



Swimmers Expectations

Having recently completed many club visits in the West Midlands area it has become apparent to the West Midlands coaching team that there are basic fundamental skills & behaviors that swimmers should be performing a lot better than at present.

By following the basic guidelines set out below this will help Team West Midlands to raise the standard throughout the region.

Before the session

- Always be early – at least 10 minutes early
- Have the right swim equipment for every session kept in a wet bag
- For a 2 hour session ensure that you have 2 x 1litre drinks bottles to maintain hydration
- Agree with the coach a dry side warm up
- Listen to the coaches explanation of what is required in the warm up and record on your wipe board
- Ask any appropriate questions when the coach has finished talking

During the session

- Always start the session with a correct race start
- Off every turn ensure that you are performing 4 big fly kicks and 4 little fly kicks on freestyle, backstroke and butterfly. Breastroke swimmers perform a legal breastroke start
- Ensure that turns and starts are always at race pace and that the streamlined position is maintained underwater at all times i.e. arms in line with body, elbows locked out, hands with a bottom hand break out position, head tucked in and pointed toes
- Ensure that your feet pass the flags off every start and turn as a minimum
- Try to ensure that you are not breathing for the first stroke off every start and turn
- Maintain kick into turns and ensure that the transition from underwater butterfly kick to racing kick is continuous
- Always finish at the wall fast with no breathing in the last 5 metres and move over to let the person behind you finish properly
- Always push from the wall do not start 1 metre out
- Use pace clock effectively i.e. leave 5 seconds between each person
- Maintain eye contact with coach and do not talk when the coach is talking
- Do not go to the toilet in the main set
- Do not sit on the lane ropes
- Maintain good technique at all times, particularly in warm up and swim down
- Warm ups should be continuous – socializing should be done before or after the session
- Allow yourself to be overtaken, do not stop the passer must overtake in the centre of the lane
- Do not change the lane order during the main set to try and gain more rest
- Record all of the session on your wipe board for your log book
- Be prepared at any time to be asked to do a cold swim

General Items

- Always talk to your coach when they are not busy – be prepared to ask questions
- Set your own practice/session goals – what do you want to get out of the session?
- Praise yourself when you do well, be annoyed when you have not performed at your best
- Try to be a leader not a follower
- You are responsible for all of the above not your coach
- Act as role models for the younger swimmers – they will copy what you do!!!