

FILEY SWIMMING CLUB

TRAINING "A" SQUAD

RULES



YOU ARE EXPECTED TO BE ON THE POOLSIDE READY **5 MINUTES BEFORE** THE SESSION STARTS

IF YOU ARE NOT FEELING WELL BEFORE THE SESSION STARTS **DO NOT SWIM !!!!!**

TOILET BREAKS SHOULD ONLY BE TAKEN AT THE **END OF A SET**

IF YOU NEED TO REST DO SO **OUT OF THE POOL** NOT BLOCKING THE LANE

WE TRAIN TO COMPETE SO YOU ARE **EXPECTED** TO SWIM IN GALAS WHEN SELECTED

DUCKING PEOPLE UNDER THE WATER OR SPITTING WATER IS NOT TOLERATED **EVER!!**

IF YOU FEEL DIZZY ON HYPOXIC SETS **STOP** UNTIL YOU FEEL O.K. THEN GO BACK IN THE WATER AND SWIM **SLOWLY**

WE ARE **A TEAM** YOU MUST SUPPORT OTHER TEAM MEMBERS AT GALAS, REMEMBER THERE IS NO **I** IN TEAM!

ONLY LEAVE THE POOLSIDE AT GALAS WITH **PERMISSION** FROM THE COACH/TEAM MANAGER

IF YOU LEAVE THE SESSION **FOR ANY REASON** TELL THE COACH

LISTEN TO WHAT THE COACH IS SAYING IT INVOLVES YOU!!

TURN UP AT GALA'S YOU HAVE ACCEPTED. IF YOU DO NOT IT **LETS THE WHOLE TEAM DOWN**

TURNS AND STREAMLINING MUST BE DONE BY EVERYONE **NO ONE IS THAT GOOD THEY DO NOT NEED THE PRACTICE WE HAVE NO SUPERSTARS!**

YOU MUST ATTEND **2 SESSIONS** A WEEK (A SQUAD) UNLESS YOU HAVE EXEMPTION FROM THE COACH

ANY SWIMMER WHO MISSES **ONE MONTHS** TRAINING WITHOUT LETTING US KNOW WILL BE ASSUMED TO HAVE LEFT THE GROUP

BRING YOUR FLIPPERS ON THE POOLSIDE EVERY SESSION LOTS OF TIME IS WASTED IF YOU HAVE TO GO FOR THEM

PROPER BEHAVIOUR IN THE CHANGING ROOMS IS EXPECTED, DISCIPLINARY ACTION WILL BE TAKEN AGAINST THOSE WHO DO NOT CONFORM

IF YOU GO ON THE FIELD BEFORE YOU SWIM **MAKE SURE YOUR FEET ARE CLEAN BEFORE YOU ENTER THE CHANGING ROOMS**, REMEMBER SOMEONE USES THE ROOMS AFTER YOU

GRAHAM (CLUB COACH)