

Dear Masters Swimmers, and others

We have a number of new swimmers, and people trying out the squad. So a few Notes:

Lane Etiquette:

1. **Keep Left.** Even if you are a broad person [like me??] try to keep left so that faster swimmers can pass down the middle of the lane. Note at North Sydney in LANE 2, the swimming is counter-clockwise; so keep RIGHT.
2. **Turn** at the Centre or towards the RIGHT side of the Centre marker [looking at the wall]. Then you can push off on the correct side. SO – the corollary is – if you have stopped, and are being passed, or just need a rest – keep to the LEFT [see also #1]. Again opposite for Lane 2.
3. For most sets, even with lots of people in the lane, go **10 [TEN] seconds** apart please. This gives you and those around you space. And stops dragging off others. Some articles suggest a drag speed of more than 3 seconds per hundred metres! Also make sure you are in the right speed order for that set!!
4. **Be Aware!!** You are not swimming in a cocoon! You have goggles, so you should be able to see. Know who is around you. Note who is catching up to you in a long swim [or vice versa]. If you do need to **pass** someone, touch their feet gently – the swimmer being passed should make sure they are swimming close to the lane rope, then pass quickly.
5. **Corrective Goggles!!!** . There are some good goggles with corrective lenses [see Oceanswims.com or the swim shop. You can even get different diopters in the two lenses.

If you need help to read the program / board or read the pace clock, you should get a pair!! Otherwise wear your contacts so that you can see. Which reminds me – how many of you are swimming with your eyes shut!??

Hopefully we can enjoy our swimming in an orderly manner without crashing into each other, despite any speed differences, as we all get fitter!

“Toys to Bring” - For Norths Swimmers, mostly applies to Sunday Training!!

With all the people training we have some equipment at the pool, but it would really help the sessions and your training, and technique if you can bring your own equipment. You **should** [try to] bring the following to each session. So if you are looking for some last minute birthday, etc, presents It really helps – A LOT – and gives YOU greater choice in your sessions too!

Pull Buoy [Rebel Sports etc.]

Fins!!! [Saves searching in the bucket, and you have them handy for training!] **Esp Lane 1** Possibly paddles - The regular Speedo type [Rectangular, probably no larger than the yellow size] or Tyr etc. [Be careful of your shoulders – build up gradually.] There are also some newer Arrow shaped paddles – these are excellent for adjusting your hand entry.

Water Bottle - use dilute Gatorade etc. Always have on deck. No Water – No Swim!

General Comments:

1. If you have any questions about the set – Please ask! Make sure you are doing it properly.
2. I try to write the sets on the board plainly (!!??). But if I do not explain properly, ask!
3. Depending upon the time interval given, I am usually happy for you to pull, use fins, do another stroke or Individual Medley so that you get a good work-out too.
4. If the set does become too hard, pull over, have a rest for 100, and move back in. If need to - feel free to try and move up or down a lane.
5. **Goggles!!!** Get a good pair!!! Find a pair that fits, do not leak, that you can **see** with!! When trying goggles on in the store – make sure the nose strap is the right size and spacing; then put the goggles to your face [without the strap over your head]. A good pair that fits you, should stick to your face. Once you have done your warm-up, you **should not** need to take your goggles off for the next 50 minutes! You cannot continue to stop in sets, races, ocean swims, or surf rescues all the time.
6. **Goggles!!!** Part 2. There are some good goggles with corrective lenses [see Oceanswims.com or the swim shop. You can even get different diopters in the two lenses. If you need help to read the program / board or read the pace clock, you should get a pair. Otherwise wear your contacts so that you can see. Which reminds me – how many of you are swimming with your eyes shut!??
7. **Arrive before the start** – please!! We only have a short time. You should be ready to start on time, having done some arm and shoulder stretching at least to loosen up [and avoid injury!!]. Get your chatting, stretching done, look at the warm up, get ready to jump in! Especially at North Sydney you know there are parking issues!
8. **Consistency**. Almost everyone wants to improve their fitness and stamina [and even technique]. That requires 2 sessions a week [at least]. We all have nasty bosses – but if they are serious about work / life balance – then call them on it. You really need to be consistent and come twice a week – for your benefit. At once a week it is hard to improve technique or fitness; and you miss out on what the others have [hopefully] learnt in the sessions you missed.
9. **I have a loud voice**. I am not shouting at you, I am trying to get your / someone's attention [sometimes not successfully]! I try not to shout at anyone, please do not take offence.

Feel free to ask questions or ask for help.

Some Swimming / Set Terminology

Send-Off Time / Interval Time – The Time you are doing your sets on; the gap between starts during interval training. For Example; 4*50m on the 1'10" [1 minute and 10 seconds] means swim each 50 and go again when 1 minute and 10 seconds has elapsed since you left the wall to swim. So if you take 55" to swim a 50, you get 15" rest.

Build-Up / Build Sets – When doing a set with Build [Up] swim gradually faster within each given distance. So doing 4*50 or 4*100 say on a time interval, each 50 or 100 will be swum in about the same time, but in each distance start slowly, build your speed, and finish fast.

Descend / Descending Sets – Each interval remains the same, but each swim increases in speed – usually about 3" per 50m. So in 4*50 Descend 1-4; Swim slowly on #1 [say 45"]; go moderately on #2 [42" say]; quickly on #3 [38" in this example] and fastest on #4. [35" e.g.]

If a Descending Time Interval, then the coach will say. [Interval reduces as well, by say 5" each time.]