



Welcome to

Hastings Seagull Swimming Club

We are primarily a Racing Club and our aim is to provide the appropriate opportunities for all swimmers to reach their full potential. Please find the following information within this introduction pack:

- Fees
- Reception and Payment Desk
- Progression through the club
- Mini Fun Galas
- Club Championships
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- Club Shop
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The Club's Head Coach is Mark Parris who is supported by Assistant Head Coach James Nock, Head Teacher Ruth Mattocks and a squad of voluntary coaches and teachers. The main training venue 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 strong Water Polo team (both men and women) with a recently introduced Mini-Polo section for younger swimmers.

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 newsletters issued and most weeks the club's successes can be found reported in the local Observer newspaper.

The Club's website at hastingsseagullsc.org.uk contains information on all aspects of the Club.

FEES

Club Memberships – Per Annum:

Single	£20-00
Family	£45-00
Away Membership	£15-00

ASA Membership (including Insurance) – Per Annum

Category 1	£9-40	Payable by ALL Non-Competitive Swimmers
Category 2	£25-75	Payable by ALL Competitive Swimmers

Session Fees: (Averaged over 12 months - No reduction for Club or Family holidays)

Groups 1 to 4	£12.50 per month
Groups 5 to 6	£18.00 per month
Group 7	£24.00 per month
Gala Groups (All)	£27.00 per month
Racing Transition	£33.00 per month
Racing 2	£36.00 per month
Racing 1	£37.00 per month
C/Squad Masters	£18.00 / £10.00 per month
Water Polo	Seniors £15-00 / Juniors £12-00 per month
Mini Polo	£12-00 per month

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

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 its officials and also provides personal accident cover for members should they suffer a serious injury.

RECEPTION and PAYMENT DESK

The Reception and Payment Desk is open most Thursday evenings between 6pm and 9pm (approx) in the foyer of Summerfield's to deal with general queries regarding the Club and to collect payments due.

Session fees are due at the beginning of each month and can be paid by standing order (makes our admin simpler – ask at the desk for details), cash or by cheque made payable to 'Hastings Seagull Swimming Club'.

Swimmers will be deemed to have left the Club if session fees are unpaid for three months. Please give the Reception/Payments Desk team one months notice if your child is leaving the club.

Progression/Development through the club

To compliment the club's progression path through the learning groups, it offers opportunities for swimmers of all abilities to take part in competitions. These start with fun social events (mini galas and internal galas) through to elite competitions (the County and national championships) which can be 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 assessment criteria to be achieved before a swimmer can move into the next group. Assessments are held formally every 10 weeks with letters being issued to those swimmers who have successfully met the required standard to move up. Assessments of squad swimmers (Racing and Gala groups) are undertaken by the senior coaches and criteria includes swimmers attitude to training, commitment, swimming times, endurance etc.

Swimmers must attend at the session time they have been allocated. Queries regarding times must be directed to Ruth Mattocks or, in her absence, please leave a message with the club reception/payment desk on a Thursday evening.

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 and swimmers notified, where possible, by e-mail). They are for groups 3 – 6 and swimmers compete against other swimmers in their own group. All groups swim free style and backstroke and from group 5 they also swim breaststroke. The distance is 25 meters for groups 3 – 5 and 50 metres for group 6. Two strokes are swum at each event. Children are automatically entered into these events and need to 'opt out' if they are unable to attend that night. These fun nights are important as they introduce fun competitive swimming to the children. Groups 1 and 2 do not swim competitively and will still have normal lessons on these nights.

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 an essential part of swimmer development. One of the purposes of the Championships is to introduce swimmers to competitions. Many young swimmers are very nervous about entering competitions 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 a 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. Every time your child competes in a race you should keep a record of their time so that you can see how much they are improving. Beating their PB 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.**

Remember you will need your costume/trunks, goggles, swimming hat, drink, towel, shorts and t-shirt, for all your swimming races. Have fun, swim hard and 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. Ian is usually at the Reception/Payment Desk between 8-9pm in the weeks preceding an event.

Competitions are advertised on the notice board (in viewing gallery), the Club website and Racing Swimmers receive notification by e-mail. Please discuss with Ian Thomas if you have any queries. The club ensures that a qualified 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 Mark or James.

Club Shop

The Reception/Payment Desk stocks a number of items for sale to members at competitive prices. These include:

Club hats and other styles

Goggles – various styles and sizes

Club costumes and trunks

Other styles of costumes and boys 'Jammers'

Club 'T-Bags'

Drag pants

Pull Buoys and kick boards

Club swim bags

Other items can be obtained to order.

If you are invited to swim for the club in a team event swimmers are requested to wear the following kit; club hat*, club t-shirt or T-Bag* and royal blue shorts (*available from club shop).

Welfare

The club has an official Welfare Officer, Ian Penney. If you or your child has any concerns or worries regarding any aspect of the club, please speak to Ian or any of the Coaches or Teachers in confidence. 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 and you are asked to acquaint yourself with these documents. Any person not adhering to these 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. The 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.

As at JAN 2010								
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM	Total	Fees Per Month
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	£15.00/£8.00
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	£18.00
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	£18.00
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	£24.00
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 week	£20.00 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	£27.00
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	£27.00
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	£27.00
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	£33.00
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	£36.00
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	£37.00