
Guidelines For Success

1. Arrive to practice on-time.
2. Bring all equipment to practice (Goggles, swim suit, water bottle, fins, etc.).
3. No gum or food at practice or in the pool
4. Finish your set. Do not stop in lane or at walls.
5. Move to a side so that your teammates may finish to a wall.
6. All swimmers must move past slower athletes.
7. Perfect underwater push-off (streamline).
8. Pull with bottom arm of start, turn after pushing off walls.
9. Take 2-3 strokes then take a breath in Fly and Free after push-off and turns.
10. Finish sets like races (Race the finishes).
11. Speed kick off every wall.
12. Perfect all turns for all four strokes.
13. Pull when you should be pulling and kick when you should be kicking.
14. No bathroom breaks during training.
15. Encourage Teammates!
16. Finish the set. Do not stop early.
17. Quiet while coaches are speaking to the group.
18. Try to keep eye contact with coaches while they talk.
19. Only positive facial expressions and looks.
20. Only positive comments!
21. Stay in the pool during practice.
22. Stay off lane lines. They may break and cost our team a lot of money.
23. Swim to get better, not just to get finished.
24. Have Fun, Make Friends, Get Fit

“Success at Every Level”

Since 1998