

Further Tips For Race Week

Here is what I would do if you are "serious" about your performance.

- Go to bed at the same time every day. If you don't sleep then relax -- it is because you are rested and ready to go. Even if you aren't sleeping, I think it is important to relax and visualize in bed.
- Wake up 30 min earlier each day so that on race morning you wake up easily at the desired time. If you are tired then you might have to adjust your go to bedtime earlier as well.
- Swim through the entire race -- at least twice -- in your head.
- Lay out all gear well in advance. Make sure that you have practiced with the cap and goggles you are going to use during your meet.
- Stay calm, focus on your own race. Give no energy to your competitors. Know that the only person's race that you can control is your own.
- When you get a little nervous remember all of the practice you did all year!! Remember that you are ready to go.