

Competition planning and race day preparation for British Summer Nationals and Swim England Summer Meet 2019

British Summer Nationals – Glasgow

- We would encourage as early as possible looking at travel arrangements. Due to the location of the pool, it would be useful to have a hire car, especially if you're swimming multiple days. For one day of racing it may be more cost effective to use taxis/Uber but please be aware there is sometimes considerable waits on taxis.
- For everyone travelling to the pool by car there is extremely limited parking on site, however please see the next page for a map that shows the on street parking which is free and there's plenty of it. There are a number of food places nearby, also shown on the map.
- Accommodation is spread across the city and there are very few places within walking distance of the pool. If you are using a car whilst you're there that will of course open up places much further away. It's worth considering some of the AirBnB options, especially if you're there for more than one days racing as there are holiday flats which have kitchens and lounges which are probably nicer places to relax than hotel rooms. That said please do some reading on the reviews for peace of mind.

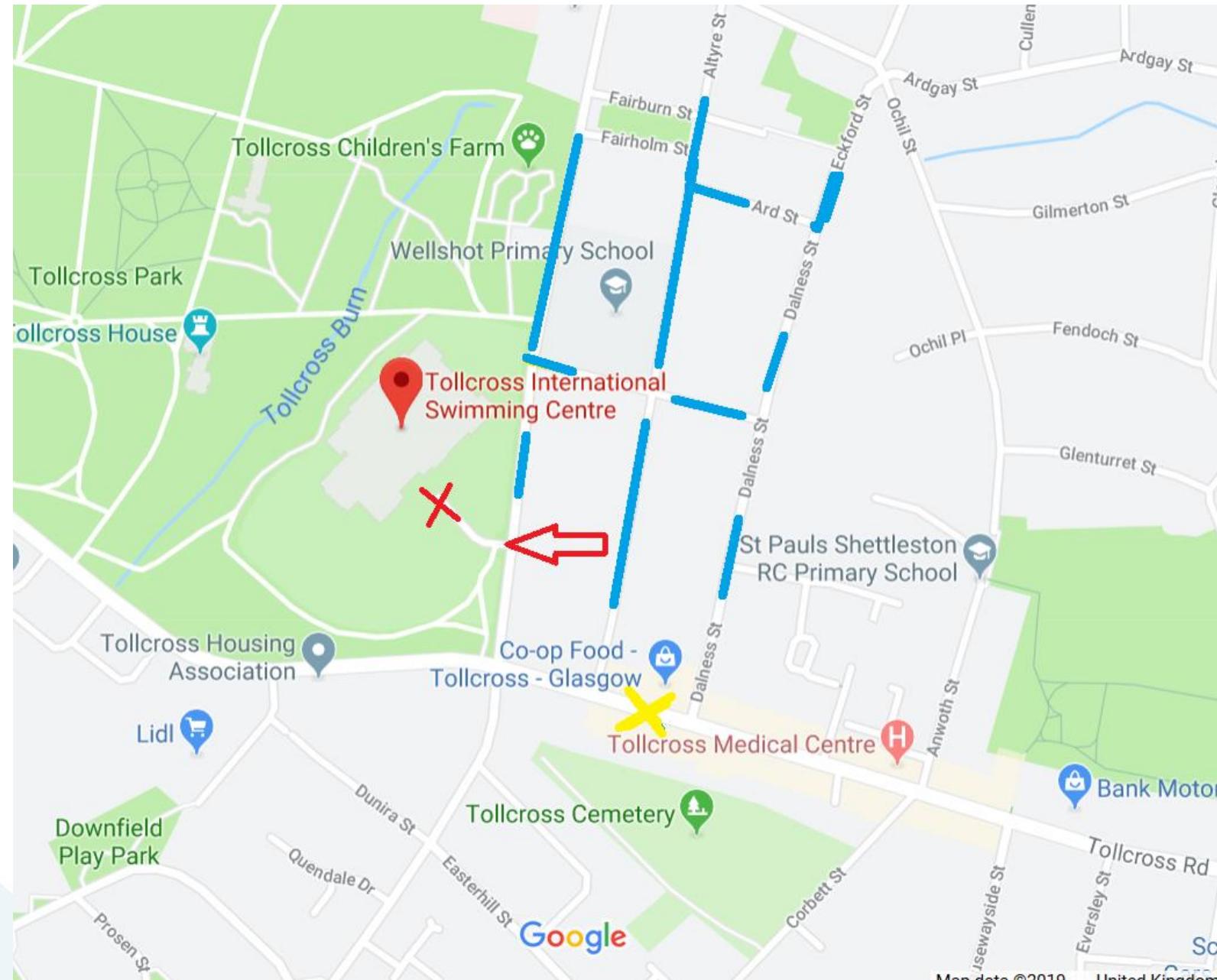
The pool is accessed via Wellshot road (red arrow) and the postcode is G32 7QR.

All the roads painted blue (and many more) are all on street free parking.

The yellow cross is the epicentre of the food places local to the pool. There is a café at the pool but it's quite limited and will no doubt be VERY busy.

There is a Lidl just round the corner from the pool, a co-op and the local favourite 'Wellshot Deli', which does really good lunches.

If you're looking for local guidance, the best bet is to speak to the reception at the pool as they are really helpful.



Swim England Summer Meet

- Ponds Forge is a very well set up city for swimmers and there are a huge amount of hotels within a 5-10 minute walk of the pool. Depending on where you are travelling from, there is also the option of using the train which goes direct from London St. Pancras to Sheffield.
- Eating out wise, it's always good to book places to eat as it's a busy city, however there are large number of restaurants. Parking at the pool is limited but there is some. Across the road from the pool is a huge multistorey 'Q-Park' and there is also an NCP round the corner. Most of the big hotels have arrangements with the local car parks so speak to the hotel and make sure you're using the right one.
- The pool postcode is S1 2BP. In terms of day to day food there are plenty of shops in the city centre including a co-op, Sainsburys local and Tesco express. There is a café on site at the pool but please be aware this could be busy.

What are the components that require planning for the swimmers?

- Food (training, pre event, race day)
- Hydration
- Travel
- Accreditation
- Sleep
- Warm ups
- Cool downs
- Pre pool
- Music
- Packing bags
- Race suits
- Call room times
- Training times around racing

Food and Hydration

- This includes all main meals for the day as well as snacks. Don't change things simply because there is 'exciting' food on offer. As tempting as the hotel's full English is, stick with what your body knows on race day. Ensure you've got post warm up and post race snacks in your bag (not with parents). If you are racing multiple events, refuelling post race will influence your performance in the next race so take it seriously and ensure you are organised.
- Pools in the summer (all national events) are renowned for the heat. There are water fountains on poolside but ensure you have at least 2L of water with you. Avoid the fizzy/sports drinks that give you spikes in sugar. Cordial mixed with water is perfectly adequate.

Travel

- Allow time to get to the pool in the mornings. It may be a five minute walk from the hotel or it may be a 30 minute drive. Whatever it is, allow plenty of time before your warm up to spare as you wont want the added stress of running late at nationals.
- Warm ups start around 7.30am so we would advocate against travelling up the morning of racing to the city (Glasgow or Sheffield). There is access to the pool for athletes the day before racing starts and all days of competition (as long as they have their accreditation) so it's worth speaking to your coach to arrange a familiarisation session the day before racing.

Accreditation

- This you will have to keep with you at all times. It gets you in and out of the pool hall and if you lose it you will need to purchase a new one. At major international events, accreditation accounts for your accommodation, food, security and race identity so it's a great habit to get into, making sure it's on your person at ALL times.
- We would suggest keeping it round your neck or in a zipped pocket at all times. Security staff will not allow access if you don't have it. As swimmers print their own accreditation, it is advisable to print more than one and keep a spare with parents just in case. You will need this for your race and the call room staff will ask to see it.

Sleep

- The body needs it's sleep to recover, and with warm ups for some swimmers being quite early, it's vital swimmers plan for a minimum of 8.5 hours sleep. Work backwards from your warm up / pre pool time the next day – allow for travel, breakfast, showers, bag packing etc and then ensure that time the night before is a deadline you stick to.
- Some times the finals run quite late so it's vital to plan ahead if you are doing more than one days racing, especially if you're making finals. The majority of this can be planned in advance so please plan ahead.

Warm up / cool down / pre and post pool

- Ensure you arrive at nationals with your warm up written down, your pre and post pool exercises and your cool down planned. Don't leave anything to chance or 'ad-hoc'.
- Have a consistent, agreed (with your coach) protocol for both before and after racing will increase your chances of success. Great performances are no accident. There is a permanent warm up/swim down facility at both meets so make use of it.
- For Glasgow there is a 6x50m pool for warm up/swim down that is available across the day as well as the main competition pool during official warm up times. For Sheffield there is a 6x25m pool as well as the main competition pool during official warm up times.
- Both pools will get busy. Get used to doing a warm up/cool down in a busy pool over the coming weeks as that is the norm at nationals. The pools being busy is not a reason to not do a warm up.

Bag packing and music

- Ensure bags are packed well in advance with multiples of EVERYTHING (race suits, hats, goggles, bottles). This will minimise stress if things break or get lost. Swimmers sit on the opposite side of the pool hall so ensure everything swimmers need is in their bags.
- Some swimmers listen to music in the stands and pre race. Ensure music devices are charged, playlists are sorted, earphones are in bags etc. Again if it's a habit swimmers are used to, don't change that at the major meet.
- We would advise swimmers take a spare pair of goggles and hat to the call room as well as a drinks bottle. Taking drawstring bags with spares in are always useful to save squeezing everything you need into your pockets when you head down to the call room.

Race suits and call room times

- Racing suits can take a while to get on, so ensure you allow for this in when planning your day. Ensure you have at least one spare race suit as suits do rip, and although it's not end of the world stuff, it is important contingencies are ready to go, again to minimise stress.
- Swimmers will have a 'call room time' that is when they MUST be in the swimmer registration area without fail. This is usually 20 minutes before your race but check with your coach and ensure you allow time for this in your planning.
- If swimmers are arriving the day before they race, it's always good to do a quick look around with the coach to see where everything is. Even if you've been to the pool before as sometimes different rooms/areas are used as call rooms.

Training at the meet

- Some swimmers will be racing multiple days and maybe have gaps in their programme across the week or weeks. Swimmers training on the gap days is something that is completely normal and vital to make sure swimmers maintain their feel of the water. Talk to your coach and ensure every day it is agreed what training is required.
- Both British and Home Nation meet will advertise in their confirmation pack, the times prior to the meet starting that training time is available. This is usually in the competition pool and is a great way for swimmers to shake off the journey and for those racing on day one it's a great way to get familiar with the environment.

Putting it all together

- Each day at nationals can be one of two things:

1 – An ad-hoc approach where swimmers just guestimate timings with little planning across the day with pretty much everything left to chance as to whether it is effective.

2 – A basic but well structured plan that encompasses all the vital areas listed to ensure swimmers don't have to over think or waste energy on basic areas. Everything that can contribute to their performance is accounted for and the likelihood of a strong performance is increased.

Route 2 we hope is the one all our athletes will follow.



GOOD LUCK EVERYONE!

Keep an eye on our social media
for nationals updates!

#teameast