

Lebanon Swim Club

Practice Rules

1. No talking while coach is talking.
2. Arrive on time and enter the water on time.
3. Bring the proper equipment (suits, towels, goggles, fins, and caps) to practice.

*** We will not have any spare goggles or caps to loan ***

4. No diving unless a diving drill is being conducted.
5. If you must stop for any reason, exit the pool immediately and do not re-enter until you are ready to continue.
6. Bathroom breaks are only taken between swim sets.
7. Please arrange to be picked up promptly after practice.
8. Parents are welcome to observe, but please refrain from talking to swimmers or coaches during practice unless an emergency exists.
9. *Always* treat coaches, your fellow swimmers, and yourself with respect.