



Squad Etiquette

Play by the Rules and everyone's happy!

Squad Rules # 1

by Paul Newsome, Swim Smooth Head Coach

- Unless otherwise advised, please use the clock and set-off exactly 5 seconds (6-7m) behind the person in front of you. You do not (and should not) try to catch them up immediately, as whilst this gives you a draft and makes it feel easier, you're not getting the best possible workout that you could and it also annoys the person in front. The coach will announce when drafting is actively encouraged, but especially on drill / technique sets, please keep your distance to allow everyone to perform at their best.

Squad Rules # 2

by Paul Newsome, Swim Smooth Head Coach

- Always keep to the right and swim in a counter clockwise direction (like you would on the road). Stay close to the lane rope and avoid swimming in the middle

of the lane as this is when head-on collisions occur or whacking of arms. This is especially important in Lanes 3/4 (fastest lane) as there is a good range of ability within these lanes especially in the faster, harder sessions.

Squad Rules # 3

by Paul Newsome, Swim Smooth Head Coach

- If someone is catching you up and you are aware that they wish to get past you, either pull over to the right (keep swimming), or better still, when you reach the end of the pool pull off to the right, stop, and let them past here. In many of the squad sessions we operate with two sub-groups per lane. In the event that the faster group laps the slower group within the lane, the slower group should have right of way, meaning that the faster group has to try and get past. Given that we are primarily a triathlon / open water swimming squad, this slight "messiness" at times really adds to the dynamic, so long as everyone plays nicely! Please do! Your coaches will try to best manage the dynamic and warn you when to stop or to keep going.

Squad Rules # 4

by Paul Newsome, Swim Smooth Head Coach

- Be vigilant when you are pushing off in the middle of a set - is someone coming up to the wall to effectively lap you? If so, don't push off immediately in front of them as this is very frustrating. Let them through and then when it is clear jump into a spot behind them.

Squad Rules # 5

by Paul Newsome, Swim Smooth Head Coach

- Aim to start each and every lap with a good torpedo push off. If you don't know how, [check it out here](#) - it will really pay dividends and make you look quite the "pro"!

Squad Rules # 6

by Paul Newsome, Swim Smooth Head Coach

- When using fins or pull buoys, chances are the speed order (pecking order if you like) of the lane often changes. If you know that you are particularly quick with fins on, don't be afraid to ask to go in front of the person in front of you. Equally, don't be afraid to be bold and put your hand up to have a go leading a particular section of the session - the squad's biggest improvers are always the boldest in this respect.

Squad Rules # 7

by Paul Newsome, Swim Smooth Head Coach

- Aim to pace yourself well, this is ultimately what keeps the lane flowing really well and makes the most out of your own practice time. See how [here](#).

Squad Rules # 8

by Paul Newsome, Swim Smooth Head Coach

- Aim to do your drill and technique work to the best of your ability. Don't feel pressured to rush through this aspect of the session. I will quite regularly slide to the back of the lane in the squad which I swim with when working on my technique, even if it means missing the odd lap. A drill worth doing is a drill worth doing well - please always remember that.

Squad Rules # 9

by Paul Newsome, Swim Smooth Head Coach

- Try to keep all your kit neatly organised on the pool deck - a mesh kit bag is highly advisable and prevents other swimmers mistakenly walking off or using your kit. Also, naming your kit in bold black marker is ALWAYS worth doing!

Squad Rules # 10

by Paul Newsome, Swim Smooth Head Coach

- Lastly, be nice to your fellow lane swimmers...it might be early in the morning and you might be a little grumpy normally at this time, but there's never an excuse to get irritable with anyone in the lane. If there's a problem, let the coach know or just diplomatically address it with your swimming buddy. We're all here to have a good time and not feel pressured when we swim.