



## Squad Expectations

### B Squad

**A more intensive level of training for more technically accurate and fitter swimmers wanting to progress.**

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

To attend 3 out of the 4 sessions available to experience the full programme.

To compete in the Open meets available to you.

To show commitment to the Club and make yourself available to compete and represent the Club at events when selected (for example Speedo League) except in exceptional circumstances.

You should be aiming to be swimming to a County standard.

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 throughout the year.

To adhere to the Code of Conduct.

#### **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.

To always start, turn and finish properly.

To always try your best at the different aspects of training now being used.

Do all that has been asked of you to the best of your ability.

If you have an injury inform the coaches before you get in the pool.

Once you meet the performance required to train at the next level and show commitment in terms of attendance and attitude, the Head Coach you will invite you to move up to the next squad, space permitting.

**The above will be monitored to ensure you are swimming in an appropriate squad and to allow swimmers to progress through the club effectively. We will send out attendance data on a regular basis and you have the opportunity to discuss your performance with the Coaches. After reasonable discussions, if you are not justifying your place with your attendance, attitude, ability or performance a squad move will be requested.**

**The Club will review these expectations annually.**

