

SWIMMERS TO DO LIST WHAT TO DO AT PRACTICE AND AT MEETS

DRY-LAND:

Be there at 7:30 ready to go. Wear sneakers as we may run. Bring a towel to sit on as we will do pilates in the grass. If you have a mat, all the better.

If you can't perform an activity, you will be asked to sit out and wait until we do something you can perform. Be patient.

We will stop after about 1 hour and stretch and recover. After that time, we will go to the pool and begin set up for practice.

PRACTICE:

Practice begins at either 9:00 (level 1 or 2) or at 9:30 (level 3)

Bring the proper equipment for practice (towels, warm clothes, goggles, sunscreen, or anything else necessary)

You will be assigned a lane for practice. Use that lane every day unless told otherwise.

If the water is too cold, or if you can't perform for any other reason, please sit on the wall and wait until you either feel better, or it is time to go. Do not go into the locker room as I need to see you.

I will be looking for **effort and improvement** at practice. Try to pay attention to doing things well.

There are some things I want you to do during practice. These are:

Three in and three out of every wall

Use the underwater stroke off walls

Use your length and bodyline

Be aware of your head and its movements!

There are some things you need to avoid doing during practice:

Swim – don't stand

Always turn well

Respect your teammates – don't disrupt their practice

SHOULDER PROBLEMS: If your shoulder begins to hurt, we are going to emphasize the approach used by the vast majority of swimming programs around (including Big Cat, for example):

Let the coach know you are hurting

Continue with practice until the discomfort is great enough that you can no longer swim properly. This time interval will vary for different swimmers. Remember, when you can no longer use the joint properly – GET OUT!!

Immediately ice the shoulder. This is a full wrap, not just 3 or 4 ice cubes. Imagine a pitcher in baseball when leaving a game.

Wrap the shoulder 3-5 times each day.

Continue to do this at each practice. The shoulder will steadily strengthen and accustom itself to the stress you are placing on it.

In extreme cases, we will allow for use of flippers if the pain is too great.

I realize that this sounds hard – telling you to tolerate pain – but it is the recommended course of action for swimming programs all over. Keep in mind, most swimmers (over 90%) will experience pain in their shoulder. If you handle it properly, you can overcome it.

SETTING UP/TEARING DOWN FOR PRACTICE:

Be on time so that you can help

Everyone helps to set up – do not talk and hope someone else does it

Everyone helps to clean up – do not sneak into the locker room.

SWIM MEETS – LETTING ME KNOW!

If you are missing a meet, please use the website to send me the message

I would also like a back-up, as with the computer program, changing line-ups is very difficult. I will also have a sign-up sheet at the practice site. This is very important, as I will rely on it for making my line-ups. All you have to do is:

Sign up if you are going to a meet

Or

E-mail me that you are going to the meet

In this way, I have a record of ‘not attendings’ and a record of ‘attendings’

Important: If you are not on the list for attending, I won’t enter you in the meet. In other words, you must be on one list or the other.

SWIM MEETS – WHAT TO DO:

For home meets, be on the deck at 4:30 ready to swim. Older swimmers are urged to arrive sooner (4:15) so as to help us set up for the meet.

For an away meet, be on the deck ready to go at 5:15

Bring multiple towels, warm clothes (some evenings get cold) and all equipment. Of course, bring suits

Try to eat easy to digest foods during the meet. No hot sausage sandwiches right before a race!

Pay attention to the meet and you won’t miss your event

Cheer for your teammates. You will be involved in the meet (not missing events) and have a lot of fun

If possible, stay to the end of all meets to await the score announcement. If you must go, inform the coach.

For home meets, all swimmers are needed to clean up

CHAMPIONSHIPS: This league has a large championship week-end. On August 3rd the 11 and overs will be swimming and on August 4th, the 10 and unders will be swimming.

Medals and ribbons are awarded at this meet

The coaching staff would like every swimmer to attend, so try to be available on those dates

The relays are great places to swim and win awards, but we can't swim them if everyone isn't there!

FINALLY: We have grown into a wonderful team. I welcome all new members and returning members. This will be our second year in this league, and I am looking forward to continuing to improve against some tough competition. Keep in mind that I am looking for each swimmer to:

**Have fun and
Improve skills**

Feel free to speak with me, either at practice/meets/ or via e-mail if you think you are not getting those two things out of the program. My e-mail is

jamesmerinar@comcast.net

Thank you, and have a great season,
Coach Jim

PS: Please use our web page:

<http://www.bellefonte-stingrays.com>

It has all the directions to the meets. It also has the icon to indicate non-attendance at a meet.