**JUNIORS - LANE ETIQUETTE**

* Line your water bottles up in the order you are going to swim to enable everyone to be able to reach their water. If someone can’t reach, pass them their bottle.
* The coach will indicate which way round the lane you swim at the start of the session, this does not change – unless directed otherwise by your coach.
* Do not jump in unless it is safe to do so – please listen to your coach: if they say slide in, it is for a reason.
* Do not swim down the middle of the lane unless directed to by your coach.
* USE THE CLOCK – if everyone sets off 5 seconds after the swimmer in front, it prevents so much bunching up. No one likes someone swimming on their feet.
* Do not stop part way down a length – this causes pile ups and unnecessary stopping. Sets have been designed to work in certain heart rate zones and stopping during a rep or taking extra rest will interfere with your training.
* If you need to overtake during a length, check it is safe to do so. If not, wait until the end of the length and overtake from the turn.
* Please be courteous to your team mates, if they are stronger for certain aspects of training, let them go in front – it saves a lot of frustration all round.
* Turns – always perform the correct turn in and out of the wall for the stroke you are swimming – every turn is an opportunity to practise and improve, but only if you think about what you are doing.
* Backstroke – always start and finish on your back.
* Finishes – when you have finished your rep, move across to give every swimmer in your lane the opportunity to practise their correct finish EVERY TIME!
* When waiting at the end of your lane, hold on with one hand and turn sideways to help make space – some lanes are very busy and it is not fair or supportive to your team mates to leave them treading water whilst you have a chat.
* Do not deliberately splash your team mates in the face – if they have worked hard and trying to catch their breath, they will not appreciate a face full of water.
* Keep your hands and feet to yourself.
* Be supportive of your team mates – Potentially, you may be training together for years – BE KIND!
* Most of your coaches are volunteers and have given up their time to do their training and to help you be the best swimmer you can be – please be respectful and listen when they are giving instructions, corrections or feedback.
* If you have an injury, not feeling well, had a bad day etc – talk to your coach, they can make adaptions to the set to enable you to still get something from your session. If they don’t know, they will expect your best effort every time.
* REMEMBER: SLOPPY TRAINING = SLOPPY RACING: you have ownership of your training and how you chose to perform.

Julie & Chantal