

How to swim faster and enjoy practice

Come prepared to practice:

- Get plenty of sleep every night
- Eat a healthy snack before practice.
- Eat healthy all the time
- Bring all equipment to practice. Suit, goggles, hat, water bottle
- Use the bathroom before practice
- Bring a positive attitude

Look at and listen to the Coach when getting directions.

Move over so teammates behind you can finish at the wall.

Come to practice to swim better, not just to swim.

Finish the set, no matter how fast.

Stay in the pool all practice, unless excused, or in an emergency.

Don't hang on the lane lines.

Practice your streamline, turns and finishes, every day, every set, every time.

Be loud when you encourage your team mates

Be respectful of everyone and of all equipment