



'Green 1' Group Criteria – 20011/12

This group is aimed at swimmers generally over 12 years who have sufficient attitude, skill and stamina to train to compete at County Level. It may also contain swimmers who, although they are of a high enough standard, are either unprepared or unable to commit to the requirements of the Red 1 group.

Selection Criteria

- Consideration criteria only – Coaches Discretion based on skill and training levels, along with attitude to training.
- Failure to adhere to the Group criteria may result in a swimmer being moved to another group.

Attendance

- Minimum of 3 sessions per week averaged over the whole season.

Equipment

Swimmers must purchase and bring the following to every training session:

Standard rigid rectangular Kickboard (no Hand Holes!) Short Training Fins (that fit comfortably, not odd shaped fins!) Goggles (adjusted and non leaking) + spare pair Club or Plain Swimming hat + spare (girls + long haired boys) Pull buoy	Hand paddles (Appropriate size, speedo power paddles are ideal) Drinking bottle (full) Asthma inhaler (if prescribed)
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Competition and Training Requirement

- Open Meets as advised by Coaches.
- Represent the Club in any galas or league or meets if selected.
- Enter into County/SWR/National Championships for the Club if qualified.

Behaviour & Attitude

In addition to the published code of conduct swimmers must:

- be ready to swim a minimum of 5 minutes before the session start time after poolside warm up.
- Attend any pre-arranged poolside warm ups which may start 15 mins before the pool session.
- Inform the coach of any health or medical problems that may affect swimming or training performance.
- be prepared to swim the session provided by the squad coach with enthusiasm and with respect for the coach and other swimmers.
- behave in an appropriate manner to other swimmers, parents, coaches, personnel of the Leisure Centre whether in the pool, around the pool, in the changing rooms, or outside the Leisure Centre
- show positive team spirit.

Information & Communication

- Information will be posted on the Club website when available. It is the responsibility of swimmers and parents to monitor the Club website (www.southwoldswimmingclub.com) for new information.
- Parents are reminded that coaches are not responsible for swimmers if a session is cancelled or a swimmer has to leave a session early.
- Unplanned training absences should be notified to the Head Coach.
- Swimmers and parents must attend any pre-notified group meetings.