

Club Night Warm Up – Working on a 6:30pm start.

5:50pm – Dry warm ups

- ✓ Moving arms
- ✓ Moving legs
- ✓ Stretching

6:00pm – Swim warm up

Concentrate on the strokes you are swimming, turns and timing completing the following:

- ✓ 200m Freestyle
- ✓ 200m Mixed Bag
- ✓ 2 x 100m IM
- ✓ 4 x 50m Drills

6:20pm – Dive / Turn Practice

- ✓ One dive for each stroke you are swimming

6:25pm – Clear the pool ready for the start

- ✓ Dry off and keep warm

6:30pm – Club nights starts

- ✓ Listen for your name and be prepared
- ✓ Drink enough water and stay warm
- ✓ Be ready to swim by the time the whistle sounds
- ✓ Exit the water the whistle sounds

Kwinana Hornets Amateur Swimming Team



Meet Warm Up Booklet

Designed by: Ryan Whiddett

Input received from:

Kwinana Hornets Members – July 2009 Training Day

Having a successful swim meet

The night before;

- ✓ Pack your equipment including a couple of towels, spare pair of goggles and anything else you might need during the meet.
- ✓ Eat properly – high carbohydrates provide plenty of energy before and during a swim meet.
- ✓ Get plenty of sleep – sleep helps you to relax and revive ready for a meet.

The meet;

- ✓ Arrive at least 15 minutes prior to the advertised warm up time and be ready on pool deck to start dry warm ups at least 10 minutes prior to the advertised warm up time.
- ✓ On the advertised warm up time head to the pool to commence your swim warm ups.
- ✓ With about 25 minutes to the advertised start time you should consider some dive practice in the designated dive lanes.
- ✓ With 15 minutes prior to the advertised start time you should be heading to dry off and keep warm.
- ✓ Watch the marshalling board for your event. When you see your event number listed head directly to the marshalling area.
- ✓ Stay warm between races eating and drinking often to boost your energy supplies.
- ✓ Be proud of your efforts; speak to the coach if you have problems.
- ✓ Most importantly enjoy the experience!!

Swim Meet Warm Up – Working on a 9am start.

7:50am – Dry warm ups

- ✓ Moving arms
- ✓ Moving legs
- ✓ Stretching

8:00am – Swim warm up

Concentrate on the strokes you are swimming, turns and timing completing the following:

- ✓ 300m Freestyle
- ✓ 300m Mixed Bag
- ✓ 4 x 25m Sprint, 25m Rest
- ✓ 4 x 50m Drills
- ✓ 4 x 50m Kick

8:35am – Dive Practice

- ✓ One dive for each stroke you are swimming

8:45am – Clear the pool ready for the start

- ✓ Dry off and keep warm

9:00am – Meet starts

- ✓ Be prepared and watch the marshalling board
- ✓ Be ready to swim (moving your arms, legs and stretching) by the time you reach the blocks
- ✓ Follow the guidelines to the left and have fun
- ✓ Exit the water after the whistle sounds

