

PRACTICE GUIDELINES

- ★ Be on time - ready to get in the water and warm up as soon as the swimmers before you are out of the pool and your practice begins.
- ★ Swim in your assigned lane and LISTEN when the coach is talking.
- ★ Follow the coach's directions - ask if you don't understand.
- ★ NO bottom walking—that is not a recognized event and messes up your conditioning.
- ★ If you have long hair, you MUST wear a cap and well-fitting goggles are recommended.
- ★ Get out of the pool immediately when practice is over so the next group can get in.

MEET GUIDELINES

- ★ Check the swim team board on Monday after practice for both 'A' and 'B' lineups. You may be scheduled to swim in an 'A' meet even though you consider yourself a 'B' swimmer and vice versa. It depends on who we need for relays. We try to schedule each swimmer for 3 - 4 events, but that is not always possible since the number of exhibition heats is limited by Midlakes rules.
- ★ If you are having trouble understanding the lineup sheet, check the explanation on the board or on the website..
- ★ If the coach has made a mistake and scheduled you for a meet you said you would be missing, let one of them know IMMEDIATELY! If you are scheduled, your team mates are counting on you being there.
- ★ Away meet warm-ups are from 5:15 - 5:45 so the meet can begin right at 6:00. Allow yourself PLENTY of time to get to the away pools - factor in traffic, traffic and more traffic.
- ★ Home meet warm-ups are from 4:45 - 5:15.
- ★ There is always a timer and stroke and turn meeting a few minutes before the meet starts. Please attend these meetings.
- ★ Make sure your goggles are on snugly and girls MUST wear caps, both at practice and at meets - for boys they are optional unless they have long hair.
- ★ Please bring warm clothing and several dry towels for when the sun goes behind the hill or the rain begins.
- ★ If it is at all warm, bring lots of water and sip it during the whole meet.
- ★ Bring plenty of HEALTHY snacks to munch on. Each pool has a concession stand, but they do not always serve food that is conducive to swimming ones best. String cheese, fruit, yogurt, crackers, bagels, cream cheese, pasta, power bars, are all good choices.
- ★ PLEASE wait until you are done for the day before scarfing down chili dogs, chili potatoes, or hamburgers.
- ★ Stretch and warm-up thoroughly to prevent injury. Practice starts, turns, and count your strokes at each end of the pool [especially back stroke since all flags are NOT in the same place] during warm-up time.
- ★ Find the lineup sheet and write your event #s on your hand or arm. **CHECK THE SHEET REGULARLY TO SEE IF THERE HAVE BEEN ANY CHANGES.**
- ★ Every swimmer needs to check in with the team parent 2 events ahead of time. They know of any changes in the events and need to know every swimmer is accounted for. PARENTS, please help your swimmer with this - make sure they are where they need to be.
- ★ Listen to the announcer and be at the blocks one event before yours. Get your relay together several events ahead. Make sure the timer in your lane has your name on his heat sheet. If not, let the team parent or coach know.
- ★ Every swimmer who improves his/her time or comes in first in the heat, gets a lolly from the coaches. That means they need to ask for their times and remember them until they get to us.
- ★ Swimmers and parents should support all the Royals as they swim - this creates GREAT team spirit.
- ★ If your swimmer is disqualified for any reason, PLEASE let the judge explain it to him/her. If you have a question about the call, come and talk to one of the coaches and we will take it from there.
- ★ Theme weeks begin the first week we have meets - dress accordingly!