

In the P&C Swimming Program

RESPECT

RESPONSIBLE

Listen and follow your coach's instructions

Allow other swimmers to participate without distraction

Put your hand up if you need an explanation

Be polite to all volunteers

Be on time for each session

Prepare your swimming equipment for your swimming session

Ensure you bring all your uniform if you are a morning swimmer

Bring your drink bottle to squad training

Take ownership for your actions

Take care of training, coaching, club and pool equipment & the pool environment

Remove all your belongings from the pool area when you leave

Try to achieve your personal best at all times

Embrace opportunities and challenge yourself



ORGANISED

ASPIRE