



Session Preparation



All Dippers : In order to get the most benefit from each swimming session it is important that you arrive in good time and be fully prepared. You should be at poolside 'ready' to swim a **minimum of 5 minutes** before the session start time. This means:

1. Swimming caps ON ! - do not wait until you get in the water to put your hat on



2. Goggles - adjusted correctly - again do not wait until you get in the water to do this



3. Having a full water bottle (with identification) available



And finally..... Be ready to listen to your coach right from the first minute of the session !!