



Swimmers Charter

Swimmers Responsibility

- 🏊 Arrive promptly (15 minutes before training) with appropriate kit, ready to train.
- 🏊 At **ALL** times be respectful to coaches / teachers / helpers, squad officials and other swimmers.
- 🏊 Encourage and support teammates in **ALL** club related situations.
- 🏊 Display a **positive attitude** and show commitment and responsibility for training.
- 🏊 Be willing to train hard, with enthusiasm at **ALL** times.
- 🏊 Attempt to be 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 A S A Code of conduct at all times.
- 🏊 Adhere to the Gallica Squad Guidelines and Policies
- 🏊 Adhere to the Gallica competition policy stated on the Programme of Events

I have read and understood the above swimmers charter and I agree to uphold its terms and conditions.

Signed _____ On behalf of Gallica (Lancashire) SC

Signed _____ Swimmer

Date _____

***PRACTICE
LIKE A
CHAMPION***