



BEAR RIVER SWIMMING **PRE-MEET WARM-UPS**

JUNIOR & SENIOR II

200 Swim
200 Travel/Drill
200 Scull/Drill
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
200 Warm Down

GOLD GROUP

200 Swim
200 IM - Travel/Drill

4 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
100 Warm Down

BRONZE GROUP & SILVER 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
100 Warm Down



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.*
- **Arrival / Warm-up:**
 - Arrive at the pool at 7:15AM (unless otherwise specified by your coach).
Bronze, Silver & Gold Groups should arrive by 8:00AM.
 - 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:** 8:45AM - 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 II = at least 400 choice
 - Gold Group & Junior Team = at least 200 choice
 - Bronze Group & Silver Group = 100 choice
 - Get dressed.
 - Bring your meet binder to the coaches for your race splits and comments.
 - 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 II = 800 choice
 - Gold Group & Junior Team = 400 choice
 - Bronze Group & Silver Group = 200 choice