

# FILEY SWIMMING CLUB

## TRAINING "B" 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 SPEED 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, 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 AT LEAST ONE SESSION EVERY WEEK (WEDNESDAYS) **FRIDAYS ARE ONLY TO BE USED AS AN EXTRA SESSION**, 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)

