

ALLEGAN TIGERS

SWIMMING & DIVING

STATE CHAMPIONSHIP ITINERARY

March 8th

MONDAY 2500 YARDS

REVIEW WEEK: LEAGUE MEET, SHAVING, TAPER DINNER
WARM UP – BROKEN 100's & 75's

March 9th

TUESDAY 2300 YARDS

REVIEW WEEK:
BROKEN SWIMS, TURNS, FINISHES, RELAY EXCHANGES, REVIEW
RACE STRATEGIES.

March 10th

WEDNESDAY 2100 YARDS

REVIEW: FRIDAY & SATURDAY
WARM UP, SPRINTS 25'S ONLY
TURNS, FINISHES, RELAY EXCHANGES
REVIEW PRE - RACE, POST - RACE & RACE PLANS

March 11th

THURSDAY 1500 YARDS

3:00 PRACTICE WARM UP, SPRINT 25'S ONLY
4:30 DEPART FROM POOL TO HOTEL
7:00 CHECK INTO HOTEL
7:30 DINNER
9:00 TEAM MEETING
10:00 LIGHTS OUT

BE PREPARED FOR THE MEET REMEMBER TO PACK

SUIT, GOGGLES, 3 TO 4 TOWLES, COMBINATION LOCK, WARM UPS, & SNACKS
FRI. & SAT. MUSIC WITH JAMMING MUSIC, SWIM CAP, SANDALS,

ALL IN YOUR SWIM BAG!!!

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NEVER GIVE UP,
.1 & .01 MAKE A BIG DIFFERENCE

THINGS TO REMEMBER TO DO:

RACE STRATEGY: **DEVELOP YOUR RACE PLAN, PUT IT ON PAPER, VISUALIZE IT, AND THINK FAST, YOU WILL SWIM FAST!!!**

Important workout items to spend quality time on, average swimmers take for granted, we do not!!

Starts:	Explode to surface
Turns:	Anticipate
Kicking:	Retain Your Speed, Kick Out Of Turns
Breath Control:	Know Your Count, It Will Make A Difference.
Pre-Race Psych:	Be Ready Early, Visualize Your Race
	Smart Swimmers Are The Best Swimmers
Pace & Control:	Know Your Race Pace
	Don't Go Out Too Fast Or Too Slow
	Be Controlled!!!

Remember
Attitude is the key!
Have a vision
And rehearse your vision,
Think like a winner,
Carry the tiger
Tradition of excellence!

GO TIGERS!!!

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THURS. MARCH 11TH DEPART FROM A.H.S POOL @ 4:30 PM
CHECK INTO HOTEL ABOUT 7:00 PM
DINNER @ 7:30 PM
TEAM MEETING @ 9:00 PM
LIGHTS OUT @ 10:00 PM

FRIDAY MARCH 12TH BREAKFAST @ 7:45 AM
WILL MEET IN THE LOBBY
LEAVE FOR SWIM MEET @ 9:00 AM
WARM-UP IS AT 10:00 AM
MEET STARTS AT 12:00 PM

DINNER / CELEBRATION TO FOLLOW
RETURN TO HOTEL

TEAM MEETING @ 9:00 PM

LIGHTS OUT @ 10:00 PM

*****SECOND DAY SWIMMING*****

SAT. MARCH 13TH BREAKFAST @ 7:45 AM
WILL MEET IN THE LOBBY
HOTEL CHECK OUT 8:45 am
LEAVE FOR SWIM MEET @ 9:00 AM WARM-UP
IS AT 10:00 AM MEET STARTS
AT 12:00 PM
GO HOME & RELAX!!!

REMEMBER TO PACK:

SUIT, GOGGLES, TOWELS, WARM-UPS, SNACKS, JAMMING MUSIC, SWIM CAP, AND SANDALS.

GO TIGERS!!!

ADDRESS TO THE POOL:
EASTERN UNIVERSITY POOL
100 OLDS
YPSILANTI, MI 48197

ADDRESS TO THE HOTEL:
MARRIOTT
1275 S. HURON ST.
YPSILANTI, MI 48197

