



# Hitchin Swimming Club



## Squad Expectations

### Development Squad

#### The first step of squad swimming and developing competition skills

##### What we expect from you

To attend a minimum of 65% training sessions as an average over the whole year  
To try to the best of your ability.

To adhere to the Code of Conduct.

To take part in HSC Club Championships and team galas when invited

To adhere to the Code of Conduct.

##### What to expect from us

To only use qualified staff on poolside, or those training under the Head Coach.

To give a varied and progressive program allowing you to explore all four strokes.

To give you chances to race at your level at points in the year.

To adhere to the Code of Conduct.

##### To move up to Skills Squad

You need to show the ability to keep your strokes from deteriorating as the distances and session time goes up.

Have competed and have shown a desire to want to swim faster.

##### 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.**