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# News for Swim Parents

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## The Day After

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Workout on the day after a swim meet is critically important to attend.

Why is it so important?

1. It's an opportunity for the coach to recognize the good performers in front of all the swimmers.
2. It's an opportunity to review the team's progress toward seasonal goals.
3. It's an opportunity to immediately address weaknesses observed at the meet with individuals as well as the team and to respond with drills, teaching, or appropriate training.
4. It's necessary in order to stay on the training plan. Depending on the time in the season, resting from a practice is counterproductive to swimming fast later in the season.
5. It's an opportunity to directly and deliberately face being tired and to perform regardless – an awesome life lesson.

Unfortunately, an occasional parent will make a coaching decision that their child can take the day off to rest. We need the support of parents to get their children to practice on the day after or risk their child losing the above benefits.

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