

# Meet Preparation

## After School Meets

- The night before, get a good night sleep. Visualize your race.
- Pack your travel bag
  - ✓ Uniform and sweats
  - ✓ Training and racing shoes; spikes and wrench
  - ✓ Extra socks
  - ✓ Extra clothing
  - ✓ Safety pins
  - ✓ WATER and food
  - ✓ Vaseline, band-aids, T.P., and needed medications
- Eat a good Healthy Breakfast
- Drink plenty of water throughout the day
- Eat a light lunch - see nutrition handout
- Be dressed and on the bus at the correct time - we will not wait!
- Get the team camp selected when we arrive at the course
- Know the course and your race plan
- Stay out of the sun - this is not a beach
- Begin warm-up 1 hour prior to race time unless COACH changes the warm-up.
  - Wear sweats for warm up; do not warm up in uniform top → wear a t-shirt
  - Check shoelaces - double tied and taped if needed
  - NO JEWELRY!

## Saturday Meets

- Wake up at least 4 hours prior to race. Eat a light breakfast. See nutrition handout
- Arrive at course about one and half hours before race. Set up team camp.
- Warm-up (See Coach - changes may be made due to weather)
  - Wear sweats for warm up do not warm up in uniform top → wear a t-shirt
  - Check shoelaces - double tied and tape if needed
  - NO JEWELRY!

## State Meet

This is a completely different meet from any other meet. With as many schools and spectators that will attend, we cannot simulate the state meet during the season. You need to be there 2 hours in advance and relax for an hour prior to warm-up. Stay away from friends and parents (sometimes they become over excited); there will be enough anxiety without them. You can see them after the race for hugs and kisses. Stay focused on what you are about to do and what you are about to accomplish.

## General Warm-ups

60 min prior to race

- Bathroom and light stretch
- As a TEAM → Jog/walk course think about race strategies
  - 14-20 minutes with 8 minutes being moderate
  - Striders; 20-30 seconds striders; 3 to 5 times
- Bathroom again if needed
- Stretch and Drills
- Spikes on;
  - check laces; be at starting line 10 minutes prior
- Strides and Relax

Be more concerned with your character Than with your reputation Because your character is what you really are While your reputation is merely What others think you are.
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