

\*\*\*Please distribute to coaches\*\*\*

## INDIVIDUAL ALL-STARS WARM UP PROCEDURES

- 8:00-8:25 GENERAL WARM UPS (IM IS THE FIRST STROKE)

LANES 1 - 3            13 AND OVER AGE GROUPS

LANES 4 - 6            12 AND UNDER AGE GROUPS

ALL SWIMMERS MUST ENTER THE POOL **FEET FIRST** DURING GENERAL WARM UP. SWIMMERS MUST EXIT AT THE TURN END AND WALK BACK TO THE START END OF THE POOL DURING SPRINTS.

- TEN-MINUTE WARM UPS FOR INDIVIDUAL STROKES. PRACTICE IS FOR NEXT STROKE ONLY.

LANE 1                    8 & UNDER AGE GROUP

LANE 2                    9-10 AGE GROUP

LANE 3                    11-12 AGE GROUP

LANE 4                    13-14 AGE GROUP

LANE 5                    SPRINT LANE

LANE 6                    15-18 AGE GROUP

FOR LANES 1 THROUGH 4 AND LANE 6, ALL SWIMMERS MUST ENTER THE POOL **FEET FIRST**. **DIVING WILL ONLY BE PERMITTED IN LANE 5**

**The number of Coaches allowed on the deck during warm ups will be limited to one coach per team per end of pool.**