



PRACTICE PROCEDURES

Lane Etiquette

Lane Leaders are experience swimmers and are expected to assist the rest of the lane with understanding intervals, drills, training sets, etc. Lane leaders will change daily based on proper technique and speed. The ability to follow directions, think and react quickly and consistently make intervals are crucial to leading the lane.

Intervals or “Send Offs”

Swim training consists of repeated swim distances on time intervals. During practice, swimmers must always be aware of the pace clock, where they are in the workout and when they are supposed to leave the wall.

Missing Intervals

Missing intervals will occasionally happen to all swimmers. If it becomes frequent, then the swimmer must move to a slower training interval. When swimmers miss an interval, they are expected to stop on the wall, move to the corner of the lane and wait for their spot in the lane to come back up. This brief break is opportunity for coaches to help the swimmer recoup mentally and continue making the interval. Swimmers not making intervals are expected to be out-of-the-way of the rest of the swimmers in the lane and long-term repeated failure to make intervals will result in removal from a training group.

Passing Within the Lane

Swimmers are expected to continue swimming, moving to the right and allowing the faster swimmer to pass down the middle of the lane. Avoid passing at the wall and DO NOT STOP to let others pass. Passing is part of swimming and respect / consideration for your teammates is crucial to both team and individual success.

Training through Injuries

We work hard to avoid them, but with any sport there will be occasional injuries. The most common injury in swimming is overuse and every swimmer will deal with it to an extent. Achy muscles and joints is normal, especially when you factor the physical growth that the kids are dealing with at the same time. Missing practice to stretch / roll out sore or achy muscles will not be tolerated. Repeat pain, or sudden pain as a result of impact / incorrect movement are when we become concerned. Proper posture and technique (both in pool and dryland) is crucial to long-term avoiding injury. When swimmers are injured we typically try to isolate the injury and include them in as much of practice as possible making individual accommodations within reason. We DO NOT want the swimmer to simply be out-of-the-water unless absolutely necessary. If the swimmer requires practice modification or has an injury that will impact their training, please communicate with your group coach immediately.