

## **Mission Statement**

Poseidon Swimming Club aims:

1. To enhance and promote advanced swim training and competition in Kenya.
2. To develop and guide athletes to their full potential.
3. To actively support the pursuit of excellence.

## **Key Goals and Strategies**

Members of Poseidon are encouraged to improve their competitive swimming through our unique team spirit. We aim to maximise potential and assist them to pursue high levels of achievement by encouraging them to reach National and International levels of competition.

Poseidon provides a competitive aquatic program, through a challenging, fun and caring environment; whilst promoting goal setting, life skills and sportsmanship.

Poseidon aim:

- To provide coaching and facilities beyond that which other clubs and schools in Kenya can offer.
- To provide a progressive programme and environment that enables talented swimmers to achieve their potential within the sport of swimming.
- To provide an environment where the best swimmers from Nairobi can train together to progress and motivate each other to higher levels.
- To provide a smooth, safe, healthy and professional progressive practise programme from squad to squad following the principles of British Swimming LTAD (Long Term Athlete Development) plan.
- To provide positive encouragement and rewards within both practise and competition.
- To provide team building encouragement and exercises to generate an atmosphere which encourages sportsmanship and swimmers to support one another.
- To set clear practise standards and guidelines which will promote a suitable practise environment in which swimmers can reach National and International levels.
- To set clear and progressive squad movements which coincide with the competition levels of each squad/LTAD competitive development phase.
- To nurture and develop swimmers to National and International levels of competition.
- To become the leading performance swim training scheme in Kenya.

## Our pledge to ourselves and our team mates.....

- Poseidon Swimming Club is for exceptional people, we are exceptional people.
- We will have NO REGRETS.
- Our preparation will not be left to chance.
- We will not be energy sappers and our team will not suffer these people.
- We know that champions are made when no one is watching.
- We know that we determine our future, it depends on the present.
- We dare to dream and we strive to fulfil our dreams.
- We know that the small skills matter and we take pride in mastering them.
- When it is time to go fast, we will be accountable for this.
- Our lifestyle will be based on high performance, in every way shape and form.
- We know that ultimately, we will get what we deserve and not what we want.

**WE ARE POSEIDON!**