



## Preparation for BUCS Championships 2011

This booklet aims to provide some advice to athletes for the days before and days of the BUCS championships 2011.

### Day Before Competition

**Physical Activity:** Keep training to a minimal, a light and easy session is all that is required. Stretch all muscle groups (static and dynamic and not maximal stretching) and keep active. Do not do any type of exercise that you wouldn't do normally.

**Nutrition:** Eat meals low in fat and high in carbohydrate so as to supply muscles with a high amount of energy before the event. Drink plenty of water and avoid sugary drink and drinks containing high amounts of caffeine e.g. tea/coffee.

**Event Preparation:** Pack everything you will need for the competition ahead, create a checklist to ensure nothing is forgotten. Organise what food and drinks you will need also.

**Rest:** Get plenty of sleep between 7 and 9 hours should be enough. If your event is early in the day you should be awake for 2-3 hours prior to the competition. Make sure to be relaxed and do not stress about the day to come. Think positively about your performance, imagine what you want to achieve and be prepared.

## Day of Competition

**Morning of Competition:** Wake up early at least 2-3 hours before the start of the competition. Do some light stretching and have a good healthy, high energy breakfast e.g. porridge, fruit, toast, and don't include anything you wouldn't normally do, eat or drink. Make sure you have everything that you need and leave in plenty of time to reach the venue.

**Pre-Competition:** As soon as you arrive register and collect number if needs be. Check out where and when you will be competing and decide when it will be best to start your preparation. Make sure to go through your own relaxation and mental preparation followed by your practiced pre-competition warm up. Report on time to the event and stay relaxed, warm and focused.

**Post Competition:** Congratulate your competitors and thank the officials. Cool down, stretch and with your coach and/or team mates evaluate the performance.

## More than one Event in a Day

It is still important to cool down after your first event. Make sure to get as much rest as possible before the next event begins. Refuel your body by eating some fast release, high energy carbohydrate foods e.g. jelly babies. If you have more than 3 hours between events you may consider having a full meal. This should be planned out the day before. Continue to prepare as you would for the first event.

## 'What If'

On the day situations may arise unexpectedly and they may also be out of your control. If this happens you need to stop, relax and realise that there may be nothing you can do. You need to forget that it has happened by re-focusing on your event and preparing yourself for the competition ahead.

University of Birmingham Sport wishes all athletes the best of luck with their performance.