



## HOW TO GET THE MOST OUT OF SWIM PRACTICE

1. **Be on time.** Swimmers may arrive 5 – 10 minutes before the start of their practice in order to get ready. As you wait, start thinking about what your goals are. It is especially important to arrive on time so you can complete the assigned warm-up. A proper warm-up gives your muscles a chance to get ready for the harder work to come.
2. **Listen to and watch your coach.** When the coach is speaking give him / her your full attention so that you understand what is expected. The better you attend to what the coach is demonstrating the faster your progress will be. Socializing while the coach is speaking is not acceptable – you miss valuable information and distract others.
3. **Be ready to make changes.** Watch a good swimmer and you'll see that they always listen to the coach and incorporates the coach's advice into their practice. Don't be afraid to make a change in the way you swim. There are many different ways to go fast and your coach may ask you to try something new. Expect it to feel weird at first; the improvement comes later.
4. **Attend practice consistently.** Coaches are often asked what a swimmer can do in order to make the most improvement. Regular attendance at practice and meets is the key. Talk with your coach and set an attendance goal for yourself. The more you come the better you will swim.
5. **Remember your equipment.** You should always have a cap and goggles. Goggles can keep the chemicals out of your eyes and allow you to see much better. Caps help to hold your goggles in place, keep your hair out of the way, and keep you much warmer when the weather is cold. It is a good idea to keep a spare cap and goggles in your swim bag.
6. **Check your folder regularly.** Watch for meet sheets and other information. Meet entries need to be mailed or entered on line promptly.
7. **Respect your Teammates.** You will not like every person you meet. However, you do need to treat the other members of your team with respect and consideration. Put-downs are not acceptable. If you have a conflict you cannot resolve, speak to your coach. Swimmers who do not treat others with respect may be asked to leave the pool.
8. **Bring your best attitude to swimming everyday.** Swimming is a great way to pull yourself out of the funk after a rotten day at school. If you've had a bad day try to put it aside and focus on your workout, and soon you will be feeling better.
9. **Do not compare yourself to other swimmers.** We are all different. Your best will be different from everyone else's. Concentrate on giving 100% effort in your workout and do not worry about what others are doing.
10. **Pick up your equipment after practice.** Gather all your equipment and put it away before you head to the showers.
11. **No horseplay in the locker rooms.** Using the locker room is a privilege that you may lose if you are too noisy, in any way destructive, or inconsiderate of others. No water fights, running, screaming, or throwing things. No food is allowed in the locker rooms.

**Striving, Believing, Achieving, Camaraderie!**