

Applewood Swim Team Practice Etiquette

- Be on time or early. 20 push-ups if late.
- Be prepared with all needed equipment (sneakers, goggles, cap, etc)
- When warm-up set is given, you must enter feet first and begin immediately.
- During swim sets, no bottom walking, goggle fixing, or wall stopping.
- Swimmers' items and borrowed equipment need to be cleaned up and returned to their appropriate areas. This includes kickboards, water bottles, caps, paper work-outs, etc.
- Appropriate language and behavior at all times.

Meet Etiquette:

- Be on time for your warm-ups. If you do not warm-up, you do not swim in the meet.
- Know exactly what events and relays you are swimming. Show up early to clerk of course.
- Always show respect toward meet workers, timers, clerk of course, officials, etc.
- Show sportsmanship at all times with teammates and opposing team members.
- Always stay in the team area unless cheering for teammates.
- When done racing, always visit coach on side of pool deck for high fives and advice.
- If you are an alternate for a relay, you must check with Coach Carlo before you leave the meet.
- Clean up team area at all pools before leaving please!!!!
- Have Fun and Swim Fast!!!

Short Term Goals-These are things that you want to perfect every day at practice. Keep these simple, but substantial. These should be written down and viewed daily. *Example #1: Mick Jones just turned 11 years old. He will be doing flip turns for the first time this summer. A short term goal for him may be to practice 4 perfect flip turns for each stroke after practice every day. Example #2: Coach Carlo keeps talking to his older swimmers about the importance of kicking 6-8 dolphin kicks yards off each turn and every push start. John Jacobs, now 16, decides that every day he will continually practice staying under water until he kicks 7 dolphin kicks.*

Long Term Goals- These Long Term goals can only be reached if you work on your Short Term Goals. This may be a goal you set for years away, but mostly it is the end of the season goal. What do you want to accomplish during your last meet of the summer? These should also be written down and viewed daily. *Example #1: Stanley Yelnats, age 10, really wants to make Championships this year. He's knows he has to lower his time by 3 seconds to make it. Example #2: Justin Case, age 14, wants to lower his time to :26.00 in the 50 yard freestyle by the end of the year.*

DETACH AND VIEW DAILY

SHORT TERM GOALS:

1. _____
2. _____

LONG TERM GOAL: 1. _____