



# Hitchin Swimming Club



## Squad Expectations

### Transition Squad

**Entry point to the Club – transitioning from ‘Learn to Swim’ scheme to competition strokes**

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

To attend on a regular basis (weekly strongly encouraged for maximum impact).

The desire to progress your strokes into a more ‘racing stroke’.

To try to the best of your ability

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 learn racing dives, turns and finishes.

To adhere to the Code of Conduct.

#### **To move up to Development Squad**

Demonstrate your desire to become a competitive swimmer through your attendance, attitude, and 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.