

# **Squad Expectations - Skills Squad**

**Swimmers working on improving skills and will be gaining experience of competing**

## **What we expect from you**

- To attend a minimum of 65% training sessions as an average over the whole year
- To always start, turn and finish properly.
- Consistently strive to perform to the highest standard of your abilities.
- To enter the Open meets available to you and take part in team galas when invited
- To adhere to the Code of Conduct.

## **What to expect from us**

- To only use 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 chances to race at your level at points in the year.
- To adhere to the Code of Conduct.

## **To move up to Competition Squad**

- Have the desire to progress with your swimming
- Show the ability to maintain your strokes at all levels and times in training.
- Is able to do all starts, turns and finishes properly each time.
- You should want to be racing in as many opportunities as possible
- Your attendance, attitude, ability, and performance will all be considered to move up.

## **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 give you the opportunity to progress through the Club.**