



Hitchin Swimming Club



Squad Expectations

Competition Squad

All swimmers will be competing regularly and working hard to achieve PB's. Younger swimmers in this group may have County consideration or qualification times.

What we expect from you

- To attend a minimum of 75% of sessions as an average over the whole year
- To always start, turn and finish properly.
- To always try to the best of your ability.
- To enter the Open meets available to you to race in, **with a compulsory minimum of three** and to take part in team galas when invited.
- To adhere to the Code of Conduct.

What to expect from us

- To only use qualified staff or those training under the Head Coach.
- To give a varied and progressive programme that will allow you to use all four strokes and different distances.
- To give you chances to race at your level throughout the year.
- To adhere to the Code of Conduct.

To move up to Performance squad

- Have the desire to progress with your swimming career.
- Be sufficiently mature and strong enough to take on a higher intensity of training.**
- Should be racing in as many Open meets as possible aimed at your ability.

General Expectations at Training Sessions

- Turn up on time for training
- Come to the session with all equipment needed, including a drink
- Use the toilet before the session starts and only during a break in the sets when in training.
- Don't pull on the rope.
- Do all that has been asked of you to the best of your abilities.
- If you have an injury inform the coaches before you get in the pool.

The above will be monitored to ensure you are swimming in an appropriate squad and to allow swimmers to progress through the club effectively. You will be asked to move to an appropriate squad, if you are not justifying your place with your attendance, attitude, ability or performance.