



#### Training Expectations

- A. Be punctual in your attendance to scheduled sessions
- B. Have all the necessary equipment, pull buoy, finger paddles, snorkel, fins
- C. Adhere to basic lane etiquette, ask if unsure
- D. Treat coach fellow swimmers, lifeguards, reception staff with respect
- E. Place yourself or ask coach which lane is the appropriate speed for your ability
- F. Challenge yourself at practice
- G. Questions on why are welcome and encouraged
- H. Keep it positive, leave any baggage at the door
- I. It is your responsibility to follow the programme correctly as prescribed

#### Fee Payment

A. Please pay your fee by the due by date, understand it is a flat fee for the term. If you are sitting a term out please let us know

#### Coaching Services Provided

- A. A structured session will be provided with a coach present, if no coach sessions will be emailed
- B. If in the absence of a coach a session will be emailed to enable you to train
- C. Technical feedback will be given when appropriate
- D. We are happy to discuss your individual goals and plan towards these within the group where possible.

#### 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 current term.

Thank You,

H2O Dreams.