



2024 Bedlam @ Burnet
February 23-25, 2024
 BISD Swim Center
 600 Lake Rd
 Belton, TX 76513



Meet Information: <https://www.gomotionapp.com/team/stbts/page/events/bedlam--burnet>

Suggested (non-exhaustive) Packing List:

- | | | |
|-------------------|---------------|--------------|
| Tech Suit | Note Card | Water bottle |
| Swimsuit (backup) | Deck Shoes | Snacks |
| Googles (backup) | Sweatshirt | Tent |
| Towel (backups) | Team Shirt | |
| Cap (backups) | Camping Chair | |

	PRELIMS			FINALS		
	WUTS	STWU	Start	WUTS	STWU	Start
Friday	NA	NA	NA	5:00PM	5:30 PM	6:30PM
Saturday	7:20AM	7:30AM	9:00AM	3:45 PM	4:00 PM	5:00 PM
Sunday	7:20AM	7:30AM	9:00AM	3:45 PM	4:00 PM	4:00 PM

Maintaining the Shark Standard:

TST is the most prepared team.

- Athletes are expected to be on deck 15 mins (prepared*) prior to warmup, with suit on, read for WUTS
- Racing Suit, Training Suit, Equipment, Tennis Shoes, Socks, Food, Water, Etc.
- Race Strategy Implementation (will be discussed throughout prior week: tempo, stk count, approach)
- Nutrition & Hydration taken seriously throughout sessions, hotel, etc.

TST Teammates are the best teammates:

- We cheer for every swim we have. We're not a huge team, and every swim counts, they must be treated that way.
- We are always positive with our teammates, if someone is down, we pick them up, if they are up, we celebrate with them!

TST Engages coaches & athletes

- Regardless of the previous days successes or failures come ready to be successful today
- We speak in confident terms; we speak positively because we know that affects others in positive ways (even when we might not feel positive).
- We talk to our coach pre/post-race regardless of the outcome, because success is a constant process.

TST Looks like the best team:

- Athletes must wear TST gear at ever session of the meet.
- When wearing TST gear, athletes must remember they represent themselves, their families, teammates, coaches, and community, we will always do that with sportsmanship, dignity, and class.

