

Prep parents and swimmers,

Since the Lanier Invite invite this weekend is our first Prelims/Finals meet of the season, I wanted to send everyone a note regarding how we take advantage of those meets. While this is mostly to make sure all our new families are aware of how we treat these meets at Ga-Ga, I believe it will also be a great reminder for the ‘veterans’.

1. **We expect every swimmer who qualifies for Finals to come back and swim (no scratching out of finals)!** Swimming in Finals is a great opportunity for swimmers to make improvements from their Prelims swim. Whenever swimmers talk to their coaches after a race, the conversation revolves around what was done right, and what can be improved the next time. Having a chance to swim the same race again on the same day is a great opportunity to make those adjustments (conversations pre-race at finals are just a reminder of what we talked about after the race in the morning). As a result, far more often than not, Final swims are faster than Prelims ones. We absolutely want our swimmers to take advantage of those opportunities!
2. **We expect the swimmers to take responsibility to check if they made Finals or not, including if they were ‘scratched into Finals’.** Swimmers are the ones in charge of checking both the results, and the scratch table. As it turns out, different teams have different expectations of their swimmers, and as a result, especially in mid-season meets, often times there are a number of scratches. This means that a swimmer who was initially out of Finals can be scratched into finals. Swimmers should check for scratches in their events before leaving the meet (if you don’t know where or how to do that, ask a coach and we’ll direct you). For the same reasons listed on the above item, if a swimmer is scratched into Finals, we expect them to come back to swim!
3. **Every swimmer should have plans to attend finals.** This should go without saying, based on the first two items, but just in case: nobody should be surprised by making finals, and then telling the coach they cannot come back. We entered a Prelim/Finals meet, therefore everyone should be ready (and looking forward) to swim at night!
4. **Warm-up/warm-down.** Swimming both Prelims and Finals means more swimming over the weekend, and therefore proper warm-up/down becomes even more important. For swimmers: take care of business (by now you know what you should do)! **For parents: please budget time for their warm-down at the end of each session** (it is supposed to be a little longer than the other warm-downs, and should take around 20min if they are on task). If a swimmer is not properly warming up/down, they might be able to get through a couple races, but will certainly feel it as the meet progresses (Sunday morning is usually a reflection of a team’s warm-up/down ethics). Not warming down properly at the end of sessions is usually felt the next day, which can also have a negative impact in their training the following week, therefore affecting the rest of the season. Also, be on time for warm-ups each session!
5. **Hydrate, refuel, rest!** Again, with more swimming involved, all those things that should be done anyway gain even more importance. Swimmers should:
  - Stay hydrated - take constant sips of fluids, before you feel thirsty (and more water than sports drinks)!
  - Think about eating as a chance to refuel for performance. As a general rule: eat plenty of easily digestible carbohydrates (though avoiding refined sugar and other

foods with a high glycemic index), with some protein; add more protein to meals whenever there is a longer break between swims, such as between Prelims/Finals; avoid fats, as they slow down the digestive process.

- Get rest whenever possible, especially between Prelims/Finals ([oh, the magic of naps!](#)).

Please let me know if you have any questions.

Thanks,  
Lucas.