



## SQUAD SWIMMER'S CONTRACT

Swimmer's Name: \_\_\_\_\_ Squad: \_\_\_\_\_

### CONDITIONS OF OFFER OF SQUAD MEMBERSHIP

#### Squad members must:

- Fulfill all the selection criteria for the Squad nominated above.
- Attend all training sessions for the relevant squad and meet the acceptable minimum attendance rate for that squad.
- Squad 3, 4 and 5 swimmers must attend the morning running sessions prior to swim training at 5:45am unless otherwise advised or agreed by their squad coach.
- Contact their coach if they are unable to attend a training session. Unexplained absences are not acceptable.
- Be punctual for training sessions and ready to enter the water at the start time.
- Maintain a logbook for training sessions and competitions attended. This should record information on personal goals, long and short course Personal Best times, details of training sessions etc. Logbooks should be made available to the swimmer's squad coach and / or Head Coach on request.
- Take instructions from any person appointed by the club to coach a lane / session.
- Attend training weekend and competitions on a regular basis as requested by the club coaches. A minimum of 6 swimming meets annually is considered acceptable unless otherwise agreed.
- Be aware that their place in the squad will be continuously reviewed on a monthly basis. Regular attendance and commitment to training will be the main factors considered each month, although performance, attitude and behaviour, will also be taken into consideration. The Head Coach, in consultation with other club coaches and teachers, has the final say on a swimmer's place in the squads. No swimmer's place in the squads is guaranteed.

**I have read and understood the conditions of squad membership.**

**I understand that my place in Squad \_\_\_\_\_ is offered to me subject to my acceptance of the above conditions.**

**I understand that the offered place in said Squad is for an initial period of 3 months and thereafter will be reviewed on a continuous basis.**

**I accept the offer and conditions of squad membership.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Swimmer)

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(Parent / Guardian if swimmer is under 16)