



BELLSHILL AMATEUR **SWIMMING CLUB**

Welcome to the Club

The following guide is provided for members of the Bellshill Amateur Swimming Club to explain how your club functions from week to week. It also provides important information on the requirements made on all members and their parents / guardians to ensure the continuing success of your Club.

Bellshill Amateur Swimming Club has been in existence since 1968 and aims to promote and develop the swimming ability of all its members. The club is affiliated to the Scottish Amateur Swimming Association (SASA), as members of SASA West District.

THE COMMITTEE

We have over 80 swimmers which generates a number of tasks to ensure the smooth operation of the Club. Parental assistance is an absolute necessity to guarantee our future existence; you can assist in many ways like: door duty, time keeping at time trials & competitions or by becoming a committee member.

No matter how small your help is it is always greatly appreciated, especially by the few who work hard on a regular basis to keep things going!

The Club is run by a committee of parents/guardians and coaches elected at the Annual General Meeting held each year. A list of the current Committee members can be found on the club notice board/website.

If you have any questions, issues, complaints etc feel free to approach any member of the committee at any time, if they cannot answer or deal with it there and then they will bring in to the committee for discussion and hopefully resolution.

CHILD PROTECTION

The club has appointed Child Protection Officers who ensures that all Adults working directly with the swimmers do so in accordance to the Child Protection Act and have been checked by Disclosure Scotland.

PHOTOGRAPH EQUIPMENT: No photographic equipment (Cameras, video, mobile camera phones, tablets etc) can be used at the poolside without written permission being obtained, this ruling also applies to competitions, in accordance with the Child Protection regulations of Scottish Swimming Association.

MOBILE PHONES: As it is difficult to ascertain which mobile phones have a camera option available, it was agreed by the Committee that there will be a total ban on the use of Mobile Phones within the changing area and poolside of our club, should you need to use your phone please do so in the main foyer.

The acceptable use of mobile phone policy, which is issued by Scottish Swimming, should be completed by the swimmer and returned to a member of the committee as soon as possible.

Should you have any concerns regarding Child Protection, please do not hesitate to contact our Child Protection Officer, their name & contact number can be found on the club notice board.

THE SQUADS

The swimmers are divided into 'Squads' (Junior Elite, A, B and C) depending on their swimming ability and technique. Swimmers will progress from 'C' to 'Junior Elite' squad as their ability improves. Each Squad has a qualified coach.

The Head Coach produces the training programme, which is implemented at each training session. It is the coach that has the responsibility for monitoring the progress of each swimmer.

When appropriate the Head Coach/Squad Coach will put swimmers forward for any competitions which suit their level of swimming ability.

Bellshill Amateur Swimming Club

MISSION STATEMENT

Each session I do will Shape, Strengthen and Empower me to reach my full potential.

TRAINING TIMES:

A full list of all training times can be found on the Club notice board. Please use this space to take a note of the times relevant to your squad:

Squad: <u>Junior Elite</u>	Day	Sunday	Training time	5-6pm (Land Training) 6-8pm
		Monday	Training time	6-7.45am 7-9pm
		Tuesday	Training time	7-9pm
		Wednesday	Training time	6-7pm (Land Training) 7.30-9.30pm
		Thursday	Training time	7-9pm
		Friday	Training time	6-7.45am
		Saturday	Training time	

Squad: <u>A</u>	Day	Sunday	Training time	5-6pm (Land Training) 6-8pm
		Monday	Training time	6-7.30am
		Tuesday	Training time	8-9pm (Time Capsule)
		Wednesday	Training time	7-7.30pm (Land Training) 7.30-9pm
		Thursday	Training time	7-9pm
		Friday	Training time	6-7.45am

Squad: <u>B</u>	Day	Sunday	Training time	5-6pm
		Monday	Training time	6-7.30am
		Wednesday	Training time	6.30-7.30pm
		Friday	Training time	7-8.30pm

Squad: <u>C</u>	Day	Monday	Training time	6-7pm
		Wednesday	Training time	6.30-7.30pm

The coach asks that each swimmer be changed, showered, having been to the toilet and be on poolside approximately 15 minutes before their training session begins. The full **Code of Conduct** can be obtained from a member of the committee, all Club members should be aware of and adhere to its content at all times.

Boys are required to wear Lycra trunks/jammers and the girls to wear swim caps, one piece costume (not bikinis). All swimmers should bring a cold drink (water or still juice). Goggles of course are an essential part of the kit.

CANCELLATION PROCEDURE

From time-to-time training may have to be cancelled or venue changed due to events out with the Sharks control. All information will be posted on our website/facebook/twitter can we ask that you please check this on a regular basis. If possible, a text message will be sent, please ensure we have the correct contact details for your child.

JOINING/MEMBERSHIP FEE

Yearly membership fees are required to be paid in September of each year. New members will be required to pay a joining fee of £30 per person, this will reduce if joining part way through a year.

SASA MEMBERSHIP

All swimmers in Scotland are required to be members of SASA (Scottish Amateur Swimming Association) who are based at the University of Stirling. This membership offers insurance cover for each swimmer whilst training and at competitions. This payment is made to Scottish Swimming in March of each year, therefore is collected by the Member Secretary during February.

Without this insurance cover the swimmer cannot be allowed to be in the pool in case of accident or injury, to either themselves or another swimmer.

FEES

Fees are due monthly by standing order. Swim Entry Fees should be paid into the bank once accepted swims have been posted on the website and before the date of meet.

Junior Elite	£55
A	£40
B	£22
C	£10

Sibling rates will apply if applicable at a 10% discount

An NL Club Membership must be obtained from reception, this is currently set by NL and may increase on a yearly basis.

Should fees not be made in a timely manner, no more than 6weeks in arrears, then the Committee reserve the right to suspend the swimmer concerned until all fees outstanding have been fully paid.

Should a swimmer be absent for an extended period (3 weeks or more) depending on illness or disability, please inform the Club so that fees can be suspended for the relevant weeks. The swimmers' position in the Club will be reserved until they are fit to return to training.

TIME TRIALS

On certain sessions (usually a Sunday/Wednesday) Junior Elite, A, B and C Squads come together for time trials in the main pool.

The swimmers are divided by age group / ability and will swim in a competition like setting; the swimmers are NOT racing against each other but against their own individual time. These times are used by the head coach to determine when swimmers have attained a level / speed to enable them to enter competitions.

COMPETITIONS

The club participates in competition at all levels, ranging from events for the inexperienced competitor, Mini Meets to Scottish Nationals and Graded Meets.

The coach will compare swimmers' times (recorded at the time trials or galas) against the cut off times & age groups supplied by the competition organiser.

The names of swimmers selected by the coach will appear on the website. You must inform the coach if you are unable to swim. The fees for each swim can vary from £5 to £11.00 depending on the standard of the competitions, but you can ask at the desk about the cost of each swim and the treasurer will collect the fees on a Wednesday night. Fees should be paid prior to the swimming meet. As with monthly fees, if competition fees are not paid in a timely manner, again six weeks, the swimmer will not be permitted to enter any other competitions.

The Grand Finale of our year is the Club Championship when all swimmers will participate. Don't miss this great event, watch the Website for more information near the time.

SWIM SHOP

We have a **Swim Shop** offering Swim Caps, Floats, Pool Buoys etc. T-Shirts and Sweat Shirts and other clothing containing the Club name & logo can also be ordered to size. These items are sold at very competitive prices and are available for purchase at the club on a Wednesday evening from a Committee Member.

Although these items are not a compulsory kit it does help to generate a team spirit within the Club and when members swim at competitions it helps to strengthen our Club identity.

FUNDRAISING

The club will organise fundraising events during the course of the year and this may take the form of bag packing for a couple of hours at the local supermarket, bonus ball and sponsored events etc. This is to assist with the cost of the Club Championships and any other special events that may be organised during the year for the swimmers to enjoy. If a parent does not want to help with fund raising, please let the Committee know and they will not receive any discounts on any activities the Club is participating in.

CLUB NOTICES

Our main form of communication between Coaches, Committee members and Swimmers is via our Club Website/Facebook/Twitter. Any information relating to the club will be displayed here including Training Times, Time Trial Results, Competition Entries and anything new to report. Please try and check the website/Facebook whenever you can to make sure swimmers don't miss out on any forthcoming events. If there is anything you don't understand please do not hesitate to contact a member of the Committee or approach one of the coaches after the training session has finished.

Check out our WEB page www.bellshillsharksasc.co.uk

Or

Follow us on Facebook/Twitter

Or

Contact us on: Mobile 07368525003

Or

Club email: info@bellshillsharksasc.co.uk