



Squad Expectations

C Squad

The first step up from the Development Squad.

What we expect from you

To attend at least 2 out of the 3 sessions available to experience the full programme.

To compete in Open Meets available to your level.

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 throughout the year.

To adhere to the Code of Conduct.

To move up to B Squad

Show the ability to maintain your strokes at all levels and times in training.

Have the ability to do all starts, turns and finishes properly each time.

Compete in as many galas as possible aimed at your level.

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.

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 ability.

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.