



Wellington Swimming Club Swimmers Charter

I will:

- ★ 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 squad related situations.
- ★ Wear Wellington hat/t-bag when representing the club.
- ★ 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 my ability and without question, undertake all tasks asked of me by the coach.
- ★ Endeavour to observe good habits, including eating and sleeping well.
- ★ Drinking of alcohol under the lawful age is strictly prohibited and discouraged for those over 18 years.

In addition, I will:

- ★ Adhere to Wellingtons Code of Conduct at all times.
- ★ Adhere to Wellingtons Constitution.
- ★ Adhere to Wellingtons guidelines and policies.

Remember to always give your best in every training session and every race, and never underestimate what you can achieve.