



Swim Practice 101

At CSTE, we strive to ensure both your quality of training and comfortability with our programs structure. For all new swimmers, we understand there can be many questions about how practice is run and we are here to help. We have compiled a list of the most important things to know about swim practices. Feel free to contact your coach for any group related practice questions!

Arrival Time

Here at CSTE, we encourage you to be 15 minutes early to practice each day. It not only allows you to be able to get all your gear prepared, but interact with your teammates and coaches before you hop into the water!

Gear

Caps and goggles are always needed. Make sure you check the website with all the necessary items listed for your groups.

[Link: Equipment List \(Required Gear List for Each Group\)](#)

[Link: Team Store- Swim West \(select CSTE, access code: gocste\)](#)

Nutrition / Hydration

Nutrition: In order for your swimmer to maintain the mental and physical stamina required to have an effective practice, they should eat a snack or light meal 1-2 hours before their practice starts. Healthy carbs and simple sugars will help fuel your athlete

Hydration: When we swim, we sweat just like in every other sport. However, it can be difficult to gauge dehydration when you are surrounded by water whisking the sweat away. Your swimmer must drink a bottle of water 0.5-1 hour before their practice starts, and then sip on water/electrolytes throughout the duration of their training session.

Practice Times / Schedule Changes

When planning for your practice, ensure you know the schedule by [following this link](#) to our team wide schedules for the season. Schedules are broken up by site/location.

“Swim happens” ... Make sure to check your emails often for updates to the practice schedule. Whether its facility issues, holiday hours or, well, weather, we will have to adjust the schedule from time to time. We will try to alert you as early as possible in the event of a schedule change.