Orinda Aquatics Senior Group Meet Protocol

We ask that all Orinda Aquatics swimmers and parents support the meet procedures outlined below, as they are critical to maintaining a disciplined and team-oriented competitive culture. Swimmers should treat every meet as a "championship meet" in terms or preparation, focus, attitude, and team commitment, and pursue the highest standards of leadership as a swimmer, athlete, teammate, and person. The following outlines all aspects of competition behavior from arrival to departure.

Arrival	**7:15** ***7:30 Jr***	– Being on time is critical to the athletic and team process – **Check-in** for all events unless otherwise discussed with a coach
Team attire		Team attire is a strict policy and requires navy team warm-up, **designated** team t-shirt, and team backpack. Please note: team attire must be visible to be relevant.
Team stretch	**7:20**	Focused, dynamic warm-up led by dry land leaders
Standard warm-up *(three phases)* *Please note proper warm-up etiquette of non-stop swimming, i.e., not stopping at the walls*	**7:40**	1. **Stretch-out**: 3x300 or 3x400 (900 to 1,200 yards) – Free, drills, choice (by 300) a. All technique based b. Use drill progressions for all strokes (kick, scull, stroke) 2. **Build-up** – short sets (if room) to get heart rate up a. Ex. 3x4x50 – build round, mix kick, drill, swim, speed **3. Race specific** a. Pace for all 200 races and above (know pace, stroke count, breathing) b. Race starts with focus on: blocks/positioning, entry/depth, UW, breakout, and initial pacing • Turn/wall review – vision, entry, flags, gutters, etc.
Team meeting	**8:40**	The coaches or designated athletes will lead a short meeting with reminders, objectives, strategy, etc. Please plan for this.
Race prep		Prior to every race, swimmers should spend a few minutes stretching (SSDL activation), and visualizing their race.
Warm-down		– **Senior warm-down is 1,000 yards** or about fifteen minutes of active recovery. This should include a stretch out and a transition to the next race, in terms of technique work and short pacing. – Warm-down should be done immediately after the race. Splits, race review, and coach dialogue should take place after the warm-down.
Race evaluation		Swimmers should be mature about performance and evaluate all races qualitatively, in the context of pace, stroke, turns, under waters, etc., and not simply by time.
Team area		– Only positive dialogue – Reach out to/get to know teammates (connect with buddy!) – Do NOT prioritize a cell phone over your teammates – **Keep clean**
General attitude and support		Swimmers (good teammates and leaders) should always be positive and supportive at meets. Cheer for teammates. Get to know those you don't know.
Scratching events		Always speak to a coach about scratching an event
Stimulants		***Strictly prohibited***
Departure *(away meets)*		Check-in with a coach prior to leaving the meet. Make sure the team area is clean, and help with shade structures if needed. If you have to leave before the end of a meet, discuss this ***in advance*** with a coach.
Departure *(home meets)*		Meet take-down is ***required*** and a part of the meet commitment and timeline. All swimmers must account for this and not leave the responsibility to a few.