



ST PAUL'S BARNES
SWIMMING CLUB

St Paul's School, Lonsdale Road,
London, SW13 9JT

GALA PROTOCOL – The 'do's and don'ts' of Swimming Meets

Before	<p>In the days leading up to a meet, please ensure that you eat appropriately (complex carbohydrates, simple carbohydrates and lean protein – avoiding fatty foods and foods that are hard to digest), constantly rehydrate by drinking water and/or diluted fruit juice and get plenty of sleep.</p> <p>If you need to 'break in' new equipment (goggles, hats or swimsuits) do so at practice. Do not wait for the meet.</p>
What should you bring	<p>EQUIPMENT: multiple swimsuits so that you can remain warm and dry between races and at least two pairs of 'broken in' goggles and two caps; CLOTHING: layers including t-shirts, a hoodie, shorts, track bottoms and pool (socks and) shoes or flip flops. Bring two towels - you must not let yourself get cold! NOURISHMENT: a light sandwich or small portion of pasta for the journey (to be eaten a minimum of an hour and a half before swimming), fruit (apples, pears and bananas) and crudite (cucumber and tomatoes), Avoid over-eating, avoid sweets (particularly chocolate) and do NOT eat just before you race.</p>
At the Meet	<ul style="list-style-type: none">• Listen to your Coaches' instructions regarding warm up, stretching and mental preparation for your race;• If you leave the poolside, tell the whip;• Drink plenty of water to stay hydrated;• Immediately after warm up and racing, dry yourself, change your swimsuit and put on suitable dry clothes (and footwear) to stay warm;• Stretch regularly to avoid stiffening up;• Do NOT run on poolside – save your energy;• Support your teammates and they'll support you.
After the Meet	<ul style="list-style-type: none">• Collect up all of your belongings;• Properly dispose of any rubbish (do not just leave it behind on poolside!);• Change quickly and make your way to the team bus;• If you are travelling home separately from the team, tell the whip or your Coach.

Tel: 020 8746 5398. Fax: 020 8746 5353. Web: www.stpaulsbarnessc.com.

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