

7. **Mark your own pool kit and keep it neat at the end of the pool.**

To prevent your gear ending up in the cage (or adding to my growing collection of hand paddles) put your name, initials, phone number or special symbol on it. Preferably in black marker pen, and try to keep it together during the set.



8. **Drills and Technique sets are meant to be done s-l-o-w-l-y.**

Don't feel pressured (or pressure others) into racing through a drill set. Aim to do them to the best of your ability. If you know you are faster or slower at a particular drill than others in your lane, change the swimming order.

9. **Swim close to the lane rope but try to keep your arms within your lane.**

Make sure the black line is well to your right. If you constantly hit the lane rope or clout a child prodigy doing butterfly in the next lane ask the coach for drill, such as finger trails, to correct your wide arm swing.

10. **When doing form strokes watch out for others and modify if necessary.**

Especially for butterfly and breaststroke when you may find arms and legs everywhere e.g. single arm fly, breast with fly dolphin kick. Also be aware that when doing backstroke it is easy to grope your neighbours. (If they are friendly neighbours see point 3 for your next step).



11. **Help to avoid the "c" word and bring some drink.**

Although it is believed cramp occurs because of many things – lack of muscle condition, inadequate stretching, lack of magnesium, lack of bananas (how many chimpanzees do you know that get cramp?) generally the possibility of cramp can be reduced if you are hydrated.

Bring a plastic bottle (no glass allowed on pool deck) of water, sports drink, cordial... and keep it at the end of the lane.

Make sure it's clearly identified as yours – drink trauma can be as alarming as goggle trauma.

12. **Masters Swimming motto is Fitness Friendship & Fun – so be all three.**

Be nice to your fellow swimmers. You may have had a tough day at the office, with the kids or with the kids at the office but use pool time to de-stress and recharge your batteries, not a time to get grumpy with a fellow swimmer. If there's an issue in the pool and etiquette isn't being observed as it should, diplomatically address it with your swimming buddy or let the coach know. We are all here for many different reasons but we all want to enjoy our training time and have a positive feeling of accomplishment afterwards.



13. **Respect Your Volunteer Coach**

All our coaches are volunteers. They have given up their time and their swimming session to coach the rest of us. Yes, by all means have a laugh with your coach but give them respect.

Listen to what they are saying and follow instructions or if necessary, adapt the program to suit you.

A "thank you" is a great way to acknowledge the work the coach has put in to give you a challenging and educational session.

And finally, another word from my mate Ryan...

