

## Pre-Race / Meet Routine

### Before the meet begins:

1. Get a good night sleep. 8 hours at least.
2. Get to the meet early to check-in at the check-in desk. After this find the team area and get ready for warm-up.
3. Tell your coach you are there, get in the pool, and do your entire meet warm-up.
4. Before you get out, be sure you do some sprints off the blocks with your coach supervising.
5. Dry off, get dressed, and relax in the team area.

### Before each race:

1. As your event approaches you need to find your heat and lane assignments. They will be posted usually 15-30 minutes before your race.
2. Tell your coach what heat and lane you are in. Get important race information from your coach.
3. Don't play around right before your swim; do a short pre-race warm-up, and then relax behind the blocks, off your feet, and get ready to swim fast. Think about 1-2 things that will improve your race.
4. After the race, warm-down a minimum of 5 minutes easy swimming.
5. Dry off and get dressed, then come to the coaches to get race feedback and splits.

### Other reminders:

1. Drink water throughout the meet. Never feel thirsty!
2. Eat smart. No junk food!
3. Stay off your feet and relax as much as you can during the meet.

MEMORIZE YOUR MEET WARM-UP! This is the warm-up your coach assigns to you!