

Coaches Rules and Pool Etiquette



The rules and etiquette expectations have been introduced to further benefit all squad swimmers.

Below is the list of rules which are highlighted in bold followed by reasoning:

1. **Punctuality - Attending training on time.**

- Swimmers need to be ready to swim at the start of squad training.
- We recommend that swimmers arrive 5-10 mins prior to the start of their training session to get into the pool area and ready to swim once the coach is ready to begin.
- It is difficult for a coach to run an efficient session if squad members are not turning up on time.
 - Consequence for turning up late: at the discretion of the coach.
- Do not enter the pool until you have been instructed by your coach.
- No diving unless under complete supervision by your Squad Coach

2. **Respect your coach and do not talk when the coach is talking.**

- When the coach is talking, he/she is giving out crucial information regarding the set, timing, or technique thus it is essential that all squad members are listening to the information being said.
- Exiting the pool – the coach must be notified if you are going to exit the pool for any reason.

3. **Respect each other and work as a team.**

- All squad members need to be respectful of each other in and around the pool.
- Any inappropriate behaviour towards the coaches or other swimmers will not be tolerated.
- Negative comments or bullying / aggressive behaviour will not be tolerated.
- Support and always encourage each other.

4. **Stay Hydrated - Drink bottles are compulsory.**

- Each swimmer is required to bring a water bottle to training.
- Lack of fluids can lead to cramping, soreness and or poor performance.
 - Consequence for not bringing a drink bottle: at the discretion of the coach.

5. **Bring required equipment to all sessions.**

- Depending on your squad level you must bring the appropriate equipment to ensure maximum efficiency is achieved from the session.
- All gear must be named and maintained by the swimmer. Swimmers are responsible for their own equipment.

6. **Lap Etiquette**

- Always swim on the left-hand side of the lane
- Leave at ten second intervals or when the Coach tells you to.
- Please overtake to the right-hand side of the person in front
- Once a skill is taught, please continue to use that skill throughout the program.
- Always complete every lap by finishing on the wall
- Please allow other swimmers to finish the lap by moving to the side.

7. No stopping unless asked to

- Please ensure you are not stopping at either end until the set is completed as this can be very disruptive to other swimmers.
- If you need to overtake a swimmer, please go around them throughout the lap.

8. Turns and finishes are compulsory.

- This ensures good practice for race day and allows your coach to pick up on any technique errors.

9. No Toilet breaks

- Squad members should be going to the bathroom before training as otherwise it can make for a disruptive session.
- If squad members must go then there will be a consequence after which will be at the discretion of the coach.

10. No Breathing first or last stroke off a start, turn or finish.

- This allows for good practice on race day.

11. Must do 4 streamline kicks off every wall.

- Again, this also allows for good practice on race day.

12. Taking extended breaks from swimming training.

- Should you wish to take an extended break from Squad training, you will need to be reassessed upon your return, and may need to train in a lower squad to build back your fitness as taking a break affects your fitness level and stamina.

Information for the Parents

Parent Involvement

- Parents are asked not to be on pool deck during training. You are encouraged to watch sessions from the seated areas by the pool.
- Talking to coaches during the coaching session is not permitted. Parents wanting to talk to the coaches need to do so before or after the coaching session.
- If for any reason a swimmer needs to exit the session early, please have swimmer/parent advise the coaching staff before the start of training.
- Parental involvement in the sessions interferes with the disciplinary process of the session. It is distracting to the coaches and swimmers and is a safety concern if coaches are distracted. The swimmers need to concentrate on instructions from the coach not the parents.
- Parental involvement undermines the confidence of the coach, and the swimmer's confidence in the coach. Please respect this request as it greatly affects the quality of learning and the training environment in general.

Coach Feedback/Meetings

- If wanting to discuss individual concerns or issues with the Senior Squad Coach we request you make an appointment. This can be organised by emailing info@swimmerz.com.au

Assessments

- The Senior Squad Coach is responsible for all squad assessments. All current squad swimmers will be assessed throughout their program, not on any day. Movement from squad to squad is on coach's recommendation only.