



CREATING YOUR PRE-RACE ROUTINE

Ideal Race State

- Physically relaxed
- Mentally calm
- Low anxiety
- Energized/activated
- Optimistic/upbeat
- Fun/enjoyment
- Effortless
- Automatic/controlled
- Alert and aware
- Mentally focused
- Self-confident
- Consistent efforts
- Balanced/stable
- Mind-body connection
- Controlled
- Absorbed

Performance routines or competitive strategies must be designed by YOU and your coach for each race to help you accomplish your performance goals both technically and tactically.

- What needs to be done technically and physically
- What needs to be thought and felt before, during and after your race
- Take the time to think about what it means for you to be in the zone.

The importance of routines - Routines help you:

- concentrate on the performance process more effectively
- control your thought processes and avoid over-thinking;
- stay focused on what you need to do and limit distractions;
- be consistent;
- boost your self-confidence – you are in control;
- keep busy in between events;
- stay away from negative self-talk which can lead to worry;
- keep things in perspective – this is just another race 😊

Remember: The way you practice is the the way you will swim in your race. You can never afford to give less than 100% effort in every practice. Be committed to every segment – not just the easy parts. Be sure to balance your efforts between working on your strengths and weaknesses.

SOME of your pre-race routine is your Meet Procedures:

- **Arrival / Warm-up:**
 - Arrive at the pool when specified by your coach.
 - 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:** 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 and be ready when your heat is called to the blocks.
- ALL SWIMMERS COMPETE IN A BEAR RIVER TEAM CAP AND BLACK SUIT**
- **After Each Race:**
 - Complete a race warm-down.
 - Get dressed and 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.

Now it is up to you to help with the rest of your Pre-Race Routine!