



VASHON AQUATIC CLUB
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PRACTICE PREPARATION

The objective of this section is to make the athletes more aware of the role that practice plays in their success as swimmers.

Practice Preparation: (10 tips towards successful practices)

- *Bring necessary suits, practice caps, goggles, training equipment, towels and any personal toiletries.*
- *Pack your own swim bag and be responsible for your things.*
- *Bring a water bottle - Finish it during practice!*
- *Be on time to all practices. Stay the whole time.*
- *Stick to good sleeping habits. Try to go to bed and awaken at about the same time each day.*
- *Eat a balanced diet from all of the food groups. Your body needs fuel to swim on a daily basis.*
- *Try to eat a light meal before you go to practice.*
- *Set practice goals for the day, week, and month.*
- *Let your family know that swimming is important to you.*
- *Ask your parents to be involved with the team.*
- *Talk to your coach about practice habits, stroke corrections, goals, meets or any other concerns.*
- *Choose friends who support your swimming.*
- *Always say "NO" to drugs, alcohol and tobacco.*

Why do we practice? (Your turn to give your ideas)

What are the parts of practice and why is each important? (Think of the different parts such as: Warm-up; Main Set; Drills; Kicking; Pulling, etc.) During the discussion, try to use training terms such as: aerobic, anaerobic, sprint, warm-up, warm-down, recovery, heart rate, drill, etc.

Define what good practice behavior is. (Give your ideas)

What makes practice fun? (Give your ideas: what do you think is "fun"?)

Activity: You get to write a workout.

Pretend you are the coaches getting ready for practice.

Split up into small groups and write a workout together and discuss them.

Be ready to present your ideas to the team – we may even DO your workout!!

- *What group is the workout for (younger swimmers, masters, age-groupers)?*
- *How long is the practice?*
- *How long would the workout take to complete?*
- *What do you need to include?*
- *Are all of the "parts" there?*
- *Is there a purpose to each part?*
- *Would it be fun to do?*

