

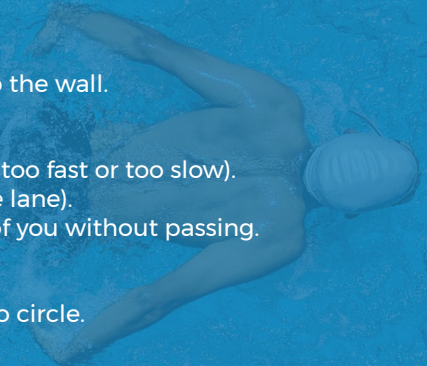
SWIMMING ETIQUETTE



We have a BIG team. Circle swimming is the norm and swimming etiquette the hot locker room topic. A collaboration of experienced swimming minds has formulated a top ten list of swimming "faux pas." The first list will tell you what NOT to do while the second list gives some explanation and suggestions.

TOP 10 PRACTICE FAUX PAS

10. Finishing a swim and not moving over to allow others in the lane to finish to the wall.
9. Executing a turn on the "finish" side of the lane.
8. Disregarding the pace clock.
7. Disrupting the flow of a lane by not following the set design (ex.: starting out too fast or too slow).
6. Leaving :05 behind the swimmer in front of you (when there are only 3 in the lane).
5. Repeatedly touching, grabbing or groping the feet of the swimmer in front of you without passing.
4. Talking/socializing while the coach is explaining the set.
3. Leading the lane without understanding the set or intervals.
2. Arriving to practice after the main set has begun forcing a side by side lane to circle.
1. Choosing the wrong lane (too fast or too slow).



SOLUTIONS AND SUGGESTIONS

10. As you face your lane from the deck, the right hand side is the start side while the left hand side is the finish side. Make sure you move over to the start side after you finish each repeat so others in your lane can finish to the wall.
9. Turns should be done in the center of the wall or the "start" side of the lane (if clear) to avoid traffic coming up from behind. If you are on the wall waiting for your interval, try to keep the center clear for those who are turning.
8. Staring at the black line on the bottom of the pool can be very boring unless you have a goal. Checking your times on each repeat will let you know how you're doing throughout the set. By manipulating the work/rest ratio, each workout set is designed to stimulate or overload a specific energy system or a combination of energy systems. The only way to know you are getting the desired workout is to watch the pace clock. The pace clock should be the first thing you check at the end of each swim.
7. A workout set is a lot more interesting if you focus on the various challenges within the sets design. Listen carefully when the set is announced and ask questions if you don't understand.
6. There is plenty of space in each 25 yard lane to leave :10 apart with only 3 swimmers per lane. If your lane has 4 swimmers then you should space it out by :10, :10 & :05. If there are more than 4 in a short course lane then :05 is mandatory. For long course you can go :10 apart with up to 7 in a lane. Proper lane spacing will assure that everyone gets a good workout without "slipstreaming."
5. This is grounds for execution. If you can easily catch up to the swimmer in front of you please pass promptly in the center of the lane. If you can't get by then be prepared to go ahead on the next repeat.
4. Even if YOU really don't want to hear the set (3 x 1000 ?) others around you do. When the coach speaks - swimmers should listen.
3. This probably goes hand- in- hand with #4 above. You must understand the set and know how to read the clock to be a lane leader.
2. Organized workouts are partially dependent on swimmers arriving to practice on time. If you arrive late please try not to disrupt the workout in progress. Remember: "on time" swimmers have priority.
1. Make sure to get in a lane with swimmers with approximately the same threshold pace as yours. Don't be afraid to ask.