
Practices

Swimmers

We want every swimmer be a successful member of the team, but we can't do it without a strong commitment from you:

- We can't make you be successful; we can only help. We'll tell you what to do, but it's up to you to listen and to consistently do what you're told.
- We have the same obligation to every swimmer. That means you'll sometimes need to be self-sufficient until one of us can get to you.
- Being a successful member of the team doesn't necessarily mean swimming fast or winning races. There are many lessons to be learned from Swim Team, and some of the most important ones have nothing to do with swimming.

Be on Time	Be on the pool deck and ready to swim at the time the practice is scheduled to start.
Be Prepared	Bring your swimsuit, your cap (if you wear one), your goggles, and a towel. A water bottle – with your name on it – is also a good idea. You may also want to bring a healthy snack to eat after practice – something that's high in protein and low in fat. Eaten right after a workout, this will help build muscle.
	In cold weather, dress appropriately. You'll be leaving the building with wet hair, so a hat is an especially good idea.
Injury and Sickness	You are the best judge of how you feel and what you're capable of doing. During the strenuous parts of a workout, you should expect to feel tired, out of breath, and maybe a little sore, and you should continue to swim hard in spite of that. But there's a difference between that and being hurt or feeling sick. In those situations, stop swimming and talk to one of the coaches or a lifeguard. <u>Unless you are with your parent or guardian, do not leave practice!</u>
Inhalers	If you have a respiratory problem such as asthma, and if you have an inhaler, make sure you know how and when to use it, and bring it to practice.

Parents

Please do what you can to make sure your swimmer is on time for all practices, and that he or she has eaten appropriately – nothing too big or too heavy, and not too soon before practice.

If our practices are too long or too hard for your swimmer, talk to us. It's fine for them to leave practice early, as long as we know about it ahead of time.

During practice, please stay off the pool deck. Your presence will distract the swimmers, and your coaching efforts may interfere with ours. If there's something you think we need to be doing for your swimmer, please tell us before or after practice.

Setting Goals

Several times during the season, typically the day after a meet, we'll have a team meeting at the beginning of practice. We'll talk about what went well and what we need to work on, distribute awards, review disqualifications, and help swimmers update their time charts. Coaches will work one-on-one with swimmers to help them set short-term and long-term goals.