



## Squad Expectations

### D Squad

A development squad which is the entry point for young swimmers into the Club.

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

- To attend at least one session per week.
- The ability and desire to progress your strokes.
- To compete in development meets recommended by your Coach.
- 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 give you chances to race at your level at points in the year.
- To adhere to the Code of Conduct.

#### **To move up to C Squad**

- You need to show the ability to keep your strokes from deteriorating as the distances increase.
- Show commitment in terms of attendance and attitude.
- Meet the required performance to train at the next level.
- Space permitting, the Coach will invite you to move up to the next squad once you meet these requirements.

#### **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.