



## Taper Information

**Maximize your child's season and help them taper!** Tapering is what swimmers do to prepare their bodies for peak performance for a future competition (in this case our champs). NOTE that tapering applies more so for the older kids, but please still keep this in mind for the young ones as well.

As coaches, we will begin to lower the yardage per workout, up the intensity, and increase the amount of rest per set. This will begin to prepare their bodies by simulating fast swimming with lots of rest in between (just like the champs meet). Taper doesn't just stop at practices, it incorporates itself to everyday life, so as parents please help us out by encouraging your kids to do the following:

**- Sleep:** 8-10 Hours is advised, and all at once is highly recommended. 2 x 4-hour naps won't be as effective.

**- Eat Healthy:** Cut back on the junk food. No need to deprive your child of their favorite candy, but help them be more conservative with it. Carbs are also great for storing energy.

**- Stay hydrated throughout the day:** Chugging a gallon of water before bed doesn't count.

**- Stretch....:** to help avoid any muscle injuries and to keep your body loose

**-Stay out of the sun & Stay off your legs (within reason):** Being out in the sun and being very active throughout the day will drain your energy. Within reason, encourage your child to stay out of the sun and rest their bodies. Any other sports activities should be moderated if possible. For the older kids who may be lifting weights; stay off of the weights the week prior to the meet.

If your child has been showing up to practice, working hard, and follows these steps, they will be in prime position to have a great meet. These things are NOT required by any means, just a strong suggestion if your child wants to get the most out of their season.

***On the psychological level,*** reassure your kids that they will be fine. They have been working hard this season and will be prepared for this meet. The one thing that can potentially offset EVERYTHING is if they get inside their own head. So as parents let your child know: ***The pressure is off. It's just another meet. They are prepared. Swim fast. And have fun.***