

Squad Expectations - Transition

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