

## Swimmer Expectations: Junior3

### Before the Session

- Always be early – at least 5 minutes before the start time. Then you will have time to get your hat and goggles on and get ready for the warm up.
- Do not get into the water until you're told you can by your coach.
- Bring the right equipment in a wet bag: goggles, hat, spare goggles and spare hat, kickboard, fins, paddles, drinks bottle and inhaler (if you might need one). Then, everything you might need is right there in case you *do* need it.
- Listen to and watch the coach's explanation of the warm up.
- Ask any questions when the coach has finished talking

### During the Session

- Make sure that you do not breathe on the last stroke before you tumble turn.
- Always push off every wall with a correct, streamlined push-off: arms squeezing head, hands on top of each other, head tucked, eyes looking down and pointed toes.
- Try to make sure that your feet pass the flags off every start and turn.
- Make sure that you do at least two strokes before breathing off every start and turn. Three is best.
- Always finish at the wall and move over to let the person behind you finish properly.
- Use the pace clock, even if you are not leading the lane. Leave 5 seconds between you and the swimmer in front of you.
- Maintain eye contact, do not talk but listen when the coach is talking.
- Maintain great technique at all times.
- Warm-up should be swum just like the main sets – continuous, with no stopping.
- Allow yourself to be overtaken, do not stop or speed up. The passer must overtake in the centre of the lane.

### General Things

- Talking to and asking the coach questions is a great thing. You'll learn more, the coach will learn more about you and you'll get better quicker.
- Think about what you're trying to improve every single session. If you're not sure, ask.
- Praise yourself when you do well, be annoyed when you have not performed at your best.
- Try to be a leader not a follower.
- Be a role model for younger swimmers – they will copy what you do.

**These Swimmer Expectations are what is expected of you in Junior3. The standards are high but manageable. They're all about helping *you* get the most out of each and every session - and so help you get better sooner and get ahead of your rivals.**