

# **DAWLISH SWIMMING AND LIFE SAVING ASSOCIATION**

Affiliated to the ASA.

Swim21 Accredited

President Norman Storey

Founded 1865

## **Lane Leading**

Generally, the lane coach will decide upon the lane leader, dependent upon the set that you are swimming. Lane leaders may change during the course of the training session.

Who should lead the lane? Nothing makes a set run smoother than a great lane leader. The first swimmer in the lane must understand the set and all the intervals, be able to see and read the pace clock (if being used) and have a good sense of pace – remember, it's not a race! If you typically take it out fast and fade, you are better off swimming the set behind a teammate who will pace the set better. The Lane Leader should use common sense and realize that the way he/she swims the practice affects everyone in the lane.

## **Passing**

With the number of swimmers in our lanes, the need to pass another swimmer in a long swim is almost inevitable, especially in distance sets. The key to keeping the lane running smoothly and help all the swimmers keep focus on the practice is to determine the passing strategy for the lane before the set begins. Communicate with your lane mates to determine what will work best everybody in the lane! Passing in the center in a crowded lane is dangerous and not recommended. Instead, we use this common set of general guidelines across all our lanes:

It is best to make the pass at the walls rather than in the middle of the laps. Here is how it works:

Passer: Gently taps feet of Passeur.

Passeur: At the next turn, pulls over to the Right Corner and stops.

Passer: Makes flip turn at Left Corner of wall.

Passeur: Starts swimming again, behind the Passer.

In general, when circle swimming in practice, swimmers should make their turns at the Left Corner of the lanes. As soon as the swimmer ahead of you finishes his turn and goes by, you should swim towards the center of the lane, make your turn to the left on the wall, and push off on what is now the right-hand side of the lane. If everyone does their turns this way, we will avoid crashing in to each other.

With regards to resting on the wall in the middle of swims, swimmers should hang on the wall in the Right Corner of the lane. This will allow the other swimmers to continue to make their turns in the Left Corner without interference.

Also, when finishing your swims, be sure to finish as far to the left as possible so that the swimmers behind you have some room to your right to finish as well.

## **Arriving Late and Leaving Early**

With the hectic lives we are leading, it is almost unavoidable that all of us will arrive late to practice on occasion. When arriving late, you will want to consider that the practice has been designed from warm-up through cool-down, and when you hop into the action midway, you will

not be getting the maximum benefit from the practice. Late arrivers can potentially disrupt the flow of a lane if they are not considerate of those busy in the main set.

Here are a few things that you can do to integrate into the practice more smoothly when arriving late:

*Wait for the head coach to speak to you before even entering the water.* They will discuss with you why you're late and advise whether you can get in the pool to train.

If you are allowed to swim, talk with the lane-coach to find out what set the lane is doing and how far through the set they are. Do not expect the swimmers to stop and explain it to you.

Wait until the swimmers are resting at the wall to announce your arrival. Do not surprise them by just hopping in and swimming behind them. This often leads to collisions.

Swim at the tail end of the lane and warm-up slowly before raising your heart rate. Once you are up to speed and the interval allows, adjust your position within the lane to one most appropriate for your speed.

Like arriving late, early departures are just part of our tightly scheduled days. Before the set begins, let your teammates and coaches know that you will be leaving early. This is particularly important if you are leading the lane. Those behind you will want to make sure they understand the set, the intervals and the send-off times.

## **Starts and Turns**

Negotiating the walls properly leads to a smoother running lane. Follow these guidelines for negotiating the walls in your lane and you will encounter less traffic hazards:

**Pushing Off:** The leader in the lane should always be on the far right side of the lane, ready to push off into the swimming lane. The other swimmers should move to the right side of the lane as their turn to push off approaches and as the people ahead leave.

**Turning:** As you approach the wall for a turn, cross over to the far left hand corner of the lane once the people ahead of you have passed by. Make your turn in the left corner of the lane, and push off along what is now the right side of the swimming lane. If you experience crowding at the walls and there are a limited number of swimmers in the lane, consider leaving with 10 seconds between swimmers.

**Finishing:** As in turning, finish as far to the left in the lane as possible. Leave wall space so that the swimmers behind you have an opportunity to get to the wall.

**Passing:** Communicate a passing strategy within your lane before the set begins. The same strategy will not always work in all lanes. If you stop for any reason in the middle of the set, stay to the far right corner of the lane, out of the way of the other swimmers. See the comments above.

## **Attitude**

Following all the guidelines above will help make our practices more beneficial and enjoyable for everyone. It is also important to have a good attitude about the practices and your lane mates. We train very hard, after a long day at school or work so it is understandable to be grumpy during practice sometimes. However, there is no reason to take it out on your teammates. If you are looking for a conflict, please don't get in.