

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
- Consistently strive to perform to the highest standard of your abilities.
- 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.