



MONDAY INVITATIONAL SQUAD

Newmarket Swimming Club is committed to competitive swimming and to support this, have introduced an invitation-only training session on a Monday evening. Swimmers will be selected for this squad by the Head Coach who will assess current swimming ability, motivation and dedication to training, willingness to compete and individual swimmer's plans and aspirations.

Those selected will be reviewed regularly and assessed against the above criteria, and should circumstances change, the coaching team and executive committee reserve the right to withdraw the invitation to these sessions.

SWIMMERS WILL BE EXPECTED TO:

- show total commitment to NDSC for the current season
- arrive promptly to sessions and be properly equipped
- adhere to the training sets and coaches instructions
- stand down from the squad if injured as not to hinder others
- promote squad unity and team spirit

During training, swimmers will be discouraged from interacting with those in the spectators area and any incidences of disruptive behaviour will result in expulsion from the squad.

Entry to the squad is by invitation only and the coach's decision is final.

All swimmers will be contacted individually once considered for this squad. If you have not yet been invited, continue to train hard. Rest assured that all swimmers will be constantly assessed, and once it is decided they have reached the required standard, an invitation will be sent.

We hope to see the results of these intense training sessions very soon.