

Practice Policies and Procedures

- For swimmer's safety parents are expected to drop their kids off no earlier than 15 minutes before practice and pick them up no later than the 15 minutes after the scheduled practice time.
- Swimmers arriving early to practice because they ride the bus from school to practice must remain in the lobby and not roam around the facility.
- In case the swimmer is late for practice, it is our hope that the parent will escort the younger swimmer into practice have their swimmer check in with their coach.
- The Bluefins typically meet by the diving boards if they are swimming in the Nakata pool and on the steps to right of the Ray pool entrance if they are swimming in the Ray pool.
- For most dryland sessions, swimmers should plan to have their swimsuit on under their dryland clothes. After we do a dryland warm up exercise, the swimmer is then given 5 minutes to change and be behind their lanes to start the swim portion of practice.
- Plan to stay for the entire practice. The last part of practice is very often the most important. Usually, there are also announcements made at the end of each practice. **In the event that a child needs to be dismissed early from a practice, please provide a note via email or text for each dismissal in advance. These notes can be turned into the group coach.**
- Occasionally, the schedule may change due to a holiday or event at the swim center. In any case, you will be notified of a practice change or cancellation via a special email, text notification, or other platforms. Practice changes can be verified on the website by accessing the team calendar.
- While at the pool, swimmers are the responsibility of the coaching staff. Swimmers are not to leave the pool area without a coach's permission
- **Parents are not to talk to the coaches or their swimmers during practice.** However, if you need to get your swimmer out early, please inform the coach directly and not your swimmer.
- Coaches remain after practice for about 10-20 minutes to answer any questions parents may have, so please wait until then.
- After practice, swimmers are to wait for their rides in the lobby or on the steps of the aquatic center.
- **Lane Rules For Practice**
 - Do not sit on lane lines.
 - Do not pull on lane lines while swimming.
 - Feet first entry unless coach specifies to dive in.
 - When more than two swimmers are in a lane you must circle swim.
 - During circle swimming, moving to the left side of the lane after the flags will allow you to shoot STRAIGHT off in the right side of the lane during a turn i.e. corner turns.
 - When passing a swimmer, tap them on the toes and use the middle lane to pass
 - If you need to rest do so at the end wall pulling off to the right.
 - Do not cross lanes while swimming.
 - When finishing a swim, move out of the middle to allow other swimmers to finish into the wall.