

Club Squad 2

Training Times

Monday	1930 - 2100	25m	All the sessions take place at Becontree
Tuesday	1930 - 2100	25m	
Wednesday	1910 - 2100	50m	This session is at the 50m pool.
Thursday	1800 - 1930	25m	
Friday	1930 - 2100	25m	
Saturday	0730 - 0900	25m	

A place within this squad is under constant review, based on attendance, Performance in training and in competition. Swimmers in this squad will be aiming to compete at County / Regional level. All squad movements will be at the discretion of the coach.

Session Attendance Recommended Training Items

Age 11 to 14 years. The minimum training requirements is 4 sessions per week.

- * Fins (Short)
- * Snorkel
- * Alignment Board / Small Kick
- * Hand Paddles
- * Two 1 Litre water bottles (Filled)

Core Values

1. Being on time
2. Work ethic
3. Effort
4. Energy
5. Body language
6. Passion
7. Doing extra
8. Being prepared
9. Being coachable
10. Attitude

Session Policy

- * It is required that all training sessions commence promptly
- * Swimmers to be on poolside 5-10 minutes before start of pool session to conduct a pre pool warm up.
- * All swimmers on poolside must start the session when told . If not , swimmer will not be permitted to take part in the session.
- * Swimmers arriving later than 10 minutes will not be allowed to join the session.
- * Swimmers that arrive within the 10 minute window will be given 2 minutes to enter the water.
- * Failure to do so will result in not being allowed to swim.
- * Swimmers must use their training equipment when required.
- * No swimmer shall stand & fix goggles during sets.
- * No swimmer will skip lengths during a set
- * Swimmers must take their kit home with them after every session no equipment to be left in the lockers in either pools.All these points are at the coaches discretion.

We know that everyone is sometimes unavoidably late . Consistent lateness will not be tolerat