



ST PAUL'S BARNES
SWIMMING CLUB

CLUB ETHOS AND EXPECTATIONS

Along with fulfilling the relevant squad criteria, each swimmer must also adhere to the following ethos and expectations.

***This document must be read in conjunction with each swimmer's relevant squad criteria**

Participation and Competition	<p>All members are expected to compete in:</p> <ul style="list-style-type: none">➤ Club Championships➤ Inter Club Swim Leagues➤ Borough Championships➤ County Championships (if qualifying)➤ Regional Championships (if qualifying)➤ National Age Group Championships (if qualifying)
Work Ethic	<ul style="list-style-type: none">➤ Be punctual➤ Be responsible for own equipment➤ Swimming is a competitive sport, but swimmers and coaches must also recognise that their personal goal is to be the best that they can be.
Self Discipline	<ul style="list-style-type: none">➤ Behaviour and personal conduct must be of a high standard and reflect favourably on the sport and the club.➤ Swimmers must respect the swimming facilities, the coaches, other swimmers, and the true spirit of the rules by which the club is governed.➤ Good behaviour in and out of the pool is obligatory➤ Courtesy to all other swimmers, to coaches and officials is required at all times
Equipment	<ul style="list-style-type: none">➤ Swimmers must be properly and adequately attired for all training sessions and events. They must have:<ul style="list-style-type: none">➤ Goggles➤ Kick board, prescribed hand paddles, pull buoy, fins➤ Racing suit➤ At events swimmers must wear Club swimming cap, and SPBSC T-shirt