

Swimmer Practice Goals and Expectations

- Arrive 15 minutes before practice to stretch & get equipment
- Go to restroom **before** practice
- Have water bottle available at all practices to keep hydrated
- Start practice on time
- Understand the goal and focus of each set
- Always push off the wall from the ready position
- Streamline off the wall, then take at least two or three strokes before breathing for free and fly
- Maintain even breathing throughout long swims and sets
- Breathe bilaterally in freestyle
- Perform all turns in practice LEGALLY
- Finish all repeats at the wall (as you would in a race). DON'T stop early!
- Listen carefully when instructions are given. (no talking or splashing)
- Check your time after every repeat and remember it!
- Never stop your training to let another pass you
- If you have to stop--always stop in front of the coach, not at the opposite end
- Touch the bottom only in emergencies
- If your equipment fails or is unavailable, train without it
- Return all equipment to its proper place at the end of each practice
- Always do your best to be the best
- Practice and reinforce good habits during every length. How will you race? How did you practice?
- Always challenge yourself to:
 - 1) hold your technique through the set
 - 2) push through perceived effort barriers
- Always go on the correct send off time
- Leave FIVE SECONDS apart (Unless the coach says differently)!
- Maintain proper eating and sleeping habits
- Be a leader
- Be respectful to teammates, coaches, equipment and facility
- Represent yourself, family and DELTA AQUATICS in a positive manner at all times