



ISLE OF MAN SWIMMING CLUB B Squad Commitment Levels

The Isle of Man Swimming Club is delighted to offer you a place in the 'B Squad'.

You will continue to represent your Club at all times when attending the swimming and land training sessions facilitated by the Isle of Man Swimming Association.

The criteria for maintaining your place in the 'B Squad' are as follows:-

- *A commitment to attend at least 4 swimming sessions per week (up to a maximum of 5 excluding Club sessions) whenever possible.*
- *To agree in advance with your Club and the National Coach if it is likely that you will not be able to attend sessions in the month ahead due to such things as Exams or personal circumstances (e.g. travelling off-island).*
- *To adhere to the IOMSA Code of Conduct with all swimmers without exception completing the session program instructed by the duty coach*
- *To compete in the Island Championships and other competitions that may from time to time be arranged on the island and wherever possible to compete in meetings off the island.*

The IOMSC's aim is to ensure, as far as it is able, that it can provide swimmers with the opportunity of achieving their goals in Swimming.

For its part the IOMSA will endeavour to ensure that as much opportunity as possible is provided for you to attend sessions dependent on availability of 'pool time' and financial capability to hire the facilities.

The IOMSA also commits to providing a 'National Coach' for such period that it is financially able.

Should you be unable to meet the above mentioned criteria then, in discussion with your Club and the National Coach, you may be offered a place in another squad where the attendance criteria is not as high.

Good luck

Bob Trimble
Chairman of the Isle of Man Swimming Club