

## **National Championships**

### Warm Up

- swimmers are to be on poolside a minimum of 15 minutes before the stated warm up time in order to carry out a dynamic stretch routine on poolside
- swimmers who arrive late without informing the team manager may be withdrawn, any fine incurred will be the responsibility of the swimmer
- swimmers should discuss their warm up with their coach or appointed coach
- they must signal a coach before each sprint and report to that coach for feedback

### Swim Down

- swimmers are expected to do a minimum of 1000m
- this must be done immediately following your swim
- talk with your coach after the swim down

## **District Championships**

### Warm Up

- swimmers must report at the first warm up or they may be withdrawn from the event
- if time permits a dynamic warm up must be done on poolside
- swimmers must do a continuous warm up as discussed with their coach
- signal your coach for timing during sprints and report for feedback

### Swim Down

- if the facility exists for swimming down all swimmers are expected to swim down, unless excused by the coach
- if the facility is not available swimmers must attend the next session following the championships

## **Other Meets**

### Warm Up

- swimmers must report at the first warm up or they may be withdrawn from the event
- if time permits a dynamic warm up must be done on poolside
- swimmers must do a continuous warm up as discussed with their coach

### Swim Down

- if the facility exists for swimming down all swimmers are expected to swim down, unless excused by the coach
- if the facility is not available swimmers must attend the next session following the meet

In preparing for competition swimmers must attend ALL available sessions unless non attendance has been previously agreed with the coach.

### Suggested Warm Up

distance and repeats dependent on time available

200/400 50 fc 50 bk

4x50/100 swim strokes doing with speed spikes

4x50 kick with speed spikes (strokes doing in session and fly)

4x50 drill strokes doing in session

4x50/100 strokes doing with speed spikes

pace work if applicable to event (know what you need to pace)

starts (max 3 if already done starts in previous session only 1)

easy relaxed swimming with stroke counting

### Suggested Swim Down

min 1000m Stretch at end -remember tennis balls!

1)

400/300 mix fc/bk

50's @30 BBM

Kick with burst of speed

Mix swim O/C 200

2)

200m/400m as 100Fc/100Bk steady

4x50m bk 30 BBM

4 x 75m on 1:30 all as 15m fast / 60m ezy

- i) Kick           Fc / Fc
- ii) Swim           Fc / Fc
- iii) Kick          No 1/ Bk
- iv) Swim          No 1 / Fc

300m swim steady as 100Fc/100Bk/50Fc/50Bk

POOLSIDE DYNAMIC WARM UP  
min 15 minutes

skipping - fwd and backward with burst of speed (space permitting)

jumps - throwing arms fwd and back 10 each way

hugs-30

pat on back - 30

straight arm wave (press backs) - 30

figure of 8 - 15 each arm

hip rotation - 30

fwd lunges - 30

squats - 30

side lunges -30

leg swings (fwd/back) - 30 each leg

leg swings (side-side) - 30 each leg

butt kicks - 30 each leg

side lifts - 30 (windmills)

rotator cuff - 30 each exercise bring your thera band

ankles - 30 each way both feet!

beware of high impact activities on poolside if not wearing suitable footwear

