



A SQUAD SWIMMER AGREEMENT

All Dingwall ASC swimmers signed a Code of Conduct when joining the Club, however after discussions among the coaches it was agreed that a standalone 'Swimmers Agreement' be drawn up for the A Squad. It is hoped that this agreement will help to ensure the squad receives the highest level of training possible and in turn will help to create the correct training environment.

Dingwall ASC A squad swimmers agree to:

- Arrive on poolside **10 minutes** prior to training starting with the appropriate kit (goggles, cap, water bottle)
- Always give 100% effort in training and competitions
- Don't skip sets or lengths and always swim to the wall/practice your turns as you would in a race
- Warm up and cool down every session
- Attend all sessions available (attendance will be reviewed monthly)
- Be a good role model for younger club members
- When representing the Club at training or in competitions always set a good example, behave responsibly and be respectful of others (coaches, swimmers, parents and leisure centre staff)
- Always listen to and take advice from your coaches
- No bad language, bullying, harassment, discrimination or physical violence
- Inform the Head Coach if you are injured or cannot attend a session
- Set yourself targets
- Support and cheer on all your team mates during training and at competition

By signing this document, A Squad swimmers confirm that they have read and agree to abide by the expectations laid out above. However, in the instance of failure to follow these simple rules appropriate action may be taken.

Please Note: In the event that swimmers no longer meet the criteria for their current squad or the squad no longer meets their needs/goals swimmers may be allocated to a lower group.

Swimmer Name (printed): _____

Swimmer Signature: _____

Coach Signature: _____