



Requirements for ALL squads

- Fins
- Hand paddles
- Snorkel (excludes Bronze and Silver)
- Skipping rope for dry side warm up (optional)

General Expectations

- Swimmers must be capable of managing the demands of training at the level appropriate to the squad and maintain their performance levels at all sessions
- Maintain good attendance at training and club events
- Perform expected lane discipline and swimming etiquette at all times
- Adhere to the code of conduct
- Show impeccable standards of behaviour at all times, remembering you are a representative of the club
- Be respectful of the coaches and other swimmers
- Attend Squad Land Training if applicable to your squad
- Take part in Club Championships and open galas as appropriate and support club opens
- Be available for selection for league galas – if selected to represent the club you will be expected to attend
- Respond to event sign up and club communications in a timely fashion and prior to published deadlines
- Attend additional sessions as appropriate, for example the health and wellbeing sessions
- During training, we expect swimmers to show an eagerness and willingness to learn, which will help them to improve
- Understand swimming is mainly a technical sport, based on the aerobic energy system. It is both hard to gain and easy to lose fitness and feel for the water

Kit that must be brought to all sessions

- Goggles (and spare)
- Ojays hat (and spare)
- Water bottle
- Kickboard
- Pull buoy

Kit that must be brought to Land Training

- Exercise mat
- Medium stretch band
- Water bottle (refill before swim training)

Training preparation

- Be punctual to all training sessions
- Complete pool side stretches in plenty of time BEFORE and AFTER practice
- You should be properly attired (including hair-tied where necessary) and ready to be addressed by your coach just PRIOR to the session start time
- Give full attention to your coach's training briefings at the start and during the course of each session
- Review your training targets / visualise success

Nutrition / Hydration

- Ensure you have appropriate nutrition in a period in excess of 40 minutes before training commences
- Stay hydrated throughout the training session
- Allow for recovery and take on nutrients (preferably within 30 minutes) after training has completed

Medical / Emergency contact

- Keep medical information and emergency contact details up to date on Team Unify, so that this information is available to the coaches during training and in the event of an emergency
- Inform coach of medical problems, niggles and injuries prior to the practice session
- Have critical medicine such as asthma inhalers to hand and with you in your poolside kit at all times