



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

# PRESCOT SWIMMING CLUB

Founded 1967

Affiliated to Amateur Swimming Association North West Region

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

## 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 adequate seating in the gallery above 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**



### **MANAGEMENT COMMITTEE**

The Management Committee consists of the following people:

Chairman	- Robert Cheshire
Treasurer	- Karen Deeley
Secretary	- Julie Doddridge
Membership Secretary	- Lesley Hampson
Championship Secretary	- Simon Deeley
Welfare Officer	- Sue Fishwick
Elected Members	- Brian Boyle
	- Tony Simm
	- Janette Simm
	- Carole Savage
	- Lorna Gough
	- Angela Corness

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)  
Colin Roughley  
Joeseeph Savage  
Matt Gilsenen  
Ron MacAuley  
John Doddridge  
Sam Doddridge  
Simon Deeley  
Kevin Dunk  
Lorna Gough  
Kathrine White  
Avril Jennings  
Billy Sumner  
Duncan Sharpe  
Michael Caffrey  
Mathew Caffrey

### **COACHING ASSISTANTS**

Beth Fishwick  
Alex Dunk  
Megan Holland



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December 2012

For the coming year 2012 it was agreed at the AGM that the following membership charges should apply;

## Membership Fees

1 <sup>st</sup> Child/Swimmer	£65.00
2 <sup>nd</sup> Child/Swimmer	£60.00
3 <sup>rd</sup> Child/Swimmer	£55.00
4 <sup>th</sup> Child/Swimmer & Over	Free

From the 1<sup>st</sup> January the door charge will rise from £2.00 to £2.50 per swimmer per session.

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

## Trial Memberships

Each trial member can attend upto 4 sessions, the 1<sup>st</sup> session is free and the remaining session are charged at £5.00 each..



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 Speedo 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 pm til 9 pm
Wednesday	7.30 pm till 8.30 pm
Friday	7.30 pm till 8.30 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) which is Learn to Swim session through to the 2<sup>nd</sup> session where the swimmer is able to swim a width unaided, to the 3<sup>rd</sup> 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 10 seconds when swimming an Individual Medley (i.e. one length of each stroke – butterfly, back stroke, breast stroke and finishing with front crawl). Again, swimmers must not move to Lane Three without the confirmation from the coach.

Lanes Three and Four – 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. The swimmers may also be required to use fins in some sessions. 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 Five and Six – 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 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 costume/trunks/jammers (black and red) and club cap. Older swimmers may wear either plain black or black and red costumes/fastskins etc.. Swimmers are also required to wear a club T-Shirt with plain black shorts or track suit bottoms when on poolside together with suitable pool shoes. Please see competition rules attached.

**ALL SWIMWEAR CAN BE PURCHASED FROM CLUB**

# **PRESCOT SWIMMING CLUB**

## **APPLICATION FOR MEMBERSHIP YEAR 2012**

NAME .....

ADDRESS .....

.....

POST CODE .....

TEL NO (HOME) .....

(MOBILE) .....

E-MAIL .....

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 .....