



Squad / Swimmers training & competing expectations

- A. Adhere to training / competition standards put in place by the professional coaches
- B. Consistent & regular training meet / camp / clinic attendance & punctuality.
- C. Treat your coach, team mates, pool staff, officials with respect
- D. Be honest in all of your efforts when training and racing
- E. Leave any negative baggage at the door
- F. Understand your training time in the water is one of positive personal fulfillment working towards your goals
- G. Understand we encourage positive friendships and appropriate social interaction once training / meet has finished and outside of training competition times.
- H. Understand if these expectations are not met then your coach will ask you to take time out on poolside for that session and return when you feel you can meet the expectations. Parents will also be informed

Parents Roles

- A. To help your child achieve independence, aim to drop them off and pick them up after training is completed.
- B. Focus on the personal bests and enjoyment .As opposed to qualifying times
- C. To help us focus on your child in the water understand talking to the coach while coaching disrupts this, as does talking to your child disrupts them while in the water
- D. Check they have entered the appropriate meets/ camps / clinics and are regular in attendance & punctuality
- E. Offer to help at carnivals
- F. Pay your termly fees by the due by date
- G. Leave the coaching to the coaches
- H. Be supportive and speak positively about the competitive programme / coaches

Coaching Services Provided

- A. As each child has differing abilities, to get the best from your child we will treat them fairly but not the same as others
- B. To help your child learn & improve we provide a positive disciplined training / competition environment
- C. Provide a structured programme of best practice to teach your child the necessary tools to be a successful competitive swimmer
- D. Attend selected (not all as per contract of services with Swimming Southland) meets as outlined in the calendar endorsed by the Southland professional coaches to provide feed back on competition performances
- E. Provide your child with equal contact time each training sessions as all others
- F. Provide your child with feed back on technical, tactical and structural aspects of their training
- G. Jeremy is available between the hours of 9am -3pm Monday-Thursday to takes calls, emails, regarding setting up a meeting regarding your child's swimming progress.

Travel Policy (As endorsed by Swimming Southland Management)

When travelling away as H2O Dreams swimmers will travel and accommodate with the team. Coaching services will be given to those that do only.

Termination of Coaching Services

As per h2o Dreams contract with Swimming Southland we are at liberty to choose who we accept into the programme.If we feel there is a conflict of interest that client will be asked to a meeting to find a solution. If no solution can be found / or doesn't respond to requests to meet then that client will be dismissed at the end of the