

Olympus Swim Team Policies

The following procedures will be adhered to by all members of the team:

1. If you are going to be late or miss practice, you must inform a member of the coaching staff ahead of time.

2. We want every bus driver to become an Olympus High Swim Team Fan. No yelling at bus drivers to change stations etc. While on the bus stay in your seats and inside the windows. Everyone is required to ride on the team bus. All exceptions must be cleared through the coaches and parental permission is required. We can only release you to go home with parents, not friends or other swimmer's parents. Anyone who can not behave like a lady or gentleman on the bus will not be able to participate in away meets.

3. Practice begins at 5:45 am every morning, unless otherwise informed. Everyone is expected to be dressed and stretched by 5:50. Everyone is also expected to help with lane lines etc.

4. Afternoon practices begin at 2:40. Again, you should be dressed and stretched by 2:45. Afternoon practice ends before 4:30 pm.

5. You must be willing to adhere to training rules. The use of alcohol, tobacco, and drugs is contrary to athletics. As well as against State, District, School and Team rules. Use of these will result in suspensions and could ultimately lead to removal from the team.

6. You represent the swim program both in and out of the pool. Misconduct in the classroom could also result in suspensions from swim participation.

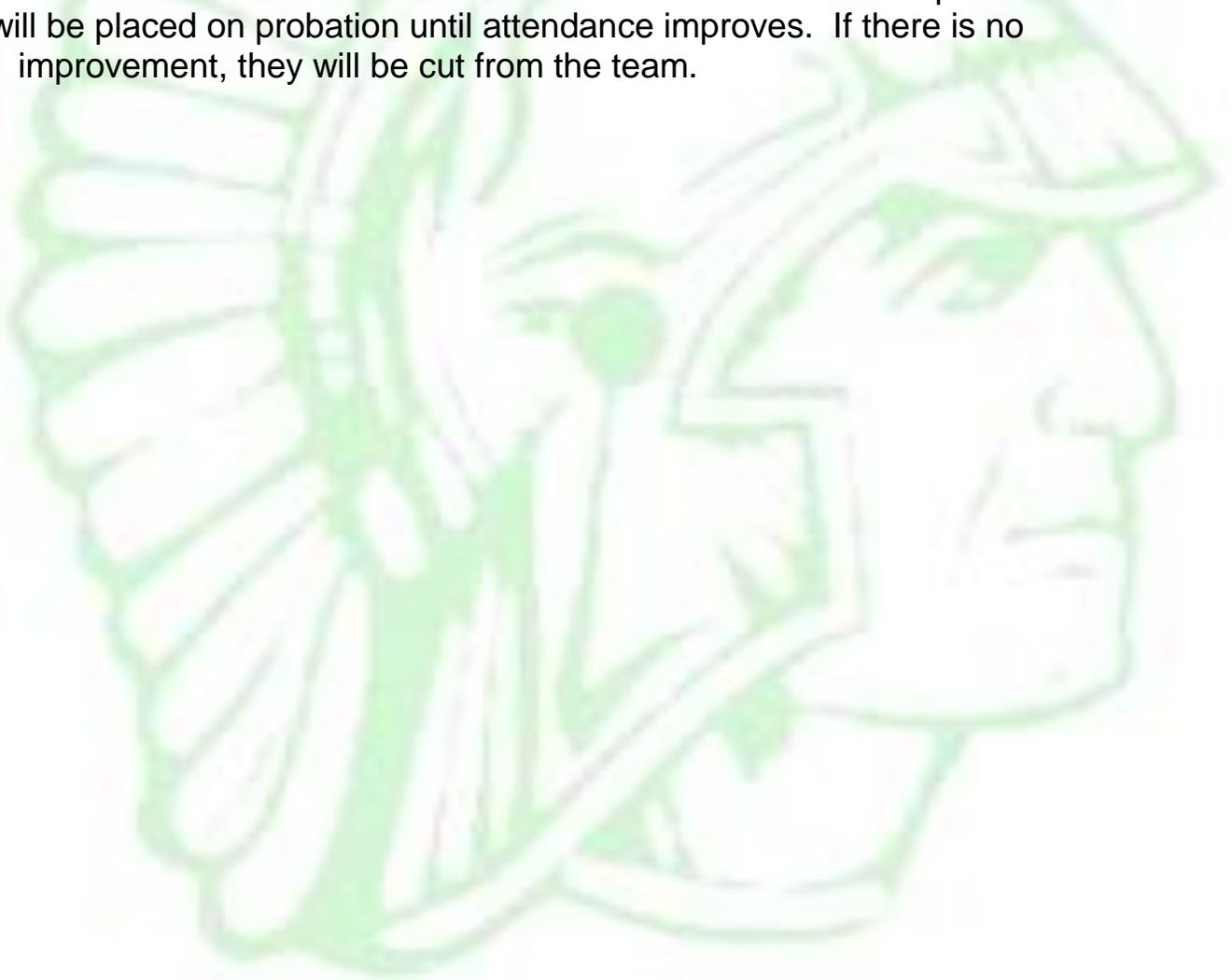
7. Entries for all meets is based first on attendance at practice. No swimmer, no matter how good, will swim in a meet if they have missed more than half of the practices since the last meet. Practice is for swimming not for play.

8. Team unity is very important for any team. We must work together and be aware of each other. Your first responsibility is to take care of your self and make sure you are doing the right thing. Everyone without exception should feel free to talk to coaches about ideas or problems in or away from the pool. If you have complaints or problems, please voice them to the proper people so we can resolve problems before they dissolve our unity.

The are no problems that cannot be resolved.

9. Life is always better when you have a good attitude and a positive outlook.

10. **Team cuts:** There are no “cuts” as such. If you are just starting swimming, chances are very good that you aren’t going to be as fast as those who have swum for awhile. On some teams, where cuts are made strictly on a speed basis, you would not make the team. At Olympus however, we believe that anyone who has the determination to make the early morning practices, who tries her or his best everyday, and who makes a positive contribution to the team, should make the team. On the other side of the coin, if a swimmer skips practice for no good reason other than he is lazy, messes around in the practices he does manage to come to, criticizes others instead of building them up, and shows to all the world that he values himself to the exclusion of his teammates and his team, but happens to have more talent than a human should be allowed to have, he will have to look around for another team on which to waste that talent. If a swimmer misses more than 5 practices he/she will be placed on probation until attendance improves. If there is no improvement, they will be cut from the team.



Olympus Swimming Letter Requirements

An athlete may be eligible to letter in swimming if they meet the following criteria:

1. Must be a member of the team in good standing.
2. Attend at least 70% of all practices each week.
3. Meet at least one of the following :
 - A. Place in the Region or District Meets.
 - B. Qualify for the State Meet
 - C. Earn 200 letter points according to the following formulas:
 1. 10 points for participation in each swim meet.

2. Points scored in meets-

| <u>Dual meets</u> | | <u>Championship meets</u> |
|----------------------------------|----------------------|---------------------------|
| 1 st Place = 6 points | 1 st = 20 | 9 th = 9 |
| 2 nd Place = 4 points | 2 nd = 17 | 10 th = 7 |
| 3 rd Place = 3 points | 3 rd = 16 | 11 th = 6 |
| 4 th Place = 2 points | 4 th = 15 | 12 th = 5 |
| 5 th Place = 1 point | 5 th = 14 | 13 th = 4 |
| 6 th = 13 | 14 th = 3 | |
| 7 th = 12 | 15 th = 2 | |
| 8 th = 11 | 16 th = 1 | |

4. Seniors who have been members of the team in good standing for their time on the team may be able to letter if they obtain 150 letter points their senior year.

Helpful Hints for the First Time Swimmer

Glossary of Terms you may hear during a practice or workout:

WARM-UP: easy swim (400-800 yards) usually includes some drills and kicking
Purpose is to warm up the muscles so that you can stretch and prepare them for a good workout.

STRETCH: time to stretch and work on flexibility - usually best to stretch after your

muscles are warm. Important to help improve strokes and avoid injury. The older you are, the more important it becomes.

SET: a group of repeats designed to work a specific training zone, drill or technique.

REPEATS: A repeat is any distance swam more than one time in a row.

The pool is 25 yards long. Thus a 50 is 2 lengths, a 100 is 4 lengths, a 200 is 8 lengths, etc.

INTERVALS: Most repeats will be swum on some sort of interval. An interval is the time you have until you have to start the next repeat. The faster you swim the repeat, the more time you will have to rest.

For example, if you are going 50's on 1:00 and it takes you 45 seconds to swim it, you will have 15 seconds to rest, if it takes you 40 seconds, you will have 20 seconds, etc.

Descend: Start off relatively slow and swim each repeat faster than the previous one. You might have to descend repeats in sets of 3, 5, etc. When you do this, start off slow at the beginning of each set.

Example: 100s descending - 1:20, 1:15, 1:10, 1:05

Negative Split: swim the 2nd half of the repeat faster than the 1st half. *This is important for swimming distance races and finishing off races strongly.

Example: to swim a 200 negative split, with a time of 2:30, go 1:18 on the 1st and 1:12 on the 2nd. That adds up to a 2:30.

Mid-Pool - repeats that start in the middle of the pool - these sets usually are designed to work on turns, because you get to two turns per 50 rather than one.

SPRINT: an all out swim - usually 25 or less yards

LUNG BUSTER: 25 yards under water

I.M. (Individual Medley): The individual medley is a swim that combines all 4 competitive strokes in this order: FLY, BACK, BREAST, FREE.

Reverse order: FREE, BREAST, BACK, FLY.

Example: 200 IM - 50 of each stroke -- 400 IM - 100 of each stroke.

STROKE DRILLS: These are drills designed to help you improve your stroke.

Examples: Free - one arm only -- Breast - 2 kicks to one pull.

SPECIALTY LANE: a lane that will work on a specific specialty - examples: Back, breast, free, fly, distance, etc.

WARMDOWN: an important time to cool down and let the lactic acid work its way out

The better you warm-down, the quicker that you will recover. Don't take the warm-down lightly.

From Rod Horton - former Skyline swim coach

Other Things to Consider as You Start Swimming

SUITS: Captains will select the team suit. We usually order suits by the end of September. Racing suits require special care if they are to remain nice. Machine wash is not recommended for the fabrics used to make swim suits. Chlorine, not dirt, is what will damage the suit the most. After swimming always rinse the suit out in fresh water. A little shampoo (especially a swimming shampoo) will clean the suit and keep it looking nice.

GOGGLES: The piece of equipment most often lost or stolen is goggles. Write your name on the strap and keep them with you or in your locker at all times. If you leave them out in the locker room, or accidentally leave them on the pool deck they will not be there when you return.

CAPS: Swim caps are made of a compound that will tend to stick to itself, or to the bottom of your locker if you put it away wet. Dry your cap thoroughly after use then

sprinkle it with baby powder. This will keep the cap from sticking or ripping, greatly prolonging the life of the cap.

SWIMMER'S HAIR: Many swimmers complain of build up of chlorine and other pool

chemicals on their hair. Two simple solutions: 1. Wet your hair before entering the pool. Wet hair absorbs much less chlorine and other chemicals from the pool.

Wetting your hair and adding a little conditioner under your cap also helps. 2. Use a swimmer's shampoo. These speciality shampoos are available at most stores and are designed to safely remove pool chemicals.

SWIMMER'S EAR: Some swimmers experience soreness in one or both ears due to prolonged contact with water. This condition is commonly known as "Swimmer's Ear." The ear canal does not dry out enough after swimming and a bacteria starts to form making the outer ear and canal sore. Many commercial products are available to help prevent this problem. To prevent this problem the ears should dry well after swimming, including tilting the head for better drainage. The Association

of Eye, Nose and Throat Doctors recommend a simple solution of 1/2 alcohol and 1/2 white vinegar then be dropped in the ears. The alcohol helps dry the ears and the acidic vinegar kills any forming bacteria. This is not a cure for swimmer's ear and should never be used if the ears are sore or if an ear problem is suspected. Any suspected ear problems should be seen by a physician as soon as possible.

LOCKERS: It is best to keep your locker combo to yourself. If you tell friends, and they tell their friends, soon you have no control over your locker. A padlock can always be used with the combination lock for added security. **ALWAYS** lock your locker and take care of your valuables. The pool is not responsible for lost or stolen items.

ATTITUDE

After weeks of workouts, it will come down to a simple race. Countless hours of work will culminate in a minute of boiling water. In order to succeed in this, you must learn how to swim well in competition. The most important thing in any race, of course, is the work you've put in during practices. Beyond that, however, it is all in your head. If you know you will swim well, you will. If you know you will swim poorly, you'll prove yourself right. We call this the self-fulfilling prophecy and it is at the core of performing well as an individual and as a team. In order to use this prophecy to our advantage, we must, as an entire team, embrace a Positive Mental Attitude (PMA). This means looking forward to the race as a chance to get a best time for the season, for a lifetime, or merely beating someone in close competition. You must see the race as an opportunity that you have been generously given, not as a chore you must complete. Swimming on this team is an honor and a privilege. You will swim well. Act like it. It is imperative that you believe in yourself and your team. One bad attitude can ruin our entire team's PMA. If you are honestly feeling sick or nervous, keep your negative opinions to yourself. Convince yourself of your strength and prowess and tell those negative emotions to take a flying leap! You swim for Olympus; there is nothing more satisfying or worthwhile. You can find success. Despite your best efforts, there will be times when you will not meet your expectations. Even the best swimmers in the world will eventually have a let down. Those are the times for the most important display of Positive Mental Attitude. Don't bring

yourself and the rest of the team down. The deck is neither a place for self-pity nor is it the place to wrest pity from your teammates. They too have races! It is natural to be upset, but you must show your teammates that you're ready to go on to the next challenge. Pull yourself back up from the gutter and go for it.



Olympus Swimming The Ladder to Success

We have 24 weeks this season in Swimming. We will have a word of the week for each of those weeks. The words have been chosen because they each can contribute to your success in swimming and in life if you understand their meaning and how to act upon them. Each week we will concentrate on learning the meaning and implications of that word on our swimming. An effort has been made to order the words in a manner so that they can build on each other. Basic concepts and skills first, and then more abstract and difficult skills later in the season. Of course, it would be an advantage to make each word part of our efforts from the first to the last week of the season (and of course we will work on starts and turns etc. before the 13th week of the season), but there must be some organization and you have to start somewhere. You are expected to keep this book throughout the year, and complete assignments as we come to them. They will count for your grade. Listed below is our ladder to success, it could serve as a table of contents if you start at the bottom and work upwards to SUCCESS.

| |
|--------------------|
| <i>SUCCESS</i> |
| Intensity |
| Pacing |
| Finishing |
| Confidence |
| Winning – Thinking |
| Initiative |
| Friendship |
| Team Spirit |
| Self-discipline |
| Starts – Turns |
| Endurance |
| Fight |
| Focus |
| Rest |
| Goals |
| Nutrition |
| Academics |
| Commitment |
| Planning |
| Technique |
| Strength |
| Flexibility |

FLEXIBILITY

Flexibility and Swimming The Oly Stretching Program

Flexibility is an important part of all athletic endeavors. It is no less important in swimming. Stretching the various muscle groups is an important part of conditioning. We will be stretching before every practice and meet together as a team, but there are a lot of things that you need to do on your own in order to gain flexibility.

The benefits of flexibility training are many. Here are just a few:

- Λ Tight muscles react slower to increased demands of stress or speed.
- Λ Relaxed muscles have better circulation- thus nutrients can be obtained faster, and wastes (lactic acid) can be excreted faster.
- Λ Muscles that are loose, will recover from stress more quickly.
- Λ Your strokes can be longer and better balanced if you have good flexibility.
- Λ Improved flexibility will prevent muscle pulls and strains.

Some basic guidelines:

1. Muscle temperatures should be elevated two degrees before stretching. This helps the muscles to be "ready" to be stretched. We will do some basic exercises, stretch as a team, then warm-up when ever possible.
2. Follow the stretch routines from start to finish.
3. Stretch **SLOW** to increase range. Don't bounce.
4. Stretch everyday, before and after practice.

Some of the basic stretches we will do: (illustrated on the following pages)

- ⊗ ankle
- ⊗ shoulder and lats
- ⊗ chest and pecs
- ⊗ shins
- ⊗ butterflies (groin)
- ⊗ centerfold (lower back)
- ⊗ Mountain Climber (legs)
- ⊗ Towel stretch (shoulders)
- ⊗ crunches (stomach)
- ⊗ hamstring, lower back, shins
- ⊗ Arm and shoulder stretches.

An important part of our stretching routine will be after the workouts. We will use stretch cords for a 5 minute stretch cord workout at the end of practice. Research shows that shoulder strength and thus injury prevention can be developed by doing the stretches illustrated after workouts.

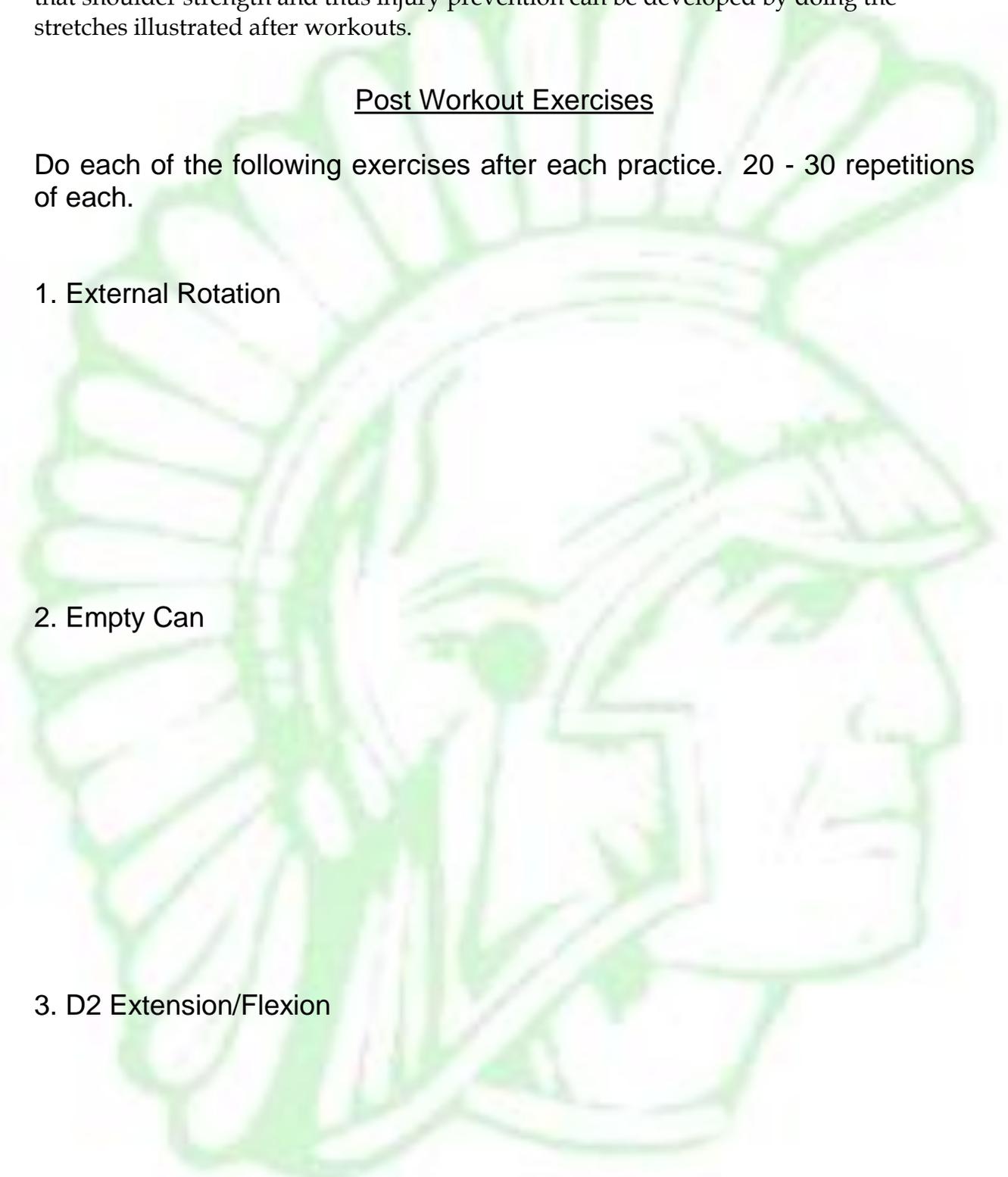
Post Workout Exercises

Do each of the following exercises after each practice. 20 - 30 repetitions of each.

1. External Rotation

2. Empty Can

3. D2 Extension/Flexion



Strength Olympus Swimming Weight Training and Dryland Program

In the 1960' swimmers were told that lifting weights would build bulky muscles, and decrease flexibility. In the last 40 years those ideas have changed dramatically, and because of a number of studies and a lot of research, it is believed that swimmers **must** engage in resistance training to be successful. We will have Four basic parts of our dryland training:

1. Weight training in the weight room - circuit training
2. Swim Bench training
3. Stretch cords
4. Fit balls and "serape effect" training

At Olympus, we believe that weight training is important in reaching your potential as a swimmer. We will lift weights on B days prior to 5th period swimming beginning at 6:00 am. The type of training we will do is called circuit training, because we will have a circuit of 25 stations that we will rotate through each morning. When we are in the "free weight" weight room we will train with partners for a couple of reasons: first, it is important to have a spotter on many of the lifts that we will be doing. Second, it is often helpful to have someone to push you and encourage you as you lift.

Some important ideas to keep in mind as you work on increasing your strength:

1. lifting weights will increase strength two ways:
 - a. increase in muscle mass - the repetitive use of muscles causes them to take on more muscle mass in the form of protein. The more muscle mass, the more force that can be exerted. This process is called hypertrophy. Those of you (mostly the girls) who are worried about becoming bulky, can stop, most people don't have the genetics to bulk up.
 - b. The Learning Effect - lifting can help train the nervous system to stimulate or recruit muscle fiber more efficiently for the job at hand.
We always have more strength available to us that we are able to use, because we cannot recruit all of the muscle fibers at the same time (because of inhibitory influences). With training, the inhibitory influences can be controlled.

2. We will be lifting in three stages during the season. Each stage will match the

type of training that we will be doing in the water.

a. Preparation phase - we will be concentrating on learning the lifts and exercises, endurance, and the large muscle groups. We will use the circuit system which will include the following exercises:

| | |
|-----------------|-------------------|
| Reverse sit-ups | Calf raises |
| Leg Extensions | Lat Pull-downs |
| Chest Flies | Sit-ups |
| Shoulder Shrugs | Tricep Extensions |
| Bench Press | Leg Press |
| runches | Hammers |
| Curls | Leg Curls |
| Lunges | One Arm Row |
| Bench Dips | Twist Crunches |

We will use 40 second intervals during this stage of our lifting. You will find a weight that you can do 15-25 repetitions.

b. Endurance phase - Same as preparation phase, except that we will go for 50 seconds. And try to do 20-30 repetitions.

c. Competition phase - Same exercises, but we will do 30 second intervals, do less repetitions, and little more weight. Emphasis will be on power and **speed**.

3. Other things to remember while lifting weights:

1. The recovery period is when muscle is built. It is important to get rest and allow your body to recuperate between lifting sessions.

2. Lifting and *lowering* the weight stimulates muscle growth. - always let the weight down slowly and smoothly (don't just rely on gravity) or you will be wasting your time.

3. Use the entire motion of the lift or exercise. It will increase your flexibility as well as work out the entire muscle group.

4. Intensity is essential. You have to push yourself beyond limits you might think are there. Most people think they are training hard when they really aren't. You have to break through and discover the reaches of your potential.

5. Nutrition becomes very important while lifting weights. If you want to add muscle, you have supply the raw materials (they aren't found in junk food).

6. You need to eat every few hours. You'll have more energy, less hunger, and feel better all around. You will create a "metabolic environment" that supports healthy fat loss and muscle gains.

7. It is quality that really counts in weight training. Use your time in weight room effectively.

Swim Bench - We will do two 20 minute workouts a week on the swim benches. You will sign up on a posted schedule and then stick to it. We will do six different exercises with one to two minutes in between each exercise.

- | | |
|------------------|-----------------|
| 1. Freestyle | 2. Butterfly |
| 3. Good mornings | 4. Chest Press |
| 5. AB crunches | 6. Stroke Cycle |

While alternating with your partner on swim bench, the other will do fit ball exercises and serape effect training. See posters in pool area.

Stretch Cords - At the end of every practice, we will do a set of stretch cord exercises designed to strengthen the shoulders. This quick (5 minutes), but has been shown to reduce shoulder problems a ton.

Technique - Swimming "Clean"

Olympus Swimming

My philosophy on technique in a nutshell: you will be spending a lot of time in the water, you might as well spend that time swimming correctly. You should try to do things right all of the time, not just when the coaches are watching. Being precise only take a little more effort than sloppiness, but that extra little effort is greatly rewarded:

Faster times at meets

Building a character that sets high standards and cares about doing a job well done.

You will find that precision will become second nature.

Technical Points to ponder everyday:

Generally on your strokes :

- put your body in your hands: emphasize the feel of the water on your hands as you sweep through your stroke.
- Aim for smoothness and grace combined with power and strength. Try to make your swimming beautiful as well as fast. As we watched Michael Phelps swim in the Olympics, you can't help but have an aesthetic thrill watching his strokes.
 - accelerate your hands out the back of your strokes.
- Keep your strokes long and smooth and efficient, especially at the end of repeats, sets, and practices.
- Do your repeats at the correct intensity.

Generally on your turns:

- Accelerate into every turn
- Gauge your strokes into every turn
- Streamline, streamline, streamline see article on "Assume the Position"
- Get off the wall as quickly as you can
- Kick hard out of every turn (except for breaststroke of course)

Generally on your finishes:

- accelerate into every finish, of every repeat
- gauge your strokes going into the wall, so you finish on a full stretch.
- Touch the wall about four inches below the surface, and punch it with your fingertips.
- Pretend every finish is the finish of an Olympic final: practice touching out swimmers in other lanes whenever you are close.

Things to remember on the Strokes

Butterfly:

- make sure you gauge your strokes to the wall. Next to backstroke turns and finishes, butterfly finishes and turns are the easiest places to pass other swimmers, or let other swimmers pass you. Just look at how Phelps was able to win the gold in the 100 fly, thanks to a great finish.
- Always touch two hands on every turn and finish
- Never breathe the first or last stroke of a length
- Always breathe every other stroke
- Always kick at least 4 times off each wall, hard and quick, before you even think about using your arms.

- Explode out the back of your stroke, touching your thigh with your thumb, staying as low as possible.
- Accelerate your hands through the stroke after making a good catch
- Emphasize the up beat as much as the downbeat on the kick

Backstroke:

- Always do good flip turns
- Always kick at least 4 dolphin kicks off every pushoff and turn. Start powerful and move towards fast and short.
- Roll your hips and shoulders. A shoulder roll by itself is not enough: Roll more than you think you should.
- Your pull pattern should be: deep catch, strong upsweep, and deep –quick finish.
- Stay on your roll until you finish the pull -- don't pull out of your hip and shoulder roll too early
 - o Use the serape effect
- Keep your head steady and back, don't look around.
- Make sure you count your strokes from the flags to the wall, and make sure it takes you the same number of strokes every time. Varying your stroke length is a good way to mess up any turn or finish.
- Accelerate your hands through the stroke.
- Practice a good kick - upbeat as well as down beat

Breaststroke:

- Always touch with two hands on turns and finishes.
- Always do underwater pull downs. Try to get at least 8 yards off each push off. Even when you are really tired. It is 8 yards you don't have to swim.
- Make sure your first stroke after the pull down is gargantuan. It will set up a good stroke length.
- Get your elbows up on the outstroke, and keep them high on the insweep.
- Emphasize the strength of the insweep
- Get your hands forward and streamline quickly
- Stretch - Stretch – stretch on the front of the stroke - Remember Kitajima?
- Get your hips up and ride the water
- Squeeze and glide at the end of your kick
- Never look around at your competitors

Freestyle:

- Always do flip turns
- On your turns, don't wait to turn on your stomach before you push off the wall. Get off the wall as fast as you can, then worry about twisting after your push off.
- After a turn, always pull with the bottom arm first.
- You will need to consciously push your hand forward at the entry --- stretch, reach, roll
- Roll your shoulders and your hips throughout the whole stroke
- Especially emphasize rolling your hips out the back of your stroke
- Breathe every 3rd stroke (Bilateral breathing)
- Sprinters: KICK< KICK<KICK - every kick should be strong and full – with a good beat.

Kicking

If you look at the events we swim in a high school meet, they are all pretty much considered sprint events - only the 500 free qualifies as a "middle distance" event. The rest even the 200 free and 200 IM are supposed to be sprinted. The key to a good sprint is kicking. It is a good kick that brings you home in the 100 fly. Kicking is considered the basis of backstroke.

A good kick is essential for breaststroke. Any good freestyler has to have a good kick. At Olympus we try to have about 20% of each practice devoted to kicking. Some coaches will do less because it is hard to pound in more yards if you do a lot of kicking. We will continue to do a lot kicking and try to do even more hard kicking. If you have fins (especially zoomer type fins) you are welcome to use those.

Starts, Turns, and Finishes

In a 50 yard race, the start, turn and finish are fully **ONE HALF** of the race; in a 100 yard race, they still account for 45% of the race; and even in the 200 it is still more than 40%. These statistics are an overwhelming argument for working very hard and conscientiously and continuously on these technical details that are too often overlooked until the week of the state meet. We will try to do a lot of work on this part of swimming. One of my favorite drills is a relay that stresses these aspects of swimming.

Swim Turns: Some Things to Remember

Freestyle Turns

1. Speed up your stroke as you approach the wall to increase momentum into the turn.
2. Throw your legs over as fast as possible and kick the wall with your feet. Don't take time to plant your feet just kick off of it.
3. Scoop water with both hands to help throw your legs over the water to the wall.
 - Leave your hands at the hip as you finish the last two arm strokes into the turn.
 - Duck your head and turn the hands over with the palms plunging down towards the pool bottom, then scoop water towards your head as hard as you can with both hands.
 - Continue pushing your hands up past your head and clasp the hands one on top of

the other.

4. Push off the wall on a streamlined and extend position, face down.
5. TORPEDO off the wall by squeezing your elbows into the ears and streamlining.
6. Take the first arm stroke with your lower arm, the one closest to the pool bottom as you come off the wall.
 7. Delay your breathing until after the first arm stroke off the wall.
 8. Kick shallow and fast right off the wall before building into the full kicking range.

Practice tips:

- See how for you can get ahead of your teammates on the push off the wall before you take your first arm stroke during sets.
- Work every turn in practice and in meets.

Breast stroke and Butterfly turns:

1. Begin looking for the wall about ten yards out so that you can adjust your stroke and hit the wall with your arms fully extended.
2. Touch the wall with both hands and quickly drop one elbow, turning your palm up and scoop water with that hand to help get our legs around the wall faster.
3. When your feet are on the wall, throw the hand, that you still have on the wall, straight for your ear.
4. Clasp your hands together one on top of the other.
5. Extend your arms as you push off the wall.
6. Squeeze your elbows against your head so that you are streamlined as you glide through the water.

Breaststroke:

7. Shrug your shoulders as you complete your underwater pull.
8. Recover the arms after the underwater pull by sliding your hands up the opposite sides of your body past the chest.

Butterfly:

7. Do to least two or three strong dolphin kicks before you break the surface of the water.
8. Train yourself to keep your head down on the first arm stroke and delay breathing for one stroke.

Backstroke Turns:

1. Know where the wall is without looking.
2. Count your strokes from the flags to the wall.
3. Practice your turns at the same speed as you will be swimming in the race.
4. Squeeze your elbows against your head, just behind the ears.
5. TORPEDO off the wall.
6. Take one or two quick, strong dolphin kicks off the wall while streamlining. This will help you to get you under the incoming wave and then up to the surface with power.

Planning

Olympus Swimming

Swimming is as physically demanding a sport as there is. A major part of the demand, is the demand on your time. Football players have one week of two-a-days practices, and if you listen to them talk about it you'd think that they were going through torture. It actually is a very hard, physically demanding week, and everyone is glad when it is over. In swimming, we have four months of two-a-day practices. It is physically demanding, but as you train, your body adapts and you are able to actually strengthen your body instead of tear it down. Swimming is a sport that requires, in fact demands this level of training. The demand, is mostly on your time. As a swimmer at Olympus, you are expected to put in two practices a day, five days a week.

You will have at least one meet a week starting the end of October that extends those days even longer. ***Swimming takes time.***

This takes planning. There are occasionally good reasons to miss practice, and as coaches we try to accommodate you as much as possible. But, not every reason or excuse we hear is a good reason. When missing practice becomes a habit, it is because you fail to plan around your conflicts.

If you fail to plan, plan to fail.

If you miss more than a practice a week, you are either a poor planner, or the commitment is not there and you should ask yourself whether you really belong on the swim team. Like my old swim coach would always tell us: Swimming is like banking, if you don't put time and effort into it, you can't expect to make any withdrawals, ie. You won't get anything out of it. Being on the swim team should be fun and being a part of an enjoyable social group has its own reward, but, the real purpose is to swim fast. There are a lot of other groups you join if all you wanted was to have fun. ***Real joy comes from accomplishment and progress.***

Accomplishment means making changes, changes are painful, and require sacrifice.

Our swim season is planned on a long term basis. Our goal is to help you swim fast in February. Each practice is part of a larger whole. What we do in October, is related to what we did in September. What we do on Tuesday is related to what we did on Monday. The afternoon practice is related to what we did in the morning. You can't run before you can walk, and every thing we do is planned to build on what we have done. Daily attendance is crucial: if you miss practice, throws off what you may get from subsequent practices. Swimming is like mathematics, if you don't understand chapter 3 you won't do very well in chapter 4. It is cumulative. It builds on itself.

You must plan to be at practice, if you want to be a successful swimmer. If you have to ask your self every morning when the alarm goes off " should I go to practice?", you are wasting time making decisions. You shouldn't have to decide each day if you are going to swimming. Make the decision once and then stick to it.

Our plan is to train properly. The next few pages discuss proper planning.

