



## 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!**