



Affiliated to ASA South East Region and Hampshire County ASA

Miscellaneous

I do not understand some of the terms used at training and competitions, where do I find out?

Refer to the glossary of terms.

How do I keep the Coach(s) happy?

Easy: Follow these tips: Listen to the Coach, Attend Training as Often as Possible, Be Willing to Compete for the Club, and Always try Your Best.

What do I have to do to be moved to a higher squad?

This question cannot be easily answered in this section; it can only give outline guidance. The following are taken into account when reviewing squads/swimmers: Age, Physical/Emotional Maturation, Attendance at Training, Availability for Selection, 'Coachability' to name but a few items that are considered. For a more detailed answer please see the Head Coach.

What should I do if I feel unwell at training or a competition?

You must let the Coach or Team Manager know as soon as possible.

How do I find out my personal best times?

Swimmers should keep a record of all times they achieve in training and competition. They should also try to remember these. You can also access the ASA Website by following the link on the club website under 'Competition'