**Witney and District Swimming Club**

**Age Group Squad’s Swimmers Training Values**

**In the pool**

* Try your best at every training session
* Always try to improve yourself in strokes/skills/training skills
* Let others if front (ask to go in front) at end of length end of rep
* Consider other swimmers strengths/weaknesses in discussing order of lane as a group
* Don’t cheat yourself or your team mates
* Always leave 5 second gaps between swimmers and give each other space
* Aim to do correct pace/intensity for each set

**Behaviours**

* Work together with swimmers in your lane – share the tasks
* Be supportive of team mates
* Don’t be afraid to ask questions on set, intensities, drills
* Respect and listen to your coaches and team mates
* Encourage, motivate and congratulate each other

**On Poolside**

* Arrive on time – if late speak to coach and get in appropriate place in lane
* Do correct pre pool exercises
* Time your toilet break so don’t miss out on important parts of set
* Be aware of others in your lane to get to equipment/bottles

**Have fun, enjoy your journey at your own pace!**