



Squad Expectations

Gold Squad

This squad is for our older swimmers who no longer want to train at the level of A Squad.

What we expect from you

To attend 1 out of the 3 sessions available to experience the full programme.
To always start, turn and finish properly.
To always try to the best of your abilities the different aspects of training being used.
To enter the Open meets available to you to race in if you wish, there is no compulsory racing in this squad but you are more than welcome to continue to race.
You should be still aiming to train at the level of the squad you are swimming with.
To adhere to the Code of Conduct.

What to expect from us

To only use fully 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 a more personal approach to your swimming (your best distances and strokes).
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.
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.

Although this is a more relaxed squad it is still possible for you to be asked to move on with your swimming career if you are not justifying your place with your attendance, attitude, ability or performance.