**Witney and District Swimming Club**

**Junior Squad’s Swimmers Training Values**

**In the pool**

* Try your best at every training session
* Don’t stop in middle of length
* Let others if front (ask to go in front) at end of length end of the swim
* Consider other swimmer’s strengths/weaknesses in discussing order of lane as a group
* Always streamline when push off the wall
* No cheating!

**Behaviours**

* Work together with swimmers in your lane
* Don’t judge others if they find something hard
* It’s ok to feel nervous/worried
* Be supportive of team mates
* Don’t be afraid to ask questions
* Listen to your coaches and team mates

**On Poolside**

* Arrive on time – if late speak to coach
* Keep equipment tidy
* Be aware of others in your lane to get to equipment/bottles
* Basic pre pool exercises

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