**Get the Most out of Practices**

As a College Greens Gator you should remind yourself to do three things:

* **Show Up** mentally, physically, and on time.
* **Try your best**! Don’t just go through the motions.
* **Be honest**, especially with yourself. Are you really working as hard as you can?

Things to know:

* Learn how to use the **pace clock**. It is the centerpiece of our workouts. Without it, most of the sets we do will have little meaning. Coaches will take time to teach you how to use the clock.
* Know your **best times** in all events. There will be times during practice when you are asked to hold a certain time over the course of a set. You will need to know your best times to help determine what these times should be.
* Know the **names of teammates**, especially those in your lane. Be friends with them.
* During a set, always know **when to leave** the wall. Do not rely on the person in front of you. They may have to stop or move in the middle of the set.
* Know your **goal times** for all events. Ask a coach to help establish reasonable goal times if you are not sure what they might be.
* Know why you have been **DQ**’d. Ask a coach to go over this with you and what you can do to correct it.

Things to do:

* Make sure you have had proper **nutrition** and enough **water**. Drink a 20 oz bottle of water a half-hour before practice and another one during practice.
* Use the **bathroom before practice**. Or when coaches specify a time. Swimmers will generally not be allowed out of the pool during practice.
* **Drink water and adjust goggles between sets**. You will not have time to do this during sets. Rest time between repeats is less than 30 seconds, usually more like 15.
* **Allow others to pass** if they need to.
* When you finish a swim, **move out of the way** over to the side so those behind you can finish all the way to the wall.
* Always swim **wall to wall!** We start on the wall and finish on the wall.
* Keep one hand on the wall and your **eyes on the coach** when instruction is being given. Swimmers being disruptive will not remain in the pool.
* Be **courteous** to you teammates and don’t forget to **laugh and have fun**!