



2024 BFY Spring Conditioning- Swim School: *All About Swim Team*

Circle Swimming:

What is circle swimming?

Circle swimming is what it sounds like: *swimming in a circle*. Circle swimming goes counterclockwise: you swim on the right side of the blue line that runs down the middle of the lane. You will be on one side of the lane going down the pool, and the other side of the lane coming back.

https://youtu.be/8zuxvCTQ_u8?si=OS9LYDsH4JAIt6aS

What to do and what NOT to do at swim practice:

- Enter the pool deck with all needed gear; goggles, swimcap, towel, water bottle.
- Mark a checkmark next to your name for the appropriate day.
- Use the restroom BEFORE practice. Not when we are about to swim your least favorite stroke.
- Wear a swim cap if your hair is more than a few inches long. This is REQUIRED.
- Wait patiently on the bench for practice to start. No horseplay on the pool deck.
- Stand tall with your head out of the water while coaches are talking to you.
- When you finish your set, move out of the way of the swimmer behind you, and quickly make your way to the back of the line to start the next set.
- Do not hang on or pull the lane lines- these are very expensive and if they break, we will not get new ones.
- Do not stop in the middle of the pool. Not only does this interfere with your teammates' workout- but it is dangerous! Be mindful of the people around you.
- Do not grab other swimmers. If you catch up, tap them on the foot. Do not try to pass them until you get to the wall. If you get tapped on the foot, let the person pass you at the wall. Do not stop in the middle of the pool.
- Leave enough room between you and the swimmer in front of you so you don't catch them.
- If someone catches up with you, let them go ahead of you on the next set.
- Do not get in the pool before your practice time or stay in the pool after your practice time ends.
- Do not distract the other swimmers/coaches during other practices.

- Pay attention and listen to the coaches. Do not make them repeat themselves. When they are talking, keep your head above water and do not talk.
- Be kind to other swimmers. These are your teammates. If someone is being unkind to you or to another swimmer, let the coaches know.
- Do not write on the attendance sheet except for a check mark when you are there. No doodling or any other notes.