



# Training Expectations

## Head Coach Training Requirements

North Cornwall Dragons offers a full week of training to its swimmers and there are expectations for each swimmer to attend the required number of sessions, depending on the Squad they swim with. The Club is a competitive Club and there is a level of expectation that members attend and compete in the galas offered to them.

Development – 2 swims available:	1 per week required
Intermediate – 3 swims available:	2 per week required
County – 4 swims available:	3 per week required
County+ - 5 swims available:	3 per week required
Regional - 7 swims available:	5 per week required

The Head Coach will keep a register of attendance and will review Squads regularly. Should a swimmer not be meeting the required swims the Head Coach will ask the Committee to send a 'notification' email to the parent / guardian. The email will explain that the Club member needs to start attending the required swims or their position in the squad will be reviewed. Should the poor attendance continue following the notification email, the parent / guardian will be asked to meet with the Head Coach to discuss the squad attendance. It is likely that the swimmer will be moved into a more suitable squad or asked to leave, to make way for another child to join the Club to start their training pathway.

## Injured Swimmer Policy

Swimming is one of the few sports where participants use most of the muscles within the body. North Cornwall Dragons Swimming Club is a competitive swimming club and swimming at this level places demands on the body. All swimmers should therefore be **fully fit** in order to train and compete at this level. Swimmers who are injured may need to have complete rest.

Unless previously notified, the Head Coach / Assistant Coach will assume that a swimmer who attends a training session is fit and capable of undertaking the whole of that session's programme. Sometimes a swimmer will injure themselves during a training session or competition. In such cases the Coach will assess the swimmer's ability to continue. Should the Coach decide that the swimmer should not continue, they will call the parent / guardian and the swimmer should then be collected within 20 minutes of leaving the pool.

If a swimmer has consulted a competent medical practitioner parents must contact the Head Coach / Assistant Coach via the Secretary prior to attending a session to advise the exact nature of the injury and the rehabilitation program that has been given if applicable. Depending on the severity of the injury the Head Coach / Assistant Coach will decide if the swimmer can participate in the session.

## How to Maximise Swim Training

Swimmers are expected to:

- Behave sensibly at all times, both in and out of the pool – particularly in the changing rooms after sessions where you are still representing the Club.
- Treat all members with respect.
- Arrive in good time to warm up (15 minutes is recommended).
- Be ready with all kit for a punctual start.
- Use the toilet before the training session starts.
- Always listen to the Coaches when receiving instruction.