

## **Championship Week Practice Schedule**

***Dolphins, dedicate yourself to being in the water 4 or more times this week!!!***

***(Swim with your age group...relay starts will be practiced daily)***

***Monday July 19 "Afternoon"***

***6 and under: 3:30-4:00 7-8: 4:00-4:45 9-10/11-12: 4:45-5:45 13 and up: 5:45-7:00***

***Tuesday July 20 "Morning"***

***13 and up: 7:15-8:30 11-12/9-10: 8:30-9:45 8 and under: 9:45-10:30***

***(Wednesday-Friday Practice for Championship Swimmers ONLY)***

***Wednesday July 21 "Morning"***

***13 and up: 7:15-8:30 11-12/9-10: 8:30-9:45 8 and under: 9:45-10:30***

***Meet of champion dolphins: Practice Monday/Tuesday. Meet on Wednesday @ 3 pm!***

***Reminder: All Swimmers must sign-up for Meet of Champions to attend***

***Thursday July 22 "Afternoon"***

***6 and under: 3:30-4:00 7-8: 4:00-4:45 9-10/11-12: 4:45-5:45 13 and up: 5:45-6:45***

***Friday July 23 "Morning"***

***13-up 7:30-8:15 11-12/9-10: 8:15-9:00 7-8: 9:00-9:30 6 n under: 9:30-10:00***

***Saturday July 24 "It's Showtime!"***

***Warm-ups***

***8 and under: 7:30-7:45 9-10/11-12: 7:45-8:00 13 and ups: 8:00-8:20***

***"Dolphins, each day of practice, swim with determination to succeed and do not leave the pool without confidence in all your turns, starts, relay starts, and race plans."***

## **Championship Swimmers (Roster)**

***(EVENT SCHEDULE WILL BE RELEASED MONDAY, JULY 19th)***

### ***6 and under (10 of 10 Dolphins)***

***Sarah Braden, Leila Lyons, Paige Reynolds, Makenna Warner, Colette Wogsland, Ethan Braga, David Cease, Jackson Morgerstern, Connor Seyer, Colin Wallace***

### ***7-8's (9 of 9 Dolphins)***

***Emily Claridge, Caroline Gjerde, Julia Gonsman, Kieran Wallace, David Gjerde, Tommy Scavone, Travis Silva, Evan Thomas, Will Bosse***

### ***9-10's (15 of 15 Dolphins)***

***Delaney Bammer, Anna Bosse, Camaryn Butler, McKenna Harris, Kate Haskell, Lily Kreiger, Marissa Lawrence, Tessie Scavone, Danielle Sirota, Matthew Dotson, Nicholas McMurdie, Carter Person, Alan Thomas, Gavin Wallace, Nathan Williams***

### ***11-12's (15 of 15 Dolphins)***

***Charlotte Armstrong, Mackenzie Bammer, Maya Block, Rachael Butler, Louisa Dubose, Sophia Holbrook, Pixie McKenzie, Kennedy Truex, Andrew Bailey, Thomas Bosse, Thomas Gjerde, Addison McLaggan, Justin Miller, Brett Walsh, Brian Wiener***

### ***13-14's (13 of 13 Dolphins)***

***Ali Gonsman, Sarah Pease, Katie Micheletti, Mackenzie Shields, Taylor Truex, Erin Walsh, Joe Dallara, David Goldner, Copeland Green, Bryce McLaggan, Matthew Micheletti, Ben Oliver, Kevin Wiener***

## **15-18's (14 of 14 Dolphins)**

*Anna Dotson, Mary Gruen, Lissi Knell, Audrye McLaggan, Claire McLaggan, Rachel Usedom, Karoline VanderZee, Brent Bockover, Brody Bockover, Michael Chew, Steven Cox, Chris Iniguez, Jason Oliver, David Scott*

***DOLPHINS: This year more than 75 swimmers will represent the Pleasanton Valley Dolphins @ the Championship Meet. Everyone on this list is guaranteed anywhere from 1 to 4 swims.***

***Last year was another special year! And even though we can't duplicate our first 4 titles together, I want this year to be no different. We expect each of you to walk on the pool deck with confidence, swim with determination, and leave as "5 TIME CHAMPIONS!!!" Remember to never leave a Dolphin behind (stay in the water until all teammates finish). Parents please have your child read handout below.***

***See you at the pool,  
Coach Brett and staff***

## **How to Prepare for a Swim Meet**

*All swimmers know you need to be well rested for swim meets. You need to be rested but not tired and lazy. The tips that follow should help you to find a good balance.*

### ***Steps***

*Get a lot of practice during the few days before the meet. Try not to over-exert yourself! You need to save some of your energy, but keep your body in shape at the same time.*

*Eat a good dinner with plenty of carbs and low amounts of protein the 48 hours before you swim.*

*Go to bed as early as possible, especially if you are getting up early. The night before a meet, you need a lot of sleep.*

*Since this is a taper/shave meet, do your shaving the night before. Remember your legs, arms, back, and chest if you're a guy.*

*Eat a light breakfast such as a bowl of cereal and a banana, or an energy bar if you're swimming a morning event. If you're swimming in the afternoon, eat a big breakfast and a light lunch. Eat one or two hours before the event. Bananas, crackers, and plain toast with no butter in modest amounts are good food. The best foods are pasta, cereals, bagels, breads, fruits, and vegetables. These are out of the stomach in two hours, therefore should not be eaten more than three hours before swimming or they could override the energy in time for the race.*

*Rest. Do not over-exert yourself, save it for the race.*

*Drink plenty of liquids. Fruit juices and water are the BEST liquids. Many people think that Gatorade is good but it is made out of all sugar. Only drink this five*

*minutes before an event. Drink plenty throughout the day and during the meet. Lack of liquids do affect your performance as well, even before you feel thirsty. Put on your bathing suit right before you leave and gather your stuff for the meet. Be sure you have water and healthy snacks. Listen to some good pump up music. Plug in your iPod or Discman and listen to your favorite mix of tunes. Dance if needed but don't wear yourself out.*

## **Tips**

*You should stretch before your meet; stretch for about a 1/2 an hour before warm-up and races, doing arm swings, and stretching those quads, especially for breaststrokes.*

*It's a good idea to elevate your feet for about an hour while you're resting. Lay on your back and put your feet up on a chair. Breathe slowly and deeply. Now is a good time to do visualization of your race strategies or relaxation exercises. Your mind is a powerful tool; visualize your races and swimming fast!*

*It will be very warm, you will need a ton of water. Four to six water bottles should get you through the meet. Stick to one bottle of Gatorade, about a sip before/after races. Too many Gatorades will give you a sugar high, which means "let down" just when you need the energy.*

*Keep yourself warm when not swimming. Wear your favorite sweatpants and comfy sweatshirt.*

*Just relax, don't stress out over anything, and enjoy yourself, meets are a good opportunity to bond with friends and make new ones.*

*Remember to always keep your goggles and cap near at all times, and watch the event board so you can be prepared for your event.*

## **Warnings**

*Don't eat too much. You might be sleep deprived but don't be tempted to carbo load to make up for the lost energy. Stick to a 3000 calorie diet on race days, and stock up on food after you are done swimming, especially foods high in protein. Too much food before a meet will weigh you down, guaranteed.*

*Do not do anything dangerous the week of Championships...your body is a very important tool.*

*Don't cut yourself shaving. You don't need to press that hard!! If you cut yourself, rub on some chapstick to stop the bleeding. Put on a band-aid, but remember to take it off before you race; it's drag.*

## **Things You'll Need**

*Friends*

*Movie, book, game, and/or tv, but not too much; you don't want a headache.*

*Food*

*Razors and shaving cream (if you plan on shaving). Girls, rubber bands to braid hair and nail polish to paint nails (team colors).*