



# Hitchin Swimming Club



## Squad Expectations

### Performance Squad

**For swimmers who are working to achieve County consideration or qualification times**

#### **What we expect from you**

To attend a minimum of 75% of evening training 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

You should be aiming to be swimming to a County standard and beyond.

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 give you a more personal approach to your swimming (your best distances and strokes).

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

#### **To move up to Elite Squad**

Have the desire to progress with your swimming career.

Should be working to achieve Regional times in the next 12 months.

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.

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.

**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.**