



Hitchin Swimming Club



Squad Expectations

Fitness Squad

Swimmers who have been with us through the squad structure who no longer wish to train at a high intensity.

What we expect from you

Regular attendance expected

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 if you wish, there is no compulsory racing in this squad, but you are more than welcome to continue to race.

To adhere to the Code of Conduct.

What to expect from us

To only use fully 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 adhere to the Code of Conduct.

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.

Be aware that your behaviour and language must be appropriate for the diverse age range in the club. Exhibit appropriate behaviour in the changing rooms and public areas and act as a role model for younger swimmers

Although this is a more relaxed squad it is still possible for you to be asked to move on with your swimming career if you are not justifying your place with your attendance, attitude, ability or performance.