

## Lane leading

With more swimmers joining the club, many who have never been part of a swim squad before, it has become necessary to formalise the duties of a Lane Leader, given the session coach is now covering more lanes and can't be everywhere at the same time. We are asking our more experienced swimmers in Level 1 and 2 to step up and take on some responsibility in assisting the coach.

So, how would the coach like the Lane Leader to assist them?

1. Listening to the coach pre session briefing and instructions given during the session.
2. Ensuring lane participants are paying attention to the coach.
3. Maintaining lane etiquette.
4. Ensuring swimmers are reading the clock properly - starts/finishes and taking the assigned rest interval.
5. Further explaining, if necessary, what the drills/set requirements are, and any tips given.
6. Ensuring lane swimmers are organised - fastest for the stroke /set goes first and other follow at 3-5 second intervals in order to keep the session moving.
7. Notifying the coach of any issues during the session.
8. Providing feedback to the coach after the session on program clarity, lane swimmers' completion rates and any disparity regarding coach attention to the lane /individuals vs what may be required. This is an important point as our numbers increase, swimmers move up levels and more lanes are added.

Lane leaders are not required to be loud or yell - nor the fastest swimmer in the lane - just organised and committed to helping everyone in the lane get a good and productive swim.

Would you like to help?