



**DISS OTTERS**

A local swimming club at the heart of the community



# DOSC Training & Competition Values

Below is the DOSC squad structure.

Included at the bottom of the page are documents for each of the squads showing, training sessions, squad expectations, squad assessments and equipment needed.

Swimmers, coaches, and family are what makes Diss Otters Swimming Club what we are. We are passionate about swimming, committed to our training and achieving our goals, take pride, work as a team, and believe in ourselves.

Each squad has specific expectations and standards to be maintained by the swimmers in it, however there are some general values and expectations which apply to swimmers in all squads. Whilst DOSC are first and foremost a swimming club, our swimmers are part of the local community, and we aim to help them develop as individuals as well as swimmers so that they can proudly represent DOSC to the highest standard.

## General Squad Training and competition values and expectations

- **Be the best** you can be every day in training, racing and in life.
- **Drive to better** yourself, from good and bad experiences and enjoy the process.
- **Be committed to being the best you can be** - Always give your best and be coachable i.e., prepared to listen to the coach and work effectively to meet training targets and long-term goals.
- **Believe in yourself** and your ability.
- **Be honest** and think about what the right thing is to do – it's not always the easy option.
- **Be well behaved and respectful** to the coaching staff, swimmers, officials, and poolside helpers both at training and competition.
- **Have fun and support each other**, be positive, enjoy training and value competition but remember to respect your opponent and be a good sportsperson at all times.
- **Arrive on time** for all sessions and with the correct kit.
- **Enter designated competitions** for your squad and enter a wide range of events.
- **Be available to represent the club at team galas** for which you are selected.
- **Aim to achieve goals for yourself** not to please others.
- **Be proud** of your achievements and your team.