JUNIORS

Navy P.R.I.D.E.!

Preparation
Respect
Integrity
Dedication
Excellence

2018 – 2019 Short Course Competition Schedule (Juniors)		
Dates	**Meet**	**Cuts**
9/9/18	NAAC Open Water Swim @ Bay Ridge	All Times
10/5/18 – 10/7/18	Bill Schmidt Memorial Meet @ York, PA	All Times
11/9/18 – 11/11/18	Potomac Marlins Invitational @ UMD College Park	All Times
11/16/18 – 11/18/18	GBSA Thanksgiving Swim Fest @ GBSA, Catonsville	As Assigned
12/1/18 – 12/2/18	NAAC Holiday Blast @ NAAC	All Times
12/7/18 – 12/9/18	NBAC/RAC Holiday Meet @ UMBC	Swimmers Not Attending NBAC Xmas Invitational
12/14/18 – 12/16/18	NBAC Christmas Invitational @ St. Mary's College	As Assigned
1/11/19 – 1/13/19	CBAC Winter Wake-Up Meet @ St. Mary's College	All Times
2/2/19 – 2/3/19	ASC Senior and 12&U Meet @ AOSC	All Times
2/17/19	Eagles vs. NAAC Dual Meet @ McDonough School	All Times
2/21/19 – 2/24/19	Maryland Senior State Champs @ Lejeune	State Cuts – Qualifiers Only
2/28/19 – 3/3/19	Maryland 14&U State Champs @ St. Mary's College	State Cuts – Qualifiers Only
3/8/19 – 3/10/19	MD Jr. Champs @ St. Mary's College	Slower than State Cuts

Helpful Resources

-GoSwim.tv -NAAC 24-HR Athlete page (on NAAC.ws) -USASwimming.org -MDSwim.org

Meet Warm-Up (Juniors)

400 Free

300 Rev IM Kick/Drill/Swim

4 x 50 IM Order 25 Sprint Kick/ 25 Drill

4 x 50 Choice Build into turn, good breakout, ease back to wall

Dive and Sprint 25s -> Cool Down if time

Equipment Checklist

___ Suit/Cap/Goggles ___Snorkel (TYR Ultralight)

___Kickboard (any TYR) ___Pull Buoy (any TYR)

___Logbook ___ TYR Fins (Stryker/Cross Blades)

___Water Bottle ___Healthy Recovery Snack

Code of Conduct

Maryland Swimming, USA Swimming, and NAAC all have one. Do the right thing and act with integrity. Be honest and have strong moral principles. Show respect to coaches, officials, fellow athletes, parents and spectators. Set a good example of behavior and work ethic to peers. Respect all other's feelings and personal space. Abide by all facility rules, including in the locker rooms. Refrain from foul language, violence, and behavior deemed dishonest, offensive, or illegal.