

What is a Warm Up?

From News for Swim Parents

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Warm-up is what happens before a competition. Its purpose is several:

PHYSICAL:

1. Literally warm and lubricate the muscles for "action".
2. Increase the heart rate in preparation for race action.
3. Getting in touch with your feel for the water and ability to swim the strokes correctly.

And MENTAL:

1. Get into focus. We're at a swim meet to compete.
2. Get rid of distractions.
3. Focus on process and good technical swimming.
4. Prepare to Race.

Most warm-ups at most meets are crowded and appear chaotic.

Typically because of the number of teams attending the meet all swimmers will be in one or two lanes, together.

The swimmers will do an easy swim.

Then some gentle kicking.

Then some drills....

Then a "start your heart" set...

Then some pace work relating to the specific event....

And a little more easy swimming.

Warm-ups can vary from Senior Swimmers who take an hour or more, to eight and unders, who can warm-up in 20 minutes in some cases. In every case, it's important to be ON TIME. Typically an hour before the meet. This allows time for the physical and the mental work to be done. The coach will commonly hold a short meeting to make sure all swimmers are accounted for, organized, know their events, and get last minute reminders.

Being LATE to warm-up means your child will be inadequately prepared for their competition.

Be On Time, Do Things Correctly. Have a Great Meet!