

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.