

## **Squad Expectations - Elite Squad**

**For swimmers who have achieved regional times or are expected to achieve these times in the next 12 months, based on current personal best times.**

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

- To attend a minimum of 80% of evening training sessions as an average over the whole year. If your average drops below this, you may be encouraged to make use of the morning sessions to bring your average back up.
- To always start, turn and finish properly.
- Consistently strive to perform to the highest standard of your abilities.
- To enter the Open meets available for you to race in and commit to a compulsory minimum of four open meets in the season, not including Counties or Regionals and to take part in team galas when invited.
- You should be swimming to a regional standard and aiming to achieve National times.
- To show commitment to land training.
- 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 develop all four strokes over different distances.
- To give you a personal approach to your swimming (your best distances and strokes).
- To give you chances to race at your level throughout the year.
- To adhere to the Code of Conduct.

### **General Expectations at Training Sessions**

- Be punctual
- 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.**