

# *Pope Swimming 101*

## *We expect you to....*

- Take the harder route. Walk don't drive, stairs- no elevator.
- Lead your lane at least once a week.
- If possible, stay after practice to work on details.
- Do extra warm-down if you need it.
- Learn when possible from the most knowledgeable source, BUT LEARN!... then TEACH!
- Improve all four strokes... all year long.
- Don't be satisfied with your technique---there is always something to learn.
- Practice relay exchanges all year long.
- Maximize distance per stroke.
- Turns every time!!!!
- Streamline, streamline, streamline.....
- Don't be the last one in the door or in the pool more than once.
- Get out of the pool like an athlete.
- Have and USE your water bottle, stay hydrated.
- Leave our area better than when we got there.
- Be proud to be a Pope Greyhound!!!