



BEAR AQUATIC CLUB **PRE-MEET WARM-UPS**

SENIOR

300 Swim
300 Travel/Swim
300 Scull/Drill
300 Drill/Swim

16 x 50 3-Free descend 1-3
 1-Stroke build

2 x Variables *Variables are 4 x 25 1-all ez, 1-ez/fast, 1-fast/ez, 1-all fast*

2 x Starts

JUNIOR TEAM

200 Swim
200 Travel/Swim
200 Drill/Swim

12 x 50 3-Free descend 1-3
 1-Stroke build

2 x Variables *Variables are 4 x 25 1-all ez, 1-ez/fast, 1-fast/ez, 1-all fast*

2 x Starts

GOLD GROUP

200 Swim
200 IM - Travel/Drill

4 x 50 Free descend 1-4

2 x Variables *Variables are 4 x 25 1-all ez, 1-ez/fast, 1-fast/ez, 1-all fast*

2 x Starts

SILVER & BRONZE GROUP

100 Swim

4 x 50 IM – travel/swim

1 x Variable *Variables are 4 x 25 1-all ez, 1-ez/fast, 1-fast/ez, 1-all fast*

2 x Starts



SWIM MEET PROCEDURES

Swim meets are one of the major reasons you work so hard during practice. Swim meets are FUN and they play a large role in teaching you how to become a better swimmer. The coaching staff has established Swim Meet Procedures so that all Bear River Swimming swimmers will maximize each meet experience.

Swimming is a TEAM sport. We train as a team, we compete as a team, we warm-up as a team, we sit together as a team and it is important that you represent BEAR with pride and wear TEAM attire.

- **What to Bring:**
 - Black or Team suit and Team caps
 - Goggles
 - Warm Clothes
 - Towels
 - Cash/snacks/WATER
 - Swim Binder – *Bring to every meet and record all splits/times and coach comments.* (Gold Group on up. Optional for Bronze and Silver)
- **Arrival / Warm-up:**
 - Arrive at the pool 15 minutes prior to your assigned warm-up time.
 - Find the check-in desk and check-in for all your events.
 - Find the BEAR team area, get set up and prepare to get in the water.
 - The coaches will direct you through warm-up. .
- **Team Meeting:** 8:50AM - All swimmers meet with the coaches in the team area.
- **During the Meet:**
 - Before each race, check the posting for your heat and lane assignments.
 - Report to the coaches to inform them of your heat and lane and to talk about your upcoming race.
 - Do your pre-race warm-up.
 - Report to the area behind the starting blocks 3-4 heats prior to yours and be ready when your heat is called to the blocks.

ALL SWIMMERS MUST COMPETE IN A BEAR TEAM CAP and BLACK SUIT

- **After Each Race:**
 - Complete a race warm-down.
 - Senior & Senior Elite = 200 choice
 - Junior & Gold Group = 100 choice
 - Silver & Bronze Group = optional
 - Get dressed.
 - Come over to the coaches to review your race.
 - Gold, Junior, Senior, Senior Elite: Record your splits and comments in your swim binder so that you can refer to them when preparing to swim that event in the future.
- **After the Last Race of the Day:**
 - Senior & Senior Elite = 600 choice
 - Junior & Gold Group = 300 choice
 - Silver & Bronze Group = optional