

Leamington Spa Amateur Swimmer Club Swimmer Contract Junior Development



Attendance

Swimmers must make 50% of the available swimming hours within the calendar month. If this is not achieved for three consecutive months or four months out of six, the squad place can be revoked.

Attendance at land training is compulsory.

Open Galas

Swimmers must support the coaches yearly planner and are expected to compete in five out of seven target galas per year.

Club Galas and CDC's

All swimmers are expected to enter the club galas and the CDC galas

Team Galas

Swimmers are expected to be available, if selected, for Junior League, Mercian League and Arena League team galas.

Gala Etiquette

- Swimmers must complete the warm up and swim down
- LSASC hats must be worn
- LSASC pool shirts must be worn on poolside
- Swimmers must report to the coach after a race to receive feedback
- All swimmers must remain on poolside until the final event in a team gala

Equipment

Swimmers must bring the following equipment to all sessions. Failure to do so may result in a swimmer being asked to leave a session.

- Kick Board
- Pull Buoy
- Fins
- Thera Band
- Drag vest
- Finger paddles
- Two pairs of goggles
- Two hats (If Worn)
- Spare costume
- Minimum 750ml water bottle

Leamington Spa Amateur Swimmer Club Swimmer Contract Junior Development



Arrival on pool side

- All swimmers are to be on poolside ten minutes before the start of a session
- Swimmers must have their hats on by the start of the session and be ready with their board and thera band. Swimmers must complete the land session warm up.
- Any swimmers arriving late for a session will only be allowed to swim at the discretion of the coach

Lane Etiquette

All swimmers must adhere to the lane etiquette rules (copy attached). Consistent failure to do so will result in the squad place being revoked.

Age Limit For Squad

A swimmer is expected to have progressed to Junior Performance by the end of the calendar year in which their 13th birthday falls. Swimmers may only remain in Junior Development squad beyond this time at the discretion of the coaches based on individual circumstances. We are unable to offer an alternative squad for any swimmer who does not progress to Junior Performance squad and the membership of that swimmer will not be renewed.

SIGNED: ON BEHALF OF LSASC BY MIKE HARTWELL, HEAD DEVELOPMENT COACH

Club Rep:

Signature:

Name of Swimmer:

Signature:

Name of Parent:

Signature: