**Witney and District Swimming Club**

**Senior Squad’s Swimmers Training Values**

**In the pool**

* Every training session swim with purpose and focus at ones best
* 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 in lane
* Work to the intensity of the set

**Behaviours**

* Work together with swimmers in your lane – share the tasks
* Don’t be afraid to ask questions on aim of the set and intensities expected
* Respect and listen to your coaches and team mates
* Encourage, motivate and congratulate each other
* Create positive and friendly environment in lane
* Respect and support others who may be struggling physically or emotionally

**On Poolside**

* Arrive on time – if late speak to coach and get in appropriate place in lane
* Do pre and post 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!**