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COMMITMENT TO TRAINING.

Like any sport (or even any activity) improvement in swimming comes from practice and effort. It is important, then, that if someone wants to swim competitively at Stowmarket Swimming Club they make a commitment to their training. Space in training lanes is limited and swimmers owe it to their teammates waiting to move up to maximise their use of their training time.

Therefore, in order to maintain their place in a squad and to advance we expect swimmers to make the following commitment:

1. Good behaviour, co-operation and enthusiasm.
2. 80% attendance and punctuality.
3. To take part in the club championships and in as many events as possible, especially to swim for the club in galas when selected and open meets as advised by the coach.
4. Train hard and correctly with a target to achieve qualifying times as set by the coach (usually qualification for the county championship or development meet or times linked to them, for example, within two seconds of qualification).

For more senior squads we require a further commitment (which will be explained at the time) such as:

- Willing to train early mornings.
- To attend land training, "spin" (cycle-machine) and yoga sessions. (As invited.) (Dates etc are posted on club notice board and website).
- The purchase of kickboard (float), pull buoys (floats for between the legs), fins, hand paddles and snorkel.

Anyone not meeting this commitment or not achieving County Development times by the year they are fourteen years old may be moved from the competitive squads to swimming in an alternative squad (such as Young Masters.)

All movement between squads is at the Head Coach's discretion.