

Welcome to Hastings Seagull Swimming Club



The aim of the club is to provide the appropriate opportunities for all swimmers to meet their full potential. Please find the following information within this introduction pack:

1. Fees
2. Progression through the club
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4. Club Championships
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The club's Head Coach is Mark Parris. The main place of training is Summerfields Leisure Centre, which is supplemented with pool time at Battle Abbey School swimming pool in Bexhill for the racing squads.

The club caters for non swimmers through to competitive swimming. Currently the club has swimmers competing at county, regional and national levels. In addition to this we also have a thriving Masters section and a very strong Water Polo team.

Further information about the club can be found on the club's notice boards (reception area and on the wall of the viewing gallery at Summerfields Leisure Centre). In addition there are regular newsletters issued and most weeks the club's successes can be found reported in the local Observer.

FEES

Club Memberships – Per Annum

Single	£18:00
Family	£40:00
Away Membership	£15.00

ASA Insurance – Per Annum (Please annex a)

- Cat 1 £7.25 Payable by ALL Non-Competitive Swimmers
- Cat 2 £20.50 Payable by ALL Competitive Swimmers
- Cat 3 £4.00 Payable by ALL Non-Swimming,Members – Officials, Committee, Teachers Helpers and all other non-swimming members

Session Fees (see annex B re swimming times)

Groups 1 to 4	£12.50 per month
Groups 5 to 6	£15.00 per month
Group 7	£19.00 per month
Gala Transition	£25.00 per month
Gala Improvers & Seniors	£25.00 per month
Race Trans	£29.00 per month
Racing 2	£31.00 per month
Racing 1	£33.00 per month
C/Squad Masters	£16.00 / £8.00 per month
Water Polo	£???.00 per month

All swimmers MUST have ASA registration and fully paid up membership to the Club.

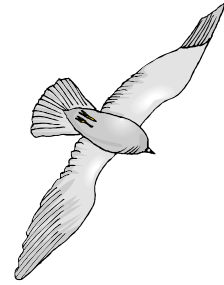
PAYMENT DESK

Every Thursday from 6pm till 9pm (approx)
Please feel free to contact Amanda on 01424 756105 with any queries

Session fees are due at the beginning of each month.
Swimmers will be deemed to have left the Club if session fees are unpaid for three months.

Cheques made payable to Hastings Seagull Swimming Club.
The payment desk is open on a Thursday evening in the foyer of Summerfield's.

Progression/Development through the club



To compliment the club's progression path through the learning groups, it also offers opportunities for swimmers of all abilities to take part in competitions. Starting with fun social events (mini galas) through to elite competitions (the nationals), these are for both individuals and teams.

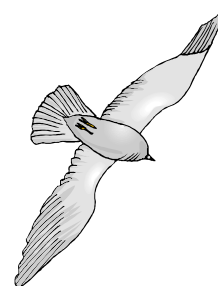
Teaching groups are 1 to 7 (group 1 being non swimmers), after group 7 swimmers go into either Gala or Racing Squads. Gala squads are for those who enjoy swimming, wish to keep fit and on occasion enter team galas. Racing squads are for those who wish to commit to swimming and compete individually as well as for the club teams. The pathway swimmers take is a joint decision between coaches, swimmer and parents/guardians. Swimmers can change pathways at a later date if agreed with the head coach.

How do swimmers progress through the groups?

The club uses the ASA's National Teaching Plan for groups 1 to 7. Each group has an assessment criteria to be achieved before a swimmer can move into the next group. Assessments are held formally every 6-8 weeks with letters being issued to those swimmers who have successfully met the required standard to move up.

Swimmers must attend at the time they have been allocated. Queries regarding times must be directed to Hayley Thomas, in her absence please leave a message with Amanda Doxford at the clubs reception desk on a Thursday evening.

Assessments of squad swimmers is undertaken by the senior coaches and criteria includes swimmers attitude to training, commitment, swimming times, endurance etc.



Mini Fun Nights (Mini Galas)

These are the first competitions our swimmers will enter and are held four times a year (dates will go on the notice board). They are for groups 3 – 6 and swimmers compete against other swimmers in their own group. All groups swim free style and backstroke. From group 5 they also swim breaststroke. The distance is 25 meters for groups 3 - 5; 50 metres for group 6; two strokes are swum at each event.

Groups 1 and 2 do not swim competitively but will still have normal lessons on these nights. These fun nights are important as they introduce fun competitive swimming to the children. Please always check the notice board for information about the swimming club; it is situated on the reception area and up in the viewing gallery on the wall.

Please do not leave your children unattended at the pool when they are in a learning group.

Club Championships

Eligibility group 7 onwards

These are the club's own championships where swimmers compete against other swimmers in the same age group. They are held five times a year and **are very important**. One of the purposes of the Championships is to introduce young swimmers to competitions. Many young swimmers are very nervous about entering competition, so these provide a familiar and friendly environment to have a go!

The events are run firstly in heats with the fastest six going through to a final. The championships are run under ASA law and therefore some disqualifications can and will happen (for example – the one start rule for false starts). Swimming is a unique sport in that winning is not always the purpose of the race. Most children enter to beat their own time called PB (personal best) As swimmers get older and make progress it is a fact that one or two swimmers will win more events than others, this is often when a swimmer becomes reluctant to enter events and say "I won't win anyway", this is when we should all be saying "see if you can get a PB (personal best)".

Every time the swimmer competes in a race you should keep a record of the time so that you can see how much they are improving. Beating your P.B (personal best) should be congratulated. **The coaches will use these times when choosing a swimming squad, or can be used to decide what level of competition your child can enter.** Please encourage swimmers to stay poolside until the presentations have been made, this is not only good manners but correct etiquette.

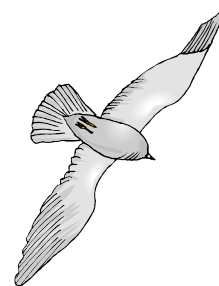
Remember you will need your costume/trunks, goggles, swimming hat, drink, towel, shampoo, shorts and t-shirt, for all your swimming races.

Have fun!

Make friends with other swimmers.

Good luck!!

Individual Competitions: Counties and Open Meets



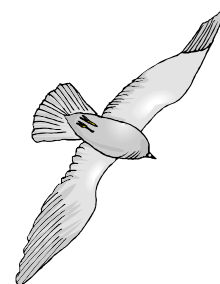
These competitions are for the swimmer who enjoys racing, if you can do a racing dive and good turns and your time is within the competition rules, put your name forward. Anyone entering counties/open meets etc must hand the entry form and fee to Ian Thomas before the closing date. If Ian does not have them in time he will not be able to process them as there is no arrangement for late entries.

Competitions are advertised on the notice board (in viewing gallery). Please discuss with Ian Thomas if you have any queries. The club ensures that a qualified coach, normally head coach, attends these competitions to organise the swimmers on poolside.

Refreshments at competitions: PLEASE ENSURE your child has plenty to drink (not fizzy), and a light lunch if it is an all day event. Snacks such as bananas, pasta and jelly are good for the poolside for energy.

Transport: Individual or Open meets, parents are expected to make travel arrangements. The club has a large number of swimmers competing so it is usually possible to ask other parents to assist with travel where you may have difficulty.

If you decide to enter a meet individually, please check that it doesn't clash with any team events and also inform Anne or Mark.



Club Kit

If you are invited to swim for the club in a team event swimmers are required to wear the following kit; club trunks/costume*, club hat*, club t-shirt* and royal blue shorts (*available from club shop). This is not optional, but a requirement. We have also introduced a club tracksuit; due to the cost involved we cannot hold a stock of these. If you are interested in purchasing any of these items see Amanda Doxford. The prices for any of these items will be on the notice board. For advanced swimmers at Counties, Regionals and Nationals they may wear skins (that are not club attire) but are asked to wear the club's swimming hat at all events.

Welfare

The club has an official Welfare Officer, Ian Penney. All Teachers, Coaches and helpers have been CRB checked.

If you help on poolside, you will be asked to complete a Child Protection Disclosure form. This is now a requirement under the Child Protection Act.

The ASA operates a free and confidential helpline called

SWIMLINE 0808 100 4001

This service is provided for anyone involved in swimming, including children and young people who believe that the welfare of a child is at risk. This could be neglect or abuse, bullying or fear of someone, or anything that is worrying you and you don't know who to discuss this with.

Swimline is only available during working hours but if you leave a message they will call you back on the next working day.

The NSPCC Child protection line is available 24 hours. Call them on **0808 800 5000** Calls are free and confidential.

Standards

The club has an Equity Policy and code of conduct for swimmers and helpers, this is posted on the club notice board. Any person not adhering to this may be asked to leave.

The club constitution follows the Amateur Swimming Association model, this is also available for information on the club notice board. Please do not remove.

The club has been accredited with SWIM 21 and the Sport England ClubMark. This SWIM 21 accreditation means that the club has been assessed and continues to be monitored against ASA standards for operating and managing the club. This is similar in principle to the assurance you have if a builder is a member of a recognised master craftsmen organisation.

Committee Members

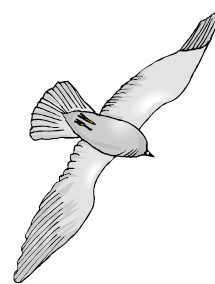


We would like to take this opportunity to introduce you to the committee members, together with a brief outline of the positions and jobs they are responsible for.

PRESIDENT:Mr Mike Hamblin
HON TREASURER: ...Mrs Amanda Doxford, responsible for all finance.
HON SECRETARY; ...Mr Graham Furness who deals with correspondence
COMPETITIONS SECRETARY:Mr Ian Thomas deals with individual entries to outside events – Open meets, Counties etc.
JUNIOR SECRETARY; Mrs Hayley Thomas (organises group assessments)
- Waiting List- Mrs Debbie Bishop
- Mini Galas (Groups3-6) – Mrs Debbie Bishop
CHAMPIONSHIP SECRETARY;....Mrs Sue Parris organises and sets up the Club Championships.
SOCIAL SECRETARY; Mrs Debbie Bishop organises and runs social events
GALA SECRETARY; Mrs June Berwick arranges team galas.
CLUB CAPTAIN; Hannah Keen looks after swimmers interests.
SPONSORSHIP; -
SUBSCRIPTION SECRETARY;Amanda Doxford sees to yearly memberships.
SWIM 21 CO-ORDINATOR;..... Hayley Thomas
VISITS SECRETARY;. Vacant arranges visits to and from Holland and Germany.
SUPPORTERS CLUB; Mr Steve Paine
MINUTES SECRETARY: Mrs Honeyset
MASTERS SECRETARY; Laura Hoodless
WATER POLO SECRETARY; Mr Tim Pearce
HEAD COACH; Mark Parris
A.S.A. REP; Mr Graham Furness
RECORDER;.....Mrs Janet Humphries
SUSSEX COUNTY REPRESENTATIVE.....Mrs Janet Holdstock
EQUIPMENT OFFICER..... Steve Paine
DISABILITIES OFFICER...Mrs Sue Parris
WELFARE OFFICER.....Mr Ian Penney
TRAINING CO-ORDINATOR....Mrs Teresa Moon
PRESS OFFICER.....Mr Tony Berwick
Additional committee members;
Terry Fitzgerald
Anne Hamblin

The club has additional independent staff:

Nikki Abbot.....Racing Squads Physiotherapist
Sean Baldock.....Racing Squads Land Training Coach



Parent/Guardian Authorisation
(please return to clubs reception desk or Welfare Officer)

As Hastings Seagull Swimming Club is a competitive club we like to advertise the success of the swimmers when they have competed in a competition. We would like your permission to take photographs on these occasions.

I give /I do not give my permission to take photographs of my son/daughter.

NAME.....

ADDRESS
.....

PHONE NO.....

ANNEX A

The Amateur Swimming Association (ASA) is the English national governing body for swimming, diving, water polo, open water and synchronised swimming.

It organises competition throughout England, establishes the laws of the sport and operates comprehensive certification and education programmes for teachers, coaches and officials.

The ASA supports 1,600 affiliated swimming clubs through a National/Regional/County structure.

All swimming clubs affiliated to the ASA must ensure that all of their members are registered with the ASA and pay the relevant membership fee. This fee is in three parts with separate payments going to the national, regional and county bodies.

Fees paid to the ASA (national body) help to support the national structure including training for officials and coaches. You are therefore helping to support the British Team. The money also covers insurance both for the club and it's officials and also provides personal accident cover for members should they suffer a serious injury.

The ASA has negotiated various benefits for members including 10% discount on holiday hotel bookings for members and their families through www.bookandstay.com, discounts on overnight stays at Old English Inns, reduced rates at HMCA (Hospital and Medical Care Association) and discounts and offers from www.powerplaydirect.com, a leading online entertainment retailer of CDs, DVDs etc.

Membership with Hastings Seagull Swimming Club

Any person wishing to join the Club will be asked to pay a membership fee alongside their ASA registration fee.

Single Membership = £18.00 per annum (After 1st September 1/10 per month pro rata)
Plus relevant ASA fee

Family Membership = £40.00 per annum (available to a family unit comprising of up to two adults and two or more children under 18)
Plus relevant ASA fee for each Family Member

Away Membership = £15.00 per annum (available to any person in full-time education away at university or members of the Water Polo Team who represent us in away games only)

All members of Hastings Seagull Swimming Club MUST have the correct ASA registration. This includes parents who have taken out a Family Membership to the Club as under our rules and those of the ASA, they should be Cat 3 members.

ASA fees 2007 CAT 1= £7.25, CAT 2 = £20.50, CAT 3 = £4.00

If you have any questions, please speak to the front desk team on Thursday nights.

ANNEX B As at JAN 2009								
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM	Total	Fees Per Month as at 1 February 2008
Masters & Club Squad	9-00 to 10-00	No Swim	No Swim	8-00 to 9-00	No Swim	No Swim	2 x 1hr per week	£16.00
Group 1	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	No Swim	1/2hr once a week	£12.50
Group 2	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	No Swim	1/2hr once a week	£12.50
Group 2/3	No Swim	No Swim	No Swim	No Swim	No Swim	9.00 to 9.30	1/2hr once a week	£12.50
Group 3	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	No Swim	1/2hr once a week	£12.50
Group 4	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	No Swim	1/2hr once a week	£12.50
Group 5	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	9-00 to 9-30	2 x 1/2hr per week	£15.00
Group 6	6.30-7.00 (All)	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00	No Swim	No Swim	2 x 1/2hr per week	£15.00
Group 7	7.00-7.30 (All)	No Swim	No Swim	7-00 to 7-30 7-30 to 8-00	No Swim	9-00 to 9-30	3 x 1/2hr per week	£19.00
Aim Higher Session Invitation ONLY	No Swim	No Swim	No Swim	No Swim	6-00 to 6-30 6-30 to 7-00 BEXHILL	No Swim	1/2 per weel	£10.00 per 10 sessions
GALA Transition	6.30 to 7.30	No Swim	No Swim	7-00 to 8-00	No Swim	8-30 to 9-30	3hrs per week	£25.00
GALA Improvers	6-00 to 7- 00	No Swim	No Swim	7-00 to 8-00	No Swim	8-00 to 9-00	3hrs per week	£25.00
GALA Seniors	9-00 to 10-00	No Swim	No Swim	8-00 to 9-00	No Swim	8-00 to 9-00	3hrs per week	£25.00
Racing Transition	7-00 to 8- 00	6-30 to 7- 30 Bexhill	No Swim	7-00 to 8-00	6-00 to 7-00 Bexhill	7-30 to 9-00	5hrs 30mins per week	£29.00
Racing Squad 2	7.30 to 9- 00	6-30 to 8- 30 Bexhill	No Swim	7-00 to 8-00	6-00 to 7-00 Bexhill	07.30-09.00	7 hrs per week	£31.00
Racing Squad 1	7.30-9.00 (opt. 9.30)	6-30 to 8- 30 Bexhill	No Swim	8-00 to 9-00	6-00 to 7-00 Bexhill	07.30-09.30	7hrs 30mins per week	£33.00

