



BRITISH SUMMER NATIONALS ATHLETE SUPPORT PACK





Hi,

Welcome to the British Summer Nationals AP Plus Support Pack. This is our first competition support pack but it is not the first time we as an AP Race Team have created a virtual resource to support swimmers and parents! We are so excited for the first summer of relatively normal competitions for a few years.

The team wanted to put together a resource to help swimmers up and down the country heading to Sheffield for the first time this summer. A lot of what we have included is useful to swimmers competing at many other end-of-season meets, so please share far and wide in your clubs.

When you have built through whole season and have worked towards a meet for the summer it can be so exciting! The reason the AP Athletes have had so much success at these key competitions is because they stay cool and stay focused on the process.

Whatever meet you are finishing the 2021-2022 season on, we wanted to wish you a massive good luck and remember, just stay focussed on being *Better Than Yesterday...*

Best wishes,

The AP Team



Location

Sheffield is a city full of sport including the iconic Ponds Forge International Sports Centre. It is a very well set up city for swimmers and there are a large number of hotels within a 5-10-minute walk of the pool and don't forget to check out Air BnB who have a lot of apartments and rooms in the city. Depending on when you are travelling from, there is also the option of using the train, with the station being a 5-10-minute walk from the pool.

Parking at the pool is limited however, across the road from the pool is a large 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. More local car parks can be found [here](#). The pool postcode is S1 2BP.

Food

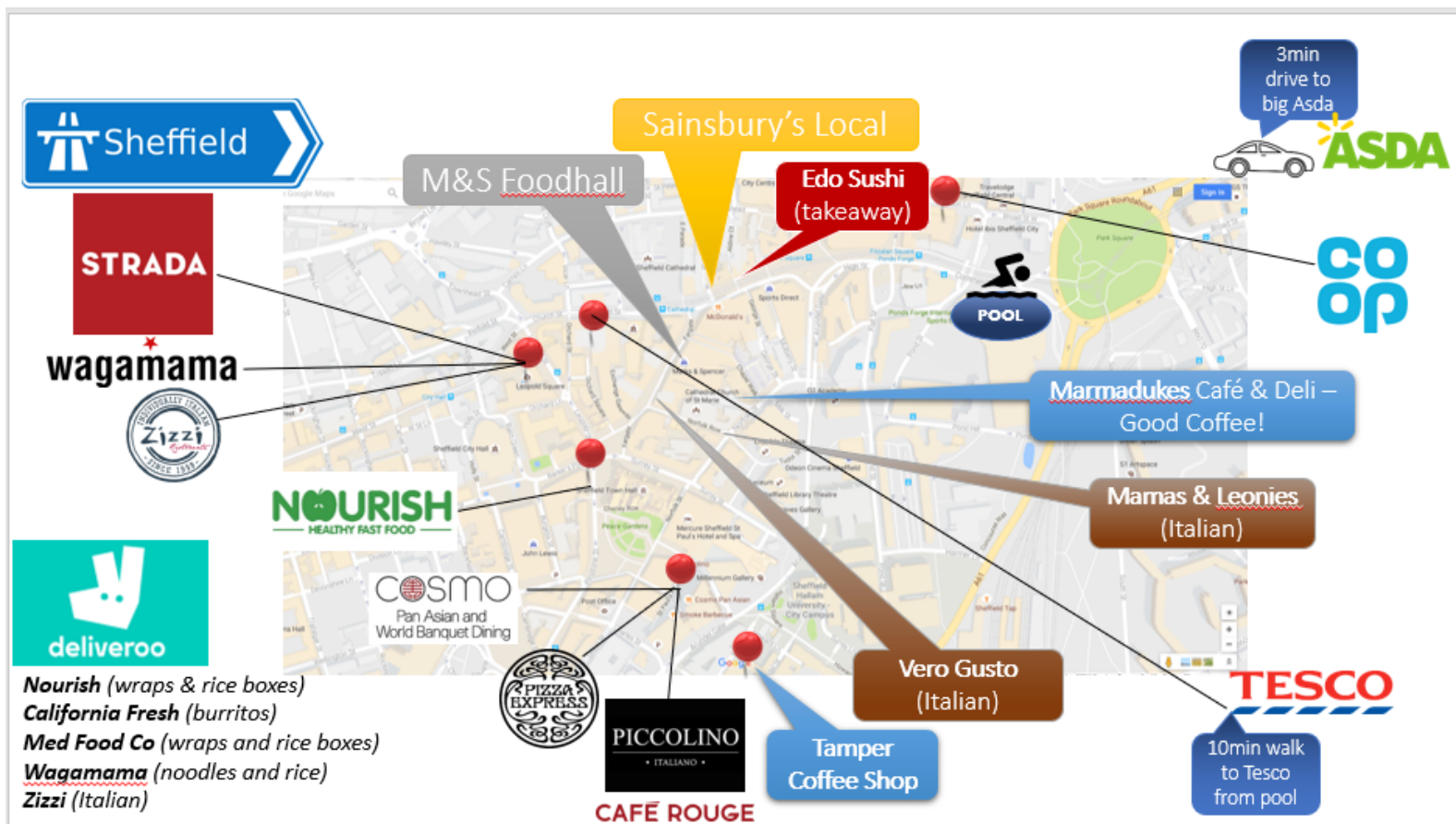
We would strongly suggest planning out your food for the week and doing things 'ad-hoc'. This includes all main meals for the day as well as snacks, remember you are looking for the best performance fuel... don't change things simply because there is 'exciting' food on offer. As tempting as the hotel's 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 the spectators in the stands). If you are racing multiple events from day to day or heats to finals, refuelling post-race will have a massive influence on your performance in the next race so take it seriously and ensure you are organised.

Pools in the summer are renowned for the heat. There are water fountains on poolside and in the foyer but ensure you have at least 2L of water with you. Avoid the fizzy/sports drinks throughout the whole day that give you large sugar spikes, cordial mixed with water is perfectly adequate.



Below is a map for some of the restaurants and shops within walking distance of the pool that are useful to note.





Accreditation

Your accreditation is the photo ID you are provided with digitally in advance of the event. Be sure to print this and bring it with you, once arriving at Ponds Forge there will be plastic wallets in which you can store your accreditation in. You must keep it with you at all times, it allows you in and out of the pool hall and if you lose it you will need to purchase a new one. We would advise you print more than one copy to avoid having to purchase a new one if you lose it!

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.

You will also need to carry your accreditation with you to your race as the marshalling official will ask you for this accreditation in the call room.

Sleep

As we all know the body needs to 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 warmup / pre pool time the next day – allow for breakfast, packing your bag, travel to the pool etc and then ensure that time the night before is a deadline you stick to.

Sometimes the finals run quite late so it's vital to plan ahead if you are doing more than one day of racing, especially if you're expecting to qualify for the finals. The majority of this can be planned in advance so please plan ahead! "Failing to prepare is preparing to fail".



Warmup, Cooldown And Pre/Post-Pool

Ensure you arrive at the event with your warmup written down, your pre and post pool exercises and your cool down planned... don't leave anything to chance!

Have a consistent, agreed (with your coach) protocol for both before and after racing as this will increase your chances of success. Remember, great performances are no accident. There is a permanent warm up/swim down facility during the competition at both so make sure you use it properly and make the most of it!

At Sheffield there is a 25m pool as well as the main competition pool, during official warm up times both pools will get busy. Make sure to get used to doing a warmup/cool down in a busy pool over the coming weeks as that is the norm at larger summer competitions. Remember, the warmup/swim down pools at the Olympics also get really busy!

Packing Bags

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 to spectators so ensure everything swimmers need is in their bags.

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 you pockets when you head down to the call room – including accreditation!



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 in your competition bag 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 Times Around Racing

You might be racing multiple days and you may have gaps in your programme across the week or weeks. Swimmers training on the gap days is something that is completely normal and vital to ensure swimmers maintain their performance over a long competition. Talk to your coach and ensure every day it is agreed what training is required.

The meet promotor will advertise in their confirmation pack the times prior to the meet stating that training 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

Many of the things we have mentioned above are simple, however a basic but well-structured plan that encompasses all is vital. By planning and thinking in advance about the topics listed, it ensures swimmers don't have to over think or waste energy on basic areas. Everything that can contribute to their performance can be accounted for and planned in advance and will improve your chances of performing well.





Thinking Longer Term

As mentioned at the start in Team's message, this is the first competition pack we have created by not the first time we have undertaken digital support for Athletes and Parents. Immediately when in 2020 March we went into lockdown, The AP Race Team created a pack with input from all the practitioners in Adam's team to support athletes stuck at home with no pool access.

It was really well received so we took it to another level! In the summer of 2020, Adam and the team created an innovative solution to offer ongoing virtual support to Athletes through the key areas of swimming education; Swimming knowledge, Strength and Conditioning, psychology and Nutrition. We also created a strand for parents to support them as they provide so much for swimmers on their journey, so we wanted to help them! The platform is called AP Race Plus.

This virtual platform has grown and developed to over 1000 pieces of world-class content available on any device with internet for a small subscription-based fee. Swimmers from all around the world are using the platform and the feedback has been incredible. We're posting free snippets regularly on our AP Race Plus social media accounts as well so make sure you're following on our various social accounts.

[Twitter](#)

[Instagram](#)

[Facebook](#)

Lots of clubs do not have access to land training, a Nutritionist, a Psychologist and a Parent Support Specialist, so with this platform it is a great way of bringing world class support to any club that needs it. Find out more at [The AP Race Club website](#).



Thank you for taking the time to read this support pack and we hope you find it useful.
The AP Race Club, helping you to strive every day to become... *Better Than Yesterday.*

