

Charlotte/Florida Meeting Reminders

Charlotte Buddies are in your bag of stuff that you picked up at the meeting.

TRAVEL: Know your flight info – Get to the airport 2 hours prior to departure – Bring government issued ID - Check in will be cut off 30 Minutes prior to departure – Two bags PP under 50 LBS – Carry On must fit in the bin – 3-1-1 for carry on – 3 OZ bottles or less in 1 quart zip top bag – 1 bag limit

Blanket behavior statement – do not do anything when you are traveling with the team that you would not do with your coaches and your parents watching.

Parade – Pirate theme – There will be a team photo which will be announced at the meet.

Everyone is expected to be in Charlotte for the duration of the meet, unless there is special permission from JON ahead of time. Don't put the coaches on deck in a situation where a conversation should have taken place a week before we traveled, for example if you have to leave early on Sunday night and are scheduled in a relay. If you did not get to Jon before you left for the meet – **MAKE SURE ALL DECK COACHES KNOW ISSUES DAY 1**

All athletes are expected to swim all swims at night they qualify for. This is a prelim/final meet. If you don't plan to swim at night, don't go to prelims.

We will have timing assignments – all parents will need to time at least 2 times throughout the meet.

All Swimmers must remember to check in daily upon arrival to the aquatic center and before leaving – we need to know who is on deck and at the meet in case of last minute relay changes etc.....

All Swimmers will warm-up and attend daily sessions even if they do not have any individual events that day – they may be asked to be in a relay – **BE ON TIME FOR FIRST WARM UP**

All Swimmers are expected to attend finals in the evening to support those swimmers who are swimming in consolations and finals – The kids participating at night need the full support of the team in order to excel. All athletes will need to nap in the afternoon between prelims and finals so they can stay and support their team.

All Paperwork is submitted before we leave on our trip – Code Of Conduct (both) – Designated Guardian Form (both) – Waiver of Claims (YM's) and make sure your PE form and School absence forms have been turned in to your school

Make sure your school work is in order and you speak to all your teachers before you leave – get ahead – catching up is difficult – If you are already behind going into the meet you will be stressed at the meet. Find time down there to get school work done.

Make sure you come prepared to the meets with extra caps, goggles, suits etc.... Travel with your swim stuff in a separate bag to fly with just in case luggage gets lost or detained

Prepare yourself for different weather and allergens – expect a full bloom, rain, snow and cold.

Sun-block is essential for both meets – DO NOT GET BURNED! Use your energy to swim fast, not to heal a sun-burn

BRING TINTED GOGGLES TO MEET – IN FLORIDA IT'S PRETTY OBVIOUS Y, BUT IN CHARLOTTE, ONE OF THE WALLS IS GLASS AND SUN CAN COME IN.

Hydrate – Drink LOTS of liquids. Eat well – get sleep – maintain health – fuel your tank to swim fast –STAY OFF YOUR LEGS AS MUCH AS POSSIBLE. NO WALKING

EAT – bring healthy snacks to the meet and plenty of drinks!

FLORIDA – NO BEACH outside of specified beach times.....

Curfew – 10:00 LIGHTS OUT!!!!!!

Always see a coach before and after warm up/ down before and after every race – No messing around in the warm down pools

Behavior at meets – you are representing yourself – your family – your YMCA - your team – your coaches. You are expected to be on your best behavior at all times –at the pool, at the hotel and in the cities we are visiting

HOTEL – We have been on fairly thin ice at the hotel in Charlotte and it's a great place where we would like to continue to be. Let's make sure we are not doing anything to compromise our relationship with the hotel. This includes heaving things off the balcony, trashing rooms, “borrowing other kids keys” etc.....

Do not leave a footprint – clean up after yourself – in the hotel and in particular at the meet. I know in particular Charlotte is a crowded meet and there is a good chance they are going to get rid of some teams – why not get rid of the messiest team. It would be easy for them.

Know your events each day – you have to have a plan of attack – PLAN YOUR RACE AND RACE YOUR PLAN

Go to the blocks with extra cap and goggles – be there early to make sure you don't have any close calls of missing races

Do not be late to warm up – it is important that we communicate as best we can and that we are all on time

Relays – It is important that you inform the coaches regarding Thursday nights and Sunday nights because we do not want to have to scramble around looking for people to be in relays. Our team goal is to have all swimmers together every day and together at every session. All relay decisions will be made by the coaching staff and we expect full support from all swimmers, parents and families.

Shaving – ABSOLUTELY NO SHAVING IN AQUATIC FACILITIES – If you are caught or seen by an official, you will be thrown out of the meet – Talk to an older athlete if you have never shaved before. Do not do it on your own – you need advice and more than likely assistance

Deck Changing –ABSOLUTELY NO DECK CHANGING AT EITHER MEET – If you are caught or seen by an official, you will be thrown out of the meet

Swearing is ABSOLUTELY PROHIBITED AT ALL MEETS – Do not swear, mouth a swear word or display any inappropriate gestures at any meets.

There is no spitting at meets. You can not spit in the pool or on the deck – if you absolutely must, it has to be in the gutter. This is a health code violation and could get you scratched from the meet.

Display good sportsmanship and maintain composure at all times. Do not display frustration at meets and in particular not in a physical way for example throwing goggles and/or cap.

Do Not Disappear at practice – the days leading up to your big meet are vital for optimal performance – you need to swim fast during your taper in order to swim fast in the competition – balance out your activities and get to practice 5 or more times per week – Give yourself something to taper. Use the PE forms to get out of other strenuous activities. Balance out your other sport this week going in.

Be smart – race smart – do not travel all the way to NC or FLA to get DQ'ed for doing a one hand touch or something silly.

Leave your issues in NJ so you can be in the moment – we are traveling on a team event with the team for the team. Don't bring bad vibes with you – go fresh, to have fun and swim fast.

STAY POSITIVE throughout the meet – attitudes are contagious and the team needs positive energy to thrive. Don't self doubt or would have could have should have. Use positive self talk to get yourself out of the lows.

RELAX – stress has never helped anyone swim fast – maybe one fast swim or one leg of a relay, but in the long term at a 4 day meet it will exhaust you. If you are unusually stressed, talk it out with a coach.

Illegal activities are 100% Forbidden at all times – 24/7 – 365 – but especially at meets.

Day 1 is generally exciting and it's easy to forget to drink, eat, stay off your legs. Day two is still exciting, but fatigue will start to set in if you are not taking care of yourself. Day 3 can be brutal or just as exciting depending on how you cared for yourself the first two days. Day 4 assuming you did all the right things along the way will be awesome. We have had a 4 year tradition of doing some of our best swimming on the last day, but only for those who are prepared and take care of themselves throughout the meet.

When you TAPER you feel, strange – some get sore, some get hyper, some get tired, many get crankie – this is all normal because your energy levels change. It depends on your body and how you go through it.

Relays are coach decided – don't ask relay questions - Swim relays as fast as you can regardless of where you are in them.

CHEER FOR AND SUPPORT YOUR TEAMMATES! Be part of your team – hang with your teammates. Meet a new kid on the team – meet kids on the other teams. HAVE FUN.

Don't try anything new – don't eat blackened shrimp the night before your big event if you've never had it before – don't try new goggles in a race – don't drink a new energy drink right before your race – don't try a different back to breast turn in the IM etc.....

Control the controllables and ignore the uncontrollables – don't swim slow because it's raining – don't get thrown if there is a meet delay for an electrical storm. Only think about the things you can control.

SWIM CRAZY FAST IN THE MORNING or there will be no night – What is says on paper doesn't mean anything – if it did, we would only swim finals.

Have **confidence** in yourself and your training – If you have done all the work and you **believe** in yourself, you will do **awesome!**