



Newsletter for Novice/Bronze Swimmers and Their Parents

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Developing Good Practice Habits

One important part of the Novice and Bronze teams is developing good practice and workout habits while swimmers are still young. Below are some of the key habits and values that we hope to instill in our young swimmers.

Parents' Responsibility:

- **Arrive on time** – Arriving on time for practice actually means arriving 10-15 minutes early. Swimmers should be ready to enter the water right at the start of practice. By arriving at the pool 10-15 minutes before the start of practice, swimmers will have time to get changed, greet the coaches and their friends, set up the pool if needed, and get their equipment.
- **Be prepared** – For practice, this means having your swimsuit, goggles, cap, and towel. For meets, it means having your suit, cap, and goggles, but also extra towels, warm clothes that can get wet, and food. Meet preparation will be the subject of another newsletter.
- **Eat healthy** – It is important for athletes to have a well-balanced diet. General guidelines are to eat a variety of fruits and vegetables, whole grains, lean protein, and drink plenty of water. Athletes should limit their consumption of sugary drinks.
- **Go to bed!** – A good night's sleep is important for the body to recover from a challenging practice. It also is important for proper brain development and learning.

So is everything supposed to be the parents' responsibility? Absolutely not. When the swimmers are at practice, the coaches are helping to develop other good practice habits.

Coaches will work on:

- Always streamline. Always. The only time not to streamline is if your coach tells you, "Don't streamline."
- Always start and finish each length at the wall.
- Always complete each set. The middle of a challenging set is not the time to get out and go to the bathroom.
- Continually focus on improvement. No matter how good you are, there is always room for improvement.
- Always give your best effort. Even when you are tired. Especially when you are tired.