

ABSC Classic City Masters – Mission:

The Classic City Masters provides an opportunity for improvement-minded and fitness-oriented swimmers of various skill levels to pursue individual swimming goals within a team environment through regular, structured, coached workouts.

ABSC Classic City Masters – Practice Etiquette:

- Learn the names of the swimmers in your lane and encourage them during practice.
- Get in the right order in the lane – fastest to slowest – and maintain the order, even if you sit out one part of the set. You may need to change the order in a lane during a workout based on the specific sets.
- Leave at least 5 seconds apart by default, longer if the coach asks you to.
- Stay to the right side of the lane for circle swimming.
- Turn in the middle of the lane at the wall.
- Finish all the way to the wall on every swim, then scoot to the left to allow the swimmer behind you to do the same.
- Don't swim on the feet of the person in front of you. Either go ahead of them or (if possible) leave further apart.
- Don't take it personally if someone wants to go ahead of you. Give the person appropriate lead time and don't punish the person by sprinting and riding their feet for the rest of the set.
- Don't push off the wall in front of someone about to turn if they are faster than you.
- Pay close attention to the practice schedule and the coach's explanations of the sets – if you are swimming much faster than everyone in the lane, it could be that everyone else in the lane is following specific instructions you might have missed.
- The slowest person in the lane should be able to make the interval with some rest – if the interval happens to be too slow for you, ask the coach how you can make the swim more challenging or ask the coach about swimming in a faster lane.
- Be AWARE of where others are in your lane.
 - To pass in the lane: Pass on the left. Tap the foot of the person in front of you before passing.
 - To pass on a turn: ANTICIPATE when someone will catch you, pull over to the right, let them pass, and give them a 5 second head start before following.
- If you need to STOP, squeeze into the corner to the right of coming swimmers, so they will have sufficient room to turn.
- Learn to read the pace clock – know your time, your interval, and your next send off.
- Use the pace clock, not your own watch, so everyone, including the coach, is on the same page.
- Stay on the interval and help your lane mates stay on the interval.
- Count your laps and stop at the appropriate number.
- Remember to model appropriate adult behavior– we are frequently practicing next to young kids.