

BE ON TIME – DSA Notes

“Better three hours too soon, than one minute too late.”

William Shakespeare

We are all busy, juggling carpools and detours, work and food along with practices, sometimes twice a day.

Late for Practice –

Swimmers - you know the feeling - running in a bit stressed, not quite ready with equipment, rushing to get in some type of warm up. Main set starts and you are not ready mentally or physically for that hard set to begin. Set that alarm 10 minutes earlier, count on traffic and make a commitment to be at each practice 10 minutes early for a week. Your body will appreciate the extra time.

Parents – traffic happens. Last minute work demands occur. But if your swimmer is always coming into practice 5 minutes after warm up has started, it is not fair to your swimmer, coach or other swimmers. It can be disruptive as the coach has to repeat instructions and juggle lane organization. We all will be late once in a while, but if you are late getting your swimmer to practice several times per week, you may want to look at reasons why and adjust your schedule for your swimmer’s sake. Kids get flustered coming in late and it impacts them as well, sometimes the whole practice they are just “off.”

Late for Picking up Swimmers after Practice –

A coach will wait with your swimmer. Again, it happens. We know that. But waiting 15 or up to 45 minutes impacts the coaches lives as well as we have other jobs to get to, family commitments and other priorities. We juggle as well. And the swimmers hate it when you are late, they are always apologizing. Please make sure your age groupers have your cell phone numbers in their phones and know alternate numbers as well. Just knowing you are running a few minutes late and are on your way helps your swimmer and their coach.

Late for Warm-Ups at a Meet –

We ask swimmers be at the pool, ready with equipment 15 minutes prior to scheduled warm up times. If there are relays, they often need to be submitted at the beginning of warm up. If a swimmer is not there on time, there is a good chance they will be scratched from a relay in order not to impact their fellow teammates. Additionally, many meets have positive check in for events. Coaches will not sign swimmers in if you are not there and you may be scratched.

At this time in the season, take a look at your “on time” percentage and make adjustments as needed. Everyone will feel less stressed, have better practices and be on time to the next event on the never ending to do list.

“The surest way to be late is to have plenty of time”.

Leo Kennedy

Thanks!

DSA COACHES