

# Team rules

## Motivation / Discipline / improve your technic

Start training on time. 2 minutes per training means at least one week less per year.

Don't pull on the lanes, they're only there to be sure you don't bump into your opponents.

Swim practice is not only cyclic exercise, it is also non-cyclic exercise, and they are NOT ALWAYS swum at the same pace.

Be always aware of what you are doing, don't be a "follower", you will always be second. That includes being aware what times you are swimming in any set. There are big clocks everywhere.

Perform at all practices at your highest possible level. The technic you swim in practice will be the technic you swim in competition. If your body is tired or not feeling right, you should become able to distinguish if this is pain that will make you stronger, or weaker. Ill athletes don't practice!

Perform at all competitions at high level in any circumstances, then you will have exercised all probable circumstances that may appear at your most important competition.

Don't skip meters in practice just because you don't want to be the last one. That is not an option in any competition, so there is no reason to practice that. Just try to be faster.

There is also a reason why the distances in our competitions are 50m, 100m, 200m, 400m, 800m and 1500m. That is because all pools are either exactly 25m or 50m long. So why stop at 22m or 45m and change to a different stroke or do an "illegal" turn? That is absolutely not asked for in competitions so let us not practice it.

Being a high performance athlete is not easy, also because normal life is not made for high performance anymore. That means you have to make your own decisions and stand behind them, be independent and take responsibility.

Start with setting your own alarms, so you will wake up on your own because you choose to come to practice today.

Pack your own bags for training, competitions and training camps. If something is missing, you can't blame your mother.

Remember, without your parents taking care of other ordinary things, your swimming career will be over very quickly, because you will have to do them yourself besides training and school.

I as a coach will help you on your way to **YOUR OWN CHOSEN** goal **YOU** believe in. I will let you see what will be necessary to reach your goal.