



# Competition Policy

It is the policy of the club for its members to compete under the Colne Amateur Swimming Club name if selected for the following competitions:

- Friendly League

The attendance at another swimming competition is not considered a valid reason not to make yourself available for the competitions listed above, unless it is with the direct approval of the Head Swimming Coach.

It is very important for the swimmers/parents attending the above galas to provide support right up to and including the last relay event to ensure the TEAM get the best support possible.

## 'THERE IS NO 'I' IN TEAMWORK'

We would encourage all our members to compete under the Colne Amateur Swimming Club name in the following competitions:

- North Lancashire Age Groups
- Lancashire County Championships
- All Swim North-West District Championships
- All ASA and GB National Swimming Championships
- Major Open Competitions as selected by the Head Swimming Coach

When competing for the Club all swimmers will wear club swimming caps (girls compulsory boys at the discretion of the Head Coach) and tea bags (both obtainable from the Club Shop). The wearing of team tracksuits, shorts, sweat shirts and suitable footwear will be strongly encouraged. Swimmers are expected to behave as directed by the Colne ASC poolside officials and generally act in a safe and proper manner which will reflect credit on themselves and the Club. In addition swimmers will be expected to undertake any warm up or warm down exercises on land or in the water as reasonably instructed by Colne ASC coaches/teachers present on poolside.

**Failure to repeatedly comply with any of these requirements will result in the swimmer being withdrawn from a gala session by the most senior coach/teacher present.**

When representing the Colne ASC, swimmers are expected to maintain a high standard of personal behaviour as outlined in the clubs "Code of Behaviour".

This policy forms part of our membership agreement.

June 2017