

The City of Glasgow Swimming Club aims to provide a safe, healthy and secure environment for our coaches, swimmers and parents where they can enjoy the sport of swimming. The wellbeing of our members is the cornerstone of our commitment to you.

Our Coaching and development programs are designed to ensure our swimmers can achieve as much possible as they progress through the swimming pathway. We welcome swimmers of all levels, abilities and ages from learn to swim graduates through to Masters swimming. We have a place in our club for swimmers who wish to swim competitively or just for fitness.

Our coaches are fully qualified and focussed on the progression of their athletes providing them with guidance, support and knowledge as they grow as an athlete and as a person.

We believe that our sport teaches our swimmers valuable life skills of commitment, hard work, learning from failure, resilience and our coaching team aim to instil these values that the swimmers can carry with them through their swimming journey, in education and wider life.

## We will:

Provide an environment where swimmers of all ages can reach their desired potential.

- Teach and coach all of our members the values, rewards and potential that swimming can provide.
- Provide an environment where swimmers can be themselves, feel welcome and respected
- Provide coaches who are good role models, committed to the development of their athletes and provide support to their swimmers and squads
- Work with our swimmers to set realistic goals and objectives and measure their progress against established standards as benchmarks for improvement
- Work with and support the local swimming community to promote the sport of swimming