

Swimmers' Swim Meet Cheat Sheet

General Reminders and Review

- Have you reviewed your swim meet checklist?
- Do you know your event, heat, and lane? Find a teammate to help teach you.
- Do you have your event, heat, and lane written somewhere you won't forget? (On your arm?)
- Body Care: Clothing, Nutrition, and Hydration every 15-20 minutes.
- Mind Care
 - Distractions outside of 25 minutes before and 15 minutes after your race
 - Race Plans Discussed and Thought Through So You Can Swim Stupid and HAVE FUN
 - Relaxation and Pump-Up Strategies

What is the 3-minute Check-In and Check-Out Rule?

1. Check-In: Your coach should be the last person you review and discuss your race with before you get behind the blocks 3 minutes before your race
2. Check-Out: You will need to warm down within 3 minutes of your race. If you cannot talk to the coach in that time warm down and then go talk to your coach. Your coach should be the first person you discuss your race with, not friends, or parents.

When Should I Warmup? (23-Minute Rule):

1. Find out when you are competing in your next event and count back 23 minutes based on how long each heat is estimated to take (be sure to round down to ensure you are early just in case things go faster).
2. Begin you're in water warmup 23 minutes before your race for 10-15 minutes.
3. For 3-7 minutes you will need to dry off, gear up, AND talk to your coach.
 - a. Gear up means cap, goggles, music, and WARM CLOTHES
4. Arrive behind your blocks with 3 minutes of headspace time to yourself and no more

What Should I Do for Warmup?

- See Back of the page

My parents said I was entered on a relay, am I on a relay?

- Being on a relay is a great privilege and all swimmers are expected to be ready to swim on a relay regardless of what the online entries show.
- Relays can change last minute at the discretion of the coach.
 - Coaches will let swimmers know about finalized relays during the team meeting before the start of the meet or once they lay the relay cards on the coach's table. If there are no relay cards on the coach's table or taped up in the team area, the coach has not finalized relays yet.
- Relay-only swimmers at bigger meets are the only swimmers guaranteed a spot since they committed to travel for JUST the relay to support the team.

Can I lead off or anchor on a relay?

- You may ask the coach, but the priority of a relay order is at the discretion of the coach and what is best for the team overall. THEN individual considerations MAY be made.

When Can I Go Home?

1. After your last event and any relays your team needs you for, you may change and then do a FINAL, FINAL checkout with your coach to review end-of-session details.
 - a. Thank an official, congratulate a teammate and opponent, and pick up 5 pieces of trash (yes, even if it is not yours!)

Swim Meet General Warmups

League & Sizzlers	Bronze/Silver	Gold/Champs	Seniors+
100 Swim 100 Kick IM 4x50's Kick/Drill IMO 4x25's Build Up, Energy Play 4-7 Min. of 25's <i>Turns or Coaches Focus</i> 2-3 Dives	200 Swim 200 IM K 4x50's DR/SW IMO 4x50's Build IMO 6x25's <i>Coach Choice</i> 2-3 Dives & B/O	300 200 IM K 4x50 K/DR IMO 4x50 DR/SW IMO 4x50 Build IMO 6x25 CHO 2-3 Dives & B/O	400 200 IM K 4x50 SC/K IMO 4x50 K/DR IMO 4x50 DR/SW IMO 4x50 Build IMO 6x25 CHO 2-3 Dives & B/O

Individual Race Warmup/Cool Down

Warmup Concepts (RAMP)		Cooldown Concepts	
1. Raise: Bring up HR, Body Temp, Blood pressure, etc. (5 min). 2. Activate & Mobilize: Move the specific muscles and limbs through event-specific movements i.e., drills, feelings, and bands to “wake up the muscle and get them firing.” 3. Potentiate Increased velocity and rehearsal of event-specific components of the race i.e. jumps for starts, breakouts, finishes, turns, and pacing.		1. Smooth Settle Down (Longer Swim) 2. Reflection Section (50's-100's) 3. Alactate, Brief HR Spike (15's-25's) 4. Flush (Longer Swim)	
Bronze/Silver		Gold/Champs	
<u>Warmup</u> 200 Swim 2x50 K-2-SW 4x25 B/O & Finishes 100 Smooth	<u>Cool Down</u> 200 Swim 2x50 DR/SW <i>Review, Reflect, Fix</i> 2x25 No Breathers 200 Swim	<u>Warmup</u> 200 Swim 2x50 DR/SW 2x50 K-2-SW 6x25 B/O & Finishes 100 Smooth	<u>Cool Down</u> 200 Swim 3x50's DR/SW 4x25's No Breathers 200 Swim
Seniors+ (Classic Warmup/Cooldown but Encouraged to Do Your Own)			
<u>Warmup</u> 3x75-100 IM or 50 Stroke/50 FR Desc on 15r. Stroke Movement Mobility w/ Bands 1-3 min. 4x50's DR/SW on 1:00 8x25's B/O & Finishes or 3-5x50 Pace on :50 100 Smooth		<u>Cool Down</u> 3x100 Swim on 1:30/:40 5x50's DR/SW on :55 (Drive HR Down) 4x25's No Breathers on :35 200-300 Flush	