



Swim Practice Etiquette

(or "Fourteen Ways to Not Embarrass Yourself at Swim Practice")

1. Be on time! (Get your suit on, get your cap on, whatever you need to do, and be on deck a few minutes before the start of practice. Latecomers disrupt their lane and the practice, and coaches may have to adjust the workout when a swimmer is late.
2. Swim on the right side of the black line (counterclockwise).
3. Leave at least 5 seconds behind the swimmer in front of you. Ideally, the swimmer directly in front of you should be past the flags before you leave the wall.
4. Don't swim part of a set, and pretend you finished the whole thing. You do not want to be that person - your team mates will either think you can't count or that you're dishonest.
5. Organize the lane order (fastest to slowest) before the set.
6. Only touch another swimmer's feet if you plan to pass that swimmer.
7. Do not pass a swimmer, then slow down.
8. If you need to rest during a set, stop at the end of the pool only, and stay far to one side of the lane. DO NOT stay in the middle of the wall preventing incoming swimmers from completing a successful turn. If the lane is crowded, and if it's allowed, sit on the pool edge while you rest.
9. Take advantage of the wall to practice powerful touches and strong push offs, and stay out of the way to allow other swimmers to do the same. Strong turns and finishes can win a race, but they require practice.
10. Avoid passing if possible, but If you must pass, you should tap the next swimmer's foot once, and complete the pass between the flags.
11. Do not pass a swimmer, then slow down.
12. If another swimmer is attempting to pass you, swim to the far right of the lane and allow the pass.
13. **Most importantly, encourage your team mates. This goes a long way in helping swimmers finish a hard practice!**
14. **Thank your coach!**

PS: Please leave the all areas you have used clean (and no shaving on the premises).