

## SWIM PRACTICE Basics

- 1.) **Arrive before practice begins**, talk with friends, and get ready to go. Greet coaches when you arrive. Smile!
  - a. Goggles, suit, towel, **water bottle** (with name), sunblock, swim cap (optional)
  - b. Use the bathroom before or after practice.
- 2.) **Attend the most practices** you can make. Your brain needs deep practice to develop the skills to be successful. Being successful is fun. It takes hard work to be successful and enjoy your development. Hard work is the most important quality in all athletes.
- 3.) **NEVER DIVE into the pool**. Never get into the pool without having coaches on deck and actively ready to begin your practice session. When told to enter the pool, slide into an open space **FEET FIRST** in your assigned lane. We do not want any kids diving into the bottom of the pool or jumping on top of others.
- 4.) **Keep your head above water when coaches are talking** so you can listen to their feedback and instructions.
- 5.) **Treat your lane at practice like a two way street; ALWAYS stay to the RIGHT**. Your body is like a car and no one wants to get into a crash. Stay off the lane lines they break.
- 6.) Only swim down the middle of the lane when you are passing a teammate during a swim. Pass them and then get back over to the right side.
  - a. **How to Pass**: If you are ready to pass someone during a swim, give them a light friendly touch on the toes as they are swimming to communicate you are about to pass them. If you are ahead of someone and feet get tapped, allow the person behind to pass at the closest wall—never stop in the middle of the pool. Once you are passed, get back into lane order and continue.
- 7.) **Lane order is set with the fastest people going first** and others in order of speed on a given skill. Strive to be higher in the order of your lane. Try to push yourself at practice and have fun competing with your teammates. This makes everyone better.
- 8.) **READ the pace Clock**. Practice sets will be given each day. Swimmers should push off at 5 second intervals. Look at the clock and get your times on each swim. For example: 5 x 50's on :60. When coaches say "Top" or "Bottom" that refers to the pace clock. The TOP is when the clock gets to the 60 (12:00 position) and BOTTOM means 30 (6:00 position). Remember to count the repetitions so you know where you are in your given set.
- 9.) **Be Coachable. Listen closely and try hard to make positive changes**. Coaches will be giving you constructive feedback to help you become more successful. The more you improve, the more fun it is.
- 10.) Build on your strengths and be open to working on areas that are difficult.
- 11.) **Be careful when doing racing starts** in the deep end with coaches. Only dive when the space is clear and the coach is actively supervising. We do not want anyone to crash or collide.
- 12.) **Ask questions** of coaches if something needs to be explained more clearly.
- 13.) **Push yourself each day with your goals in mind**. Make each practice count towards making yourself and our team better each day. Have fun being athletic, fit, strong, healthy and social.