

Swimmer's Charter & Responsibilities

- Arrive in time (10 mins. before training and complete 5 mins stretching/skipping) and have appropriate kit, ready to train
- Display a positive attitude and show commitment and responsibility for training
- At ALL times be RESPECTFUL to coaches/teachers/helpers and squad officials
- Always train to the best of your ability at all times without question and undertake all tasks asked of you by your coach WITHOUT QUESTION
- Be willing to train hard with enthusiasm at ALL times
- Always give your best in every training session and race. NEVER underestimate what can be achieved
- Encourage and support teammates in all Club related situations
- In Micro-league events team hats and costumes MUST be worn and where swimmers are representing PSC at other events PSC hats MUST be worn
- Endeavour to observe good habits healthy eating and lifestyle
- Adhere to the A.S.A. Code of conduct at all times.

I have read and understand the above Swimmer's Charter and I agree to uphold its terms and conditions.

Signed **On behalf of Preston Swimming Club**

Signed **Swimmer**

Date