

Points to remember

- Be on deck and ready to swim before the session starts
- Have all equipment (hat, goggles, fins, paddles, water bottle) in working order with you at the start of the session
- Pay attention and know what the set is and how it is meant to be swum
- Swim the full set as listed on programme (we seem to fall down especially in the warm up)
- Be open to direction and correction
- Practice what you're not good at (Work on Weaknesses)
- Swim the stroke/drill on the set and nothing else (ie no fc strokes)
- Do not push off the floor
- Swim the whole 25m of each length as much as possible
- Toilet breaks are only allowed between sets
- Stretch after training or later in the day
- No DQ's in training = No DQ's in races
- Make every turn the best possible
- Know the gala calendar so you can plan for each gala
- It's your responsibility to make your gala entries
- Every race entered must be swum at the gala
- Enjoy your swimming – every quality session makes you better

Questions?? – There is only 1: “WHAT CAN I DO TO GO FASTER?”