

# UCSC Fall Start Up

October 21, 2023



## Establishing a Baseline

After a fierce competition the night before, the Brontos, Pteros, and Raptors combined forces to take on other teams from Alberta at the annual UCSC Fall Start Up. It's always fun to stand up and race competitors from other teams. The opportunity allows the swimmers to test their abilities and see where they are at in the early stages of the season. While a best time at this point is a welcome achievement, many swimmers are establishing a baseline with their performances. It's a starting point that will be used to adjust their training and move them closer to their goals.



*Hanna Bennett starting 100 IM*

## Preparing to Race

Before each race, swimmers will approach their coach and discuss tactical and/or technical strategies they will be working on. Communication between coach and swimmer are key to working towards a goal. They will collaborate and work together to determine the best way to achieve an optimal performance. Skills acquired and worked on during practice guide these strategies.



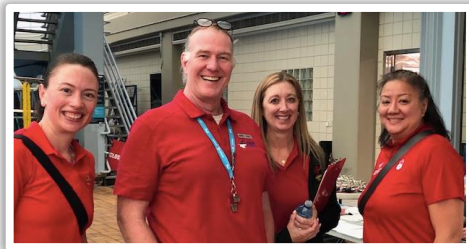
*Coach Tao and 12C Swimmers*



*Coach Ray and Gibson 200 Free Debrief*

## Reconnecting with Old Friends

The first swim meet also provides opportunity to reconnect with friends from other clubs. Whether it's a rival or someone you haven't seen since the previous season, the opportunity reconnect, race or just hang out with your swimming buddies is always fun at the first swim meet. You've spent countless hours horizontal in a body of water no one understands your struggles better than your extended swim family. "Hey Sally, my coaching gave us this crazy fall set last week. How is your training going?"



## Feedback and Self Evaluation

After each race it's important that the swimmer self-evaluates their performance. Were they able to achieve what they set out to do? Is there anything that happened that wasn't expected? What are the next steps? This is where a trip back to their coach for some feedback is important. Sharing their personal experience with the coaches observations can identify areas to improve upon and move a swimmer closer to their goals.



*Varsity Swimmers Hanging Out*

## Moving Forward

The season is just getting started and there are lots more opportunities to race. Regardless of where the swimmers are in their journey it was awesome to be on deck and be a part of the UCSC community.

A big thank you to the parent volunteers this weekend. Without your help and commitment these opportunities for our swimmers wouldn't happen. Your hard work doesn't go unnoticed.

It's going to be a great season.

Stay strong and persist!

Go Dinos!