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## **Casey Seals Training Guidelines and Lane Etiquette**

If you're new to training in a squad, you may not know how squads work or what the lane etiquette is. Or maybe you've just never been told. Well, here are some guidelines that should help you.

We encourage all our swimmers to follow these guidelines so that we all:

- Have fun
- Avoid injury
- Don't annoy other swimmers (or the coach)
- Get the most benefit from the sessions

Some of these are just common sense, and some are also applicable to all lap swimming.

### **Swim on the left side of the lane**

- Except when you're told otherwise, such as when we're doing a one-at-a-time time-trial.
- This will avoid painful head-on crashes!

### **Leave 5 seconds apart**

- Use the clock! You should be pushing off on the 5-second marks (ie. on the black 5, 10, 15, etc).
- Unless the coach says to leave 10 seconds apart, which usually is when you're doing a timed set.
- Sometimes it may be necessary to leave 10 seconds after the person in front of you for part of the set, such as when there are changes in strokes.

### **Organise your lane by speed**

- Organise yourselves into the fastest through to the slowest for the set you're doing, with the fastest swimmers first and the slowest last. Of course, this may change depending on what you're doing.
- Of course, this can get difficult if the set has different strokes, in which case try to organise yourselves so that there is minimal reshuffling required between parts of the set where the stroke changes.

### **Let faster swimmers overtake**

- If someone is swimming faster than you and has caught up to you near the end of the lane, stop at the wall on the left of the lane and let that person (and any others just behind) go past.
- If a faster swimmer catches up to you in the middle of a lap and starts to go past you, try to move as far to the left of the lane as you can, swim "narrow" and let the swimmer go past.

### **Don't push off in front of turning swimmers**

- If a swimmer is coming in to do a turn, let them go through before you push off.
- The only exception is if you are faster than the swimmer coming in to the turn, in which case you should go ahead even if it means cutting your rest a few seconds short.

### **Use the clock**

- The coaches usually tell you how much rest to take, or what time cycle to do the repeats.
- This is for a reason. Short rest promotes aerobic fitness while long rest should be hard and intense. They are all working different systems.

### **Follow the program**

- The program is written on the board for everyone to follow.
- Doing your own thing, or not following the program with the rest of your lane causes problems with the other swimmers and means that you won't get the most benefit from training.

### **Keep the wall clear**

- Always finish properly by touching the wall.
- After you finish, move to your right to the side of the lane so there is room on the wall for the other swimmers to come in and touch the wall. Swimmers should not have to swim around you to touch the wall.
- Give the leading swimmer room to push off. This may mean that you have to move away from the wall if there are still some swimmers coming in.
- Allow room for swimmers continuing through to be able to turn properly. Some coaches have told swimmers to do a tumble turn regardless of whether anyone is in the way because they will quickly learn to avoid getting in the way!

### **Focus**

- Keep focussed on what's happening: swimmers coming in to finish, swimmers coming in to turn, when you have to push off (know the interval and watch the clock), what you're meant to be doing next, etc etc.

### **Bring your own equipment**

- You should bring your own drink bottle, swim fins, pull buoy and kickboard (although you could use the pull buoy as a kickboard).
- Keep a spare pair of goggles in your bag, just in case.
- It's important to make sure you're properly hydrated before training and rehydrate during & after, so make sure you have a water bottle. If you suffer from cramps in training then you may want to have a sports drink or supplement which includes magnesium.

### **Arrive early**

- If possible, plan to arrive in enough time to get changed, pay the training fee, set up your gear at the end of your lane and read (and understand) the warm-up.
- If you have time, you may also want to do some light stretching before the session starts.

**Tell the coach about any injuries or health issues**

- If you've got an injury, please let the coach know so that they can provide assistance or advise you accordingly, so that you can avoid making the injury worse.
- Likewise, if you're feeling sick, recovering from an illness or otherwise not 100%, let the coach know so they can keep an eye on you. This is especially important if you're pregnant, have chest pains or have a history of heart problems.

**Don't talk while the coach is talking**

- The pool environment is noisy enough without adding to it when the coach is trying to explain something to the squad.