

Swimmers Charter

Swimmers Responsibility:

- Arrive promptly (15 minutes before training) with appropriate kit, ready to train.
- At ALL times be respectful to coaches, officials and other swimmers.
- Encourage and support team mates in ALL club related situations.
- Wear COLSC branded clothing/kit, whilst competing/representing COLSC.
- Display a positive attitude and show commitment and responsibility for training.
- Be willing to train hard, with enthusiasm at ALL times.
- Give the best of your ability and without question, undertake all tasks asked of you by the coach.

Endeavour to observe good habits, including eating to observe a healthy lifestyle. Drinking of alcohol under the lawful age is strictly prohibited and discouraged for those over 18 years.

- Always give your best in every training session and every race, and never underestimate what you can achieve.
- Adhere to the COLSC Constitution.
- Adhere to the COLSC Code of conduct at all times.
- Adhere to the COLSC Club Guidelines and Policies.
- Adhere to the COLSC Anti-Bullying Policy.
- Adhere to the COLSC Competition Policy.

I have read and understood the above swimmers charter and I agree to uphold its terms and conditions. Return signed & dated copy of the COLSC Agreement Form to your swimmers Squad Coach.

PRACTICE
LIKE A
CHAMPION