

# Positive Behaviors and Habits

In order for Athletes to become truly great athletes they often need to modify certain behaviors. A habit is nothing more than a behavior that has become second nature to the athlete. The following is a list of positive behaviors. Remember that when positive behaviors become habit, the negative behaviors and bad habits will vanish. These rules are intended to help each swimmer become the best swimmer they can be. It is not intended to be a harsh list of rules.

1. Swimmers must use their ID cards to enter the facility.
2. Swimsuits, caps (all girls need to have a cap on), and goggles (everyone needs to wear goggles) responsibility of each swimmer (no matter what age). If you forget any item you should try to borrow one from a teammate. Coaches have a very limited supply of extras. Always bring an extra set of caps and goggles.
3. Swimmers are expected to be on deck/running area 10 minutes prior to the start time. We use the first 5 minutes to get organized and stretch and get the “talking” done. Swimmers that are tardy because of traffic or other reasons, must have a note from their parents explaining why they are late. (Generally tardy swimmers without notes are horsing around in the locker room)
4. Swimmers must keep their hands and feet to themselves at all times. Horseplay will not be allowed. Swimmers will be given 1 warning per practice. Second time will result in a timeout away from the group. Third time will be removal from practice and a conference with parents.
5. Flip turns are required for freestyle and backstroke for all swimmers when swimming more than 25 yards. If a swimmer is not able to do a proper flip turn, he or she should attempt one and do the best that they can. Practice makes perfect.
6. Two hand touches are required for breaststroke and butterfly on both the turn and the finish.
7. Swimmers should swim under the lane lines and lifelines to change lanes. Swimmer should tread water or hang on the wall when waiting in the deep end. Do not hang on the lane lines. If need be you can have 1 hand on the lane line.
8. A swimmer has not finished a set until he or she has touched the wall at the end of that lane, therefore each swimmer must go all the way to the wall to finish proper form (backstroke: on the back, breast & fly: two hand touch). Swimmers who have finished a set must move out of the way so that other swimmers may finish as well.
9. Swimmers must push off the wall on their backs when swimming backstroke.
10. Gatorade or water must be brought to practice to keep the body hydrated during workouts. Please put swimmers name on the water bottle.
11. Equipment such as kickboards and pull buoys should be put away neatly and organized when the swimmers is finished using such equipment so that the next group using such equipment will have it there to use. During the workout equipment is to be stacked neatly at the end of the lane.
12. Swimmers will respect coaches and will listen when the coaches are speaking.