



# POOLE SWIMMING CLUB

Info@pooleswimmingclub.org  
www.pooleswimmingclub.org

Please reply to: poolescoachba@gmail.com

## Appendix 5

### Poole Swimming Club Senior/ Youth Performance Squad Lifestyle Agreement

True 'performance athlete status' requires a significant lifestyle commitment. To achieve defining performances, long term success and full potential, this document must be acknowledged, signed and committed to by all athletes desiring performance coaching alongside similar minded performance athletes in a close and personal environment. It is important that this lifestyle agreement in conjunction with the Youth/Senior Performance squad expectations is communicated and acknowledged by family, close friends and education establishments.

If an athlete is not prepared or unable to make such a commitment to their own success, they will not be considered as a Performance athlete and will be placed in a more suited squad within Poole Swimming Club.

This agreement will be under constant review by not only the coaches, but by all team mates within the squad to ensure a Performance environment is upheld at all times.

All Poole Swimming Club Senior/ Youth performance athletes agree to:

#### **Time Management and Organisation**

Always be early and will arrive for each event (training sessions, education sessions, camps, competitions) prepared with all the required equipment. Study will be managed effectively to not have an effect on training or competitions. **'To be early is on time, to be on time is late, to be late is unacceptable'**

#### **Sleep and Recovery**

Achieve 7 hours of sleep per evening (on average) across the week. Where possible 8 hours (on average) is optimal. It is important that social factors will not hinder sleep, where the body physically and mentally recovers. Additional advantages to sleep such as power naps by taking pillows on journeys to and from events should be considered to meet the necessary sleep.

#### **Nutrition**

Plan each day, week and competition with foresight to ensure energy balance is constant. During their performance swimming career, athletes will avoid foods & drinks with high fat/high sugar content and will rarely consume food with poor nutritional value.

#### **Alcohol, Tobacco and Recreational Drugs**

Under 18's will not consume any alcohol during their time as a Performance Athlete, over 18's will moderate their use of alcohol to areas in the season where it is appropriate to consume. At no point will alcohol be consumed to the level of behaviour modification.

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## Social or Extra Curricular Activities

Not allow social factors or extracurricular activities to hamper the amount or quality of training undertaken by the athlete. Including nights out, short breaks or school trips (where possible). Between regional championships and national championships swimmers may have to sacrifice such events to continue optimal training to gain their best season result.

## Hygiene, Sun protection

Performance athletes will maintain a high standard of hygiene incorporating hand sanitizers, avoiding lifts and humid spaces where bacteria and germs can be caught. Sun Burn is unacceptable.

## Attitude, Role Models

Performance Athletes are constantly representing themselves, their club and sport and must always hold a responsible manner with personal presentation, language and attitude especially through their social media accounts. (Instagram, Snapchat, Twitter, Facebook, etc.).

By signing below, we/I am acknowledging and will abide the Poole Swimming Club Senior/ Youth Performance Squad Expectations and Poole Swimming Club Senior/ Youth Performance Squad Lifestyle Agreement

Signed by Parent/Carer (if Under 18): \_\_\_\_\_ Date: \_\_\_\_\_

Signed by Athlete: \_\_\_\_\_ Date: \_\_\_\_\_

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