefs, but not leisure trunks
  - b. Pack 2-3 towels per person
  - c. Goggles
  - d. Klahaya swim cap is optional (can be purchased at the front desk)
  - e. Chairs
  - f. Warm jackets for cool nights
  - g. Sun block
  - h. Change of dry clothes
  - i. Label your goggles, suits, towels; many items get lost or left behind
- 4) Check your meet event entries on the posted meet lineup. Write them down. Sharpies work best for writing down one's events on their forearm.
- 5) Think over your events and create some specific realistic time goals and skill goals for each race. If you need help creating your goal, ask the coaches well before your races so you have a great pre-race plan.
- 6) Practice positive psychology. Think confidently. Smile. Breathe deeply. Believe in yourself. Be a competitor and race at your own best personal level.
- 7) Have fun throughout the meet and enjoy the athletic experience.
- 8) You are prepared for your swim meet!