****[**City of St Albans Swimming Club**](http://www.costaasc.org/)

Jon Rudd’s (Plymouth Leander)

Top Ten Tips for swimmers

1. Stay positive
2. Be confident
3. Create ‘team me’
4. First in / Last out
5. Kick!
6. Skills under pressure
7. It’s not the fastest swimmer
8. Word Hard and Word Smart
9. Walk the walk, don’t talk the talk
10. No regrets – take every opportunity