



PRESCOT SWIMMING CLUB

Founded 1967

Affiliated to Amateur Swimming Association North West Region



Chairman
R Cheshire
7 Bleak Hill Rd.
St Helens
Merseyside,
WA10 4RP
Tel: 01744 750417

Hon Treasurer
K Deeley
54 Holt Lane,
Rainhill,
Prescot.
L35 8NB
Tel: 0151 4311235

Hon Secretary
Mrs.J.Doddridge,
6 Manchester Road,
Prescot.
L34 1NG.
Tel: 0151.4264355

November 2013

Dear Swimmer and Parent/Guardian

Thank you for choosing Prescot Swimming Club and I would personally like to welcome you to the Club. Please take a few minutes to read the information contained in this Welcome Pack as this will give you an insight into the club, competitions and how you can get involved. Please keep this information in a safe place as you may need to refer back to it in the future.

The club offers a warm and friendly atmosphere for swimmers and spectators alike and over the years many friendships have developed and continued.

Like many clubs, the coaches and administration staff are all volunteers and without them the club would not exist. If you feel you can offer the club your services in any way, please do not hesitate to speak to any of the coaches on poolside who will be more than happy to discuss this with you.

Parent/Guardians are encouraged to stay and watch their child swim and discuss their development with the coaches. There is seating along poolside for spectators.

Please ensure you supply your e-mail address to enable us to keep you up to date with the latest club information and developments. We will also pass out leaflets from the reception desk from time to time.

Once again, a very warm welcome to Prescot Swimming Club and thank you for choosing us as your preferred Swimming Club.

Yours sincerely

ROBERT CHESIRE
CHAIRMAN



Thank you for choosing Prescot Swimming Club

Background

The club was founded in 1967 and trains four times per week in the Huyton Leisure & Culture Park. The club is a competitive club competing in Division 1 of the Merseyside and District League and also in Div 1 of the National ARENA League. All coaches are fully qualified and swimmers progress through the lanes depending on ability and achievement.

Training Sessions

The Club trains four times per week:

Monday	8:00 pm till 9.00 pm
Wednesday	7.30 pm till 9.00 pm
Friday	7.30 pm till 9.00 pm
Sunday	2.30 pm till 4.30 pm (split into 40 minute sessions for the teaching pool and hour long sessions for Lanes One and Two)

Progression

In the teaching pool – Swimming sessions are 40 minutes long and swimmers progress from first session on a Sunday (2.30pm) through to the 2nd session where the swimmer is able to swim a width unaided, to the 3rd session where the swimmer is taught all four strokes. The swimmer is then encouraged to attend during the week, still in the teaching pool, to gain stamina, strength and technique, before progressing to Lane One of the large pool.

In the large pool – Swimmers progress through the lanes. There are definitive tasks which the swimmers must become efficient in before they can move. Swimmers can only move to another lane when they are told to by the coach and should not move on their own accord.

Lane One – swimmers will build stamina and strength will be taught technique and diving will be introduced.

Lane Two – swimmers will build stamina, strength and technique, will be taught dives and how to “tumble turn” – they cannot progress to Lane Three without being proficient in these tasks and must achieve a time of 2 minutes and 5 seconds when swimming an Individual Medley (i.e. one length of each stroke – butterfly, back stroke, breast stroke and finishing with front crawl). Fins and other training aids will be used during these sessions and should be brought to poolside by swimmers. Again, swimmers must not move to Lane Three without the confirmation from the coach.

Lanes Three – In these lanes swimmers will be expected to swim further and faster, using their knowledge of starts and turns and practicing these tasks each length they swim. In these lanes the swimmers will also be expected to start competitions, i.e. Tadpole League, and may be chosen to represent the club in the Merseyside and District and ARENA Leagues. With this in mind, these swimmers are encouraged to attend squad sessions.

Lanes Four and Five – Swimmers in these lanes are given harder swimming session, without much rest thereby gaining stamina and strength and therefore able to compete in longer distances. Most of these swimmers are or should be Prescott Squad swimmers

Competitions

Swimmers are encouraged to compete from the age of 9 in the Tadpole League, which is held annually between September and November and all swimmers are also encouraged to compete in our own Club Championships, held over 2 weekends in November and also the younger swimmers have their own “mini” gala called the Minnows gala which is held the first week in July.

Swimmers are chosen, to represent the club at the Merseyside and District League Galas and at the ARENA Galas by the Team Manager. Please see attached information sheet on Conduct at Galas

Swimmers are also encouraged to enter Individual Competition, some of these competitions have time restrictions, this will be explained to you once your child is eligible to compete.

Swimmers must keep a record of events where they swim and the times which they achieve as these times are required to progress in competitions. Log books are available to buy from club.

ASA Registration

All swimmers must be registered with the ASA (Amateur Swimming Association) for Insurance purposes. Swimmers who are not at competition level will be required to complete a *Pink* registration form and swimmers who compete in any competition will be required to complete a *Blue* registration form. This may mean that you are requested to complete forms during the year.

Once registered you will receive a white plastic membership card. This shows your ASA registration number and the club you belong to. This is a lifetime membership and unless you are changing categories, there is no need to register again. **This card must be carried with you when at competition as you may be requested to show it and if you haven't got it with you, you can be withdrawn from the competitions**

Parent Members of the club must also be registered with the ASA for insurance whilst on poolside.

Swimwear

Girls – girls must wear full costume – bikini's are not allowed and also a swimming cap, this is for Health and Safety Reasons and girls will not be allowed to swim without a cap (Caps can be purchased from club for as little as £1.50)

Boys – boys must wear trunks or jammers (tight knee length shorts) – baggy swimming shorts are not allowed. If hair is long, boys too will be asked to wear a cap.

Goggles should be worn

Competition Swimwear

Swimmers **must** wear club cap. Swimmers may wear competition costumes/fastskins etc.. Swimmers are also required to wear a club T-Shirt and shorts when on poolside together with suitable pool shoes.

ALL SWIMWEAR CAN BE PURCHASED FROM CLUB



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November 2013

For the coming year 2014 it was agreed at the AGM that the following membership charges should apply;

Membership Fees

1 st Child/Swimmer	£70.00
2 nd Child/Swimmer	£65.00
3 rd Child/Swimmer	£60.00
4 th Child/Swimmer & Over	Free

From the 1st January the door charge will remain at £2.50 per swimmer per session.

All memberships should be renewed by 28th February or an additional £5.00 charge will be levied per member (excludes new memberships).

Trial Memberships

Each trial member can attend up to 4 sessions, the 1st session is free and the remaining session are charged at £3.50 each.



MANAGEMENT COMMITTEE

The Management Committee consists of the following people:

Chairman	- Robert Cheshire
Treasurer	- Karen Deeley
Secretary	- Kevin Dunk
Membership Secretary	- Lesley Hampson
Championship Secretary	- Simon Deeley
Welfare Officer	- Julie Doddridge
Elected Members	- Brian Boyle
	- Tony Simm
	- Janette Simm
	- Carole Savage
	-
	-

The Management Committee meet each month to discuss any issues which may have arisen and to also discuss future swimming development initiatives which may have been introduced by the ASA (Amateur Swimming Association).

The Club also holds an Annual General Meeting where the Management Committee are elected into office. All parents are invited to attend this meeting which takes place during November.

COACHES

Brian Boyle (Head Coach)
Helen Billington (Squad Head Coach)
Shaun Doddson
Joseph Savage
Matt Gilsenen
Ron MacAuley
John Doddridge
Lee Daly
Simon Deeley
Kevin Dunk
Avril Jennings
Paul Farrugia
Jake Simm

TEACHERS

Rob Clarke
Beth Fishwick
Megan Holland
Kathrine White

COACHING/TEACHING ASSISTANTS

Hannah Deeley



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Hon Secretary
Mr K Dunk,
42 Bridgewater Way,
Liverpool.
L36 0YG.
Tel: 0781 807 6235

Prescot Code of Conduct for Swimmers

The aim of this code of conduct is to maintain the Club's reputation as a friendly and disciplined organisation and above all to ensure the safety and wellbeing of our swimmers.

To successfully ensure this aim is met it is important to maintain standards of :-

- Individual behaviour and conduct.
- Respect for others.
- Attendance at training sessions and galas.

All Prescot Swimming Club swimmers will at all times adhere to the following Code of Conduct:

Individual Behaviour and Conduct

1. Act at all times in a safe and considerate manner.
2. Do not use abusive language or act in an aggressive manner.
3. Observe lane discipline, have all equipment ready and move carefully around the poolside.
4. Members must wear suitable attire for training and events as agreed with the coach. Keep all long hair under a swimming hat. Remove all body jewelry.
5. Be prepared to do their best at all training sessions and obey all instructions given to them by any club coach, teacher or helper.
6. Alcohol is strictly prohibited to all swimmers under age by UK law.
7. Smoking is prohibited by all swimmers prior to, during and after a competition or training session.
8. The use of drugs or substances other than for medical reasons is prohibited.
9. Details of any medication or health issues must be discussed with the squad coach.
10. Abide by the ASA Code of Ethics (www.britishswimming.org)

Respect for Others

1. Respect the squad and club coaches and each other.
2. Respect the property of other swimmers and the leisure centres at all training sessions and galas.
3. Obey promptly instructions from coaches and at galas obey instructions from any officials on duty and the team manager.
4. Obey instructions from leisure centre staff.
5. Remain with the team at all times.
6. Support and encourage your team.
7. Accept defeat in your race with grace and show good sportsmanship.
8. Accept the decision of officials.
9. Stay on pool side until the final result has been given and leave as a team together.

Attendance

1. Swimmers should attend all training sessions as detailed by the squad/lane criteria.
2. Swimmers should be on poolside ready to swim **FIVE** minutes before the appropriate start time of each training session.
3. Swimmers should be available to swim in team events as selected by the club coach.
4. During team events swimmers should swim those races selected by the club coach without question unless prevented by injury or illness.
5. Team clothing should be worn as directed by the club coach or team manager.
6. Members must pay any fees for training or events promptly
7. All swimmers are expected to compete in eligible club galas.

Prescot Code of Conduct for Parents / Guardians

1. Encourage your child to learn the rules and participate within them.
2. Discourage challenging / arguing with officials.
3. Publicly accept officials' judgments.
4. Help your child to recognize good sportsmanship and applauding the good performances of all.
5. Support your child's sessions as much as possible, but refrain from coaching your child from the seating area.
6. Never force your child to take part in sport.
7. Always ensure your child is dressed appropriately for the activity and has plenty to drink.
8. Keep the club informed if your child is ill or unable to attend sessions.
9. Endeavour to establish good communications with the club, coaches and officials for the benefit of all.
10. Share any concerns or complaints about any aspect of the club through the approved channels.
11. Use correct and proper language at all times.
12. Never punish or belittle a child for poor performance or making mistakes.
13. Always collect your child promptly at the end of a session.
14. Support your child's involvement and help them to enjoy their sport.

We are fully committed to safeguarding and promoting the well-being of all our members. The club believes that it is important that members, coaches, administrators, parents and guardians associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and share any concerns or complaints that they may have about any aspect of the club with **Elected Committee Members**.

Breaches of this code of conduct will be dealt with initially by the squad or club coach. A written report of the incident will be sent to the club secretary and the chairman. The executive committee will review each incident and take further action as deemed necessary.

PRESCOT SWIMMING CLUB
APPLICATION FOR MEMBERSHIP YEAR 2014

NAME

ADDRESS

.....

POST CODE

TEL NO (HOME)

(MOBILE)

E-MAIL

(Please provide a valid email address as emails are sent regularly with club information)

D.O.B. ETHNIC ORIGIN

MALE FEMALE

NEW MEMBER YES NO Membership No

MEDICAL INFORMATION (In the interests of discipline and safety, please let your child's instructor know of any medical conditions we should be aware of and list conditions.)

Please disclose any disability

If you are a member of any other Club, please list below stating date of joining

TO BE COMPLETED BY PARENT/GUARDIAN OF SWIMMER

NAME D.O.B.....

ADDRESS (if different from above)

.....

E-mail address

Telephone number (home) (mob)

CONDITIONS OF MEMBERSHIP TO PRESCOT SWIMMING CLUB

1. I will inform the Club Secretary immediately of any change in membership of this or any other club/s to which I belong.
2. Membership to be paid in full by stipulated date of the Management Committee.
3. Lane caps must be worn at all training sessions.
4. Club caps must be worn at all galas.
5. All swimmers will be expected to enter Club Championships.
6. I declare that the above information is correct and that I have read the rules, Code of Conduct of the Club and agree to abide by them and any decision of the Management Committee.

Signature of Swimmer.....

Signature of Parent/Guardian (if swimmer is under 16 yrs)

FOR OFFICIAL USE ONLY

MEMBERSHIP NO

DATE RECEIVED

MEMBERSHIP CATEGORY

- Senior member
- Junior member
- Associate member
- Honorary member
- Life member

ASA Cat

- 1
- 2
- 3

Fee Due

Date paid cash/cheque

Signed