

Dear Masters & *Swimming with the Dolphins*SM Enrollees,

Please read, accept, and ask questions. By reading this e-mail, you can better understand the many issues we all face, coach and swimmer alike.

Here are some general guidelines that you may find helpful:

- ✓ It is considered acceptable to have up to six adult swimmers swimming in one 25 (short course) yard or one 25 (short course) meter lane and up to eight adult swimmers in one 50 (long course) meter lane.
- ✓ Competitive pool temperature for racing is 78 degrees F. For workout, pool temperatures vary between 75 and 84.5 degrees F. Facilities we operate out of try to aerate the pool to acceptable temperatures in the warmer times of the year (to cool it down) and to keep the pool temperature moderate in the cooler times. Dolphins of the Desert Swimming Academy does not condone rigorous swimming in pools above 81 degrees, so we often adjust workouts to reduce the risk of physical harm to our athletes in warmer water. If you feel ill because of a particular temperature, do not attempt to swim through it. Tell a coach if you're feeling if you feel ill because of pool temperature.
- ✓ There is a school-of-thought that says a higher pool temperature for practice (say, 83 or 84) gives the heart the opportunity to work harder, and the athlete therefore becomes stronger. Then, when tapered and in competitive water temperature, a swimmer trained under those conditions can perform at a higher level. We do not agree with this thinking, but it is a respected way-of-thinking nevertheless. Be flexible over pool temperature and realize that **Dolphins of the Desert** has little to no influence over pool temperatures.
- ✓ Arrive at practice on time. If you are not able to come to practice on time, that's OK – but don't expect everyone to conform to your late schedule. Arrive and conform yourself to whatever is going on in the lane at that time. Don't try to "make up" what you have missed. Speak with the coach when you arrive to know what is going on in the pool.
- ✓ Intervals are more complicated than saying to yourself or your coach, "this is too easy of an interval for me" or "this is too hard for me". Take the opportunity to work harder (or just do your best) and results will come. Too many swimmers get caught up in their intervals being a particular number with a particular rest maximum – intervals should not be understood simplistically. Few issues trump hard work. Make something positive of interval situations that you may not find ideal. If the interval is too easy, move to a higher-level lane. If it is too difficult, move to a lower-level lane. ***Do not adjust the interval from what the coach gives you unless you discuss it with the coach first.***
- ✓ *Negative Self Talk* is unhelpful and destructive both to yourself and those around you. Use positive Self Talk and create a world of possibilities rather than of non-possibilities. Try Positive Self Talk if you have not already done so – it works!
- ✓ Set goals for yourself to keep yourself invested into coming to workouts regularly. In short, come to workouts as much as possible and expect results when you have a regular and consistent workout attendance.
- ✓ Many goals require additional instruction outside of swim practice. It's hard to expect yourself to change your stroke during workout when your heart rate is higher than what it would be in a swimming lesson, and when the coach is engaged with a dozen or more other athletes. Consider taking a series of private swimming lessons (or semi-private [where the cost is split between 2 persons]). By taking lessons, you will become more aware of your stroke and more likely achieve your training or racing goals. To begin your journey and improve your stroke, click here: <https://www.appointment.com/ddsa>.
- ✓ If you are unhappy with how **Dolphins of the Desert** is running a particular workout or workouts, make an appointment with Coach Jeff Commings or Coach Geoff Glaser to discuss your concerns. You can call 520-891-8923 to make your appointment or e-mail commingsjeff@gmail.com for Jeff Commings. To contact Geoff Glaser, call 520-891-8914 or use info@dolphinsofthedesert.com.
- ✓ Non-members of La Paloma Country Club are sponsored by Members of the Club and are therefore welcomed Guests of the Club. Keep in mind that non-members of the Club **DO NOT** have access to Member Locker Rooms, Member Showers, or Member Towel Services; however, non-members may utilize the outside showers and restrooms adjacent the pool for showering and changing. Non-members of the Country Club should also remember to bring their own towel to practice.

- ✓ Unless you are a member of the La Paloma Country Club, you may not use the kickboards or pull buoys stored in the lap pool area. You may purchase these items (and other swim gear equipment) at local stores or online.
- ✓ If you find that you need to take one or more months off from swim practice, you **MUST** alert Geoff Glaser at info@dolphinsofthedesert.com **BEFORE** the month or months in question. If you do not alert Coach Geoff before the month or months you want to “freeze” your account, your credit card will automatically be charged and you **WILL NOT** receive a refund. When you return, let Coach Geoff know of your return and your account will be restored.

Lane Etiquette:

- ❖ When you arrive for swim practice, circle swim, regardless as to how many or few are in the lane (even if you are the only swimmer in the lane during warm-up). **After warm-up**, you may split the lane if there are only two people in the lane or swim down the center line if you are the only swimmer in the lane.
- ❖ Get into a lane that best suits your interval and fitness level. Don’t overshoot and try to “push” yourself when other swimmers in your lane are suffering by your having to be passed an inordinate number of times during workout.
- ❖ Lane hierarchy (who goes first, second, etc.) is affected by many factors. Adult-like negotiation is a good start (e.g., “I am going to wear a pull buoy and that makes me much faster. May I go ahead of you on these repetitions while I am using the pull buoy?”). Hierarchy is best worked out in the water while swimming. Pass someone you believe you can stay ahead of. Don’t pass someone you can’t stay ahead of for the set. Knowing your general condition level and general swimming ability is a good start to keeping the peace in your lane.
- ❖ Swimmers should leave five seconds apart on a given send-off in short course pools and either five seconds or 10 seconds apart for long course. You may leave 10 seconds apart in short course on a speed day or when there are three or fewer people in your lane.
- ❖ You should be submerging about 2 seconds from your send-off, so that when you actually push off the wall, the final practice split for your yardage/meterage increment will be more easily interpreted.
- ❖ Keep track of your splits as appropriate (not during warm-up or warm-down or drills), so you can swim your sets correctly.
- ❖ Gently move to another lane with a more appropriate interval when you are not feeling well and can’t keep up on the interval for the day/set. Do so without interrupting the flow of any swimmers around you. Don’t feel like less of a swimmer if you have to move down a lane. You’ll be satisfied by being able to complete the workout without having to stop to catch up to your lane mates. (Lane 5[/6/7 or 8] swimmers, this is not a license for you to get out of the pool... .)
- ❖ Because coaches do not know who will show up on a given day, they may assign you to a lane, then move you to another lane for reasons you may not understand immediately. Refrain from quizzing a coach on your lane assignment. Ask for time outside of workout to discuss the matter. Lane assignments are more complicated than what you think your level (or lane-level) is.
- ❖ Swim on the right side of the lane, not in the middle unless you are passing. When you pass, be aware and respectful of oncoming swimmers.
- ❖ Communicate with your lane mates. Before a new interval begins, if you believe you can lead the lane or go up in the swimming queue, then ask if that’s OK. Chances are the person in front of you will realize you were coming up on them during previous repetitions.
- ❖ For safety reasons, be aware of where other swimmers are in your lane during workout. Spacing out is not a great reason to crash into another swimmer.
- ❖ In **Dolphins of the Desert** workouts, it is considered acceptable to touch a person’s feet to indicate you want to pass. The person in front, when feeling the tap on the foot, should stop at the approaching wall and let the person or persons pass. If you are being passed, veer right, even if you are approaching a wall!
- ❖ When passing, don’t try to “keep up” with the passing swimmer. Maintain your speed but don’t race the swimmer who is passing you – let someone coming up on you pass! Be polite.
- ❖ If you are passing someone, don’t slow down after you pass – so they in turn have to pass you! Hold your pace and, as appropriate, your place in the lane.

- ❖ Refrain from being a lane leader if you are unable to calculate interval and repetition mathematics. Knowing intervals and being able to keep count is the primary duty of the lane leader, though it is OK to ask your lane mates once in a while to help you keep track.
- ❖ *Even if you are not the lane leader*, you should be keeping track of the number of repetitions that have taken place at a given point in the set as well as previous and next send-off times.
- ❖ Disagreements in a lane can be unpleasant. Refrain from trying to resolve conflicts yourself if things are getting out-of-hand. A coach can and should act as a mediator and final arbitrator in all lane conflicts; however, the coach for the day may not see what has happened or what is happening. Kindly let the coach for the day know of a tense lane situation while it is happening.
- ❖ Everyone in a given lane should start sets at the same time (of course, :05 [or :10] apart from each other) for regular sets (outside of warm-ups and warm-downs). If you fall behind and have to skip ahead, that's OK -- we do the best we can. As soon as you fall behind as much as a 50 (or 100 in LCM), skip ahead to the repetition where everyone else is. Again, that's OK.

All the coaches hope this will help workouts to run more smoothly. We're glad you're on board and hope your swimming practices will help you become more efficient and faster in the water.

Jeff Commings, Head Coach