

Hastings Lake Swim Team Best Practices

Practice Rules:

- ◆ Be respectful (teammates, coaches and other members)
 - Locker room etiquette, be mindful of other members
 - No Horseplay on deck or in locker room
- ◆ Always bring a water bottle (no glass)
- ◆ Bathroom breaks between sets, not during
- ◆ Always watch the clock, 5 (or more) seconds between swimmers
- ◆ Know your times
- ◆ Touch feet if you need to pass, let them go ahead at the next turn
- ◆ Never stop in the middle of the pool, swim wall to wall
- ◆ Be responsible for your own gear, put it away properly
- ◆ Be on time (come early to stretch)
- ◆ **Don't forget you suit, goggles and cap!**
- ◆ Circle Swimming

Practice like you compete:

- ◆ Always swim with good technique that you will use in races
- ◆ Hard in and out of walls
- ◆ Always streamline
- ◆ Never take a breathe off the wall
- ◆ Always leave from the wall
- ◆ Always finish at the wall
- ◆ Championship meets will be here before you know it, start now

Freestyle

- ◆ Push off turns on back, roll to stomach
- ◆ 3-4 fly kicks of walls
- ◆ Breathe every 3 or 5 strokes
- ◆ Bottom arm pulls first off turn
- ◆ No breathing directly before or after turn
- ◆ Controlled breathing on 25 sprints

Backstroke

- ◆ 5-6 fly kicks off wall
- ◆ Roll, Roll, Roll
- ◆ Always push off on Back

Breaststroke

- ◆ Strong pull-outs off wall (3 count)
- ◆ No head bobbing (eyes at 45 degrees)
- ◆ Always max effort

Butterfly

- ◆ Never break stroke
- ◆ 3-5 fly kicks off walls
- ◆ Breathe every other on 100 fly and 200 IM
- ◆ Never breathe off wall

Turns

- ◆ Fly and Breast – Look for wall 7 yards out
- ◆ Back – know how many strokes from flags
- ◆ No gliding
- ◆ No slamming
- ◆ Streamlines

Finishes

- ◆ Red Zone – No Breathing on Freestyle

Warmup Notes

- ◆ No boards in warmups
- ◆ Free kick is on side (sweet spot face down)
- ◆ Inchworm – first person leaves when last arrives (was Slinky or Shotgun)

Key Words

- ◆ EZ Fly – 3 hard butterfly strokes off wall with no breath, then free to end
- ◆ Sweet Spot Kicking – kicking on side with lower arm extended; can be done face up or face down
- ◆ Red Zone – Area from wall to flag
- ◆ Descend – Increase Speed (decrease time of swim)
- ◆ Ascend – Decrease Speed (increase time of swim)
- ◆ Build – Increase speed within set distance (or single repetition)
- ◆ Hypoxic – Breath Control
- ◆ Lactate – Chemical by-product of energy
- ◆ Aerobic – Oxygen generates energy through physiological changes; swim with limited rest over long period
- ◆ Anaerobic – Energy system using chemical stores within muscle fiber; swimming fast, short distances with extended rest