



www.kimberleyasc.co.uk

Dear New Member

Welcome to the world of swimming and to Kimberley Swimming Club!

Today, as you join KSC you will receive your personal copy of the Kimberley Swimming Club "Members Folder".

Your folder will explain everything you need to know about learning to swim with Kimberley Swimming Club, through the Improver Levels and eventually up to our Competitive Squad. It also contains information about Health and Safety, Training Session Times, County Qualifying Times, the Annual "ASA Nottinghamshire County Championships", Nova selection, Open Meets and much more.

We hope that you take the time to read through your (your child's) folder and find it useful.

If you have any questions, please speak to one of the Coaches/Teachers or desk staff and we will do our best to answer your queries.

We have left some space at the back for swimmers to record their personal achievements and keep certificates clean, so please keep your folder safe.

Yours sincerely

The Committee



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MEMBERS INFORMATION

Welcome to Kimberley Swimming Club.

As a new member I am sure there are many things that you would like to know about the Club and who to go to if you have any questions. Lots of information is contained in this Members Folder, giving you current information on what's happening in the Club.

Look out for other information on our Club Notice board, which is next to the Ladies changing Rooms at the bottom of the stairs and at our Club desk where you pay for your swim sessions.

If you are learning to swim, we will help you improve in our improver sessions in the main pool. You can join as many of our improver sessions as you wish. You will progress through the lanes until you are chosen to join the KSC squad, if the swimmer wishes to do so.

As a member of the squad you will be expected to swim at least two training sessions a week to achieve the basic club level swimmer standard. Our objective is to train you to County standard if that is what you want to achieve.

This Folder contains useful information regarding session times, the galas we enter, how we select teams with space to record all your swimming award achievements and certificates.

We regularly organise social events, raffles, competitions and games at subsidised costs to help fund the administration of the Club. We hope you enjoy being a member of our Club.

CLUB CHAIR



CHILD PROTECTION

Under ASA guidelines relating to Child Protection Kimberley Swimming Club is unable to authorise the use of video, digital or photographic equipment.

Spectators, Swimmers and Poolside staff are advised NOT to use mobile phones during training / gala sessions

Please note all volunteers at the club must be DBS Checked. (Disclosure and Barring Service)

Have a query about the DBS. See if our FAQs below answer your question.

Q. What is A DBS?

A) The Disclosure and Barring Service (DBS) is an executive non-departmental public body of the Home Office which was established under the Protection of Freedoms Act 2012 and started operating on 1 December 2012.

It helps organisations and employers make safer recruitment decisions and prevent unsuitable people from working with vulnerable groups, including children.

The DBS carries out the functions previously undertaken by the Criminal Records Bureau (CRB) for England and Wales and the Independent Safeguarding Authority (ISA) for England, Wales and Northern Ireland.

Q. Which members of the Club are required to complete a DBS check?

A. Anyone who has one to one contact, or may have one to one contact with a child or a vulnerable adult. This includes club coaches, teachers, poolside helpers, team managers and chaperones. As each club is different this may also include timekeepers, lifeguards or the person staffing a club shop. ASA clubs and members can find full details on who requires a check contained in Wavepower the ASA Child Safeguarding Policy and Procedures Manual.

Q. Are DBS checks compulsory?

A) DBS do not make their checks compulsory. However, it is a condition of affiliation to the ASA (be it a club or other body that affiliates to the ASA) to accept our procedure that all helpers working closely with children or vulnerable adults and could find themselves in a one-one situation do complete the necessary checks.

As a member of an affiliated club or other body, individual members are automatically bound under ASA Laws and Regulations to comply with the ASA's DBS checking process BUT it is only required if an individual wants to take up a role which requires a DBS check. If an individual is unwilling to do so, they must not be used by the club in any position that places them in a position of trust with children



Q. What is the process and how long does it take?

A) With the introduction of the Protection of Freedoms Act Swim England has introduced a new DBS online service provided by our partners GBGroup (Formerly TMG CRB).

All DBS applications should now be made through the online service. All club Welfare Officers and Swim Schools have been sent information on activating their online service along with an activation PIN.

Swim England is no longer accepting DBS paper applications unless prior agreement has been sort from the Swim England DBS Coordinator.

An average DBS check made through the online service takes 2 days. Until such time as clearance is confirmed by Swim England that individual will not be able to undertake the role applied for but may remain in a supervised role for a maximum of 3 months

Q. How much does it cost?

A) CRB checks are free to ASA volunteer club members.

Q. How long are DBS checks valid for?

A) DBS checks have no period of validity as the information on the Disclosure is a snap shot in time at the date that the checks were completed and must be seen as just one part of a safe recruitment process. However the ASA recommends that clubs endeavour to get their volunteers re-checked every three years. It is advised to renew in the third year, rather than let it run out.

Q. What happens if I already have a current CRB check with another organisation?

A) With the introduction by the DBS of the Update Service any applications receiving their Disclosure Certificates after the 17th June 2013 can now register with the Update Service. This will allow DBS Certificates to be reused when applying for similar jobs within the same workforce, child workforce, adult workforce or child and adult workforce and reduce the burden of red tape on employers.

This new subscription service lets individuals keep their DBS Certificates up-to-date so they can take it with them when they move jobs or roles.

Those applicants that are not registered with the Update Service, their application isn't of the required level or workforce, will be required to complete a new DBS application



HEALTH & SAFETY REMINDER

Adults are reminded that they should remain on the premises during training sessions. If you need to leave the site please nominate an adult (over 18 years of age) who will take responsibility for your child should any incidents occur during your absence. Details of the person you nominate should be left at the Club desk before you depart.

Please note that should any illness/accident occur, Kimberley Swimming Club staff cannot take responsibility for your child during your absence.

In accordance with Health and Safety Regulations children should be supervised by an adult at all times whilst at the Leisure Centre.



SWIMMING POOL EMERGENCY PROCEDURES

FIRE ALARM

The Fire Alarm at Kimberley Leisure Centre is a two tone siren. It also has a flashing red light to aid those who may be deaf. In addition there is an audible announcement connected to each sounder which will repeatedly announce "This is the fire alarm please leave the building by the nearest exit." The fire alarm is activated by breaking the glass at any of the call points throughout the Leisure Centre. This is why it is important to register your child on arrival and the reason we take a register during the training session.

On hearing the fire alarm, the lifeguards will immediately evacuate the pools and changing areas. They will gather all persons located in the pool hall area to the three emergency exits located around the pool and await further information from reception. If it becomes necessary to empty the pool/building, the lifeguards will evacuate the pool hall and arrange for thermal blankets to be provided for all swimmers.

All spectators should leave by the nearest exit and make their way to the assembly point located on the playing field next to the Leisure Centre.

ASSISTANCE REQUIRED ALARM

The poolside is equipped with "Assistance Required Alarms" - These are a flashing light and an audible buzzer. Lifeguards use this alarm to summon the attention of other Leisure Centre staff. They are used if a lifeguard has to enter the pool to conduct a rescue or during a major First Aid emergency.

On hearing this alarm all swimmers should immediately vacate the pool and wait for further instruction on poolside from the lifeguards or Coaches - Teachers.

WHISTLES

Lifeguards (and Coaches - Teachers) carry a whistle with them whilst on poolside. There is a recognised whistle code in use;

One short Blast	Attract the attention of a swimmer
Two short Blasts	Attract the attention of a lifeguard
One long Blast	Indication to vacate the pool (non-emergency), at the end of each session in the main pool.
Three short Blasts	Lifeguard taking emergency action- swimmers <u>MUST</u> immediately vacate the pool.

We conduct whistle tests on occasion where three blasts of the whistle are blown and the pool evacuated so that all staff and swimmers can become familiar with procedures should an emergency occur. Adults are requested to re-assure and familiarise their children with this practise.



GUIDANCE FOR SWIMMERS / PARENTS / CARERS

PLEASE KEEP THIS PACK FOR REFERENCE AND MAKE YOUR CHILD A WARE OF THE CONTENTS.

HEALTH AND SWIMMING

We are a large Club with lots of members, many of whom, unfortunately, have health problems,

Eye sight – Hearing, swimmers who are partially sighted who can't see without glasses, or who have hearing difficulties should notify the Coaches/Teachers on joining the club, so appropriate steps are made to support your child during training and in the event of an emergency.

Asthma, If your child has any problems please make sure we know about them. Asthma is a life-threatening condition - all asthmatics have medication which should be used and respected.

Asthmatic swimmers should:

(Main Pool)

- Have their name on any medication on poolside
- Have taken their PREVENTATIVE medication before starting a training session - as directed by their GP or hospital.
- Have their parents or carers in the building and available at all times
- Tell the Coach - Teacher if they have had a heavy cold or recent chest infection or any breathing difficulties which have led to a drop in 'peak flow' monitoring
- Not use this as an excuse for getting out of a difficult session!

Summary

In all events parents will be informed of any difficulties

Please Note:

Poolside staff are not qualified to administer drugs therefore you will be needed.



SwimLine

The Amateur Swimming Association is committed to promoting the welfare of children in our sport. That is why we have joined with the National Society for the Prevention of Cruelty to Children in creating SwimLine.

The service is provided for anyone involved in swimming, including children and young people who believe that the welfare of a young 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 it with.

What happens if you call?

When you ring, you will hear a message. This will explain that you wish to speak to someone urgently or it would not be convenient for someone to call you back – you can press a number to transfer straight to the NSPCC Child Protection Helpline.

This will be answered by trained and experienced counsellors who will advise you and act to protect children.

If there is a problem with someone calling you back and you wish to speak to someone who understands swimming, you will need to leave your telephone number and time when it is convenient for one of our Child Protection Group to ring. These people are members of swimming clubs who work in child welfare as a profession and have volunteered to help this ASA programme.

If there is an issue which causes concern the ASA will act to protect the child.

SwimLine calls are free and do not appear on itemised bills unless the call is made from a mobile phone. SwimLine does not use the 1471 code or any other call return or call display facility.

If you leave a message we aim to ring back during the next working day. If you phone over the weekend, we will aim to contact you on Monday.

The contact numbers

SwimLine 0808 100 4001

NSPCC Child Protection Helpline direct: 0808 800 5000 - (open 24 hours a day and calls are free). Textphone: 0800 056 0566



SWIM 21

Swim21 Club Accreditation is the ASA's 'quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members.

But swim21 Club Accreditation is not a badge of honour. It is the ASA's Club Development model - a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, Coaches/Teachers and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment.

Clubs who want to secure swim21 Accreditation work steadily towards gaining a series of outcomes, all of which are seen as essential if the right level of support is to be provided at each stage of an athlete's development.

Swim21 Club Accreditation is available to ASA clubs of all aquatic disciplines that are positioned at one or more of five levels:

- Foundation
- Teaching
- Skill Development
- Competitive Development
- Performance

The ASA has a commitment to achieving its equity targets throughout the sport. Swim21 is no different and the ASA is keen to support clubs in the shared objective of widening the participation base and hence the performance of the sport as a whole.

For more information

www.swimming.org/asa/clubs-and-members/swim21-accreditation/
or
www.swim21.info/

Note

Kimberley Swimming Club has achieved a silver status in Teaching.



Clubmark

Clubmark is the only national cross sports quality accreditation scheme for clubs with junior sections. It is built around a set of core criteria which ensure that accredited clubs operate to a set of consistent, accepted and adopted minimum operating standards.

Sport England recognises and values the commitment made by sports clubs to develop high quality, welcoming environments for young participants. The development of clubs that encourage young people to take-up sport, improve their talents and give them the option to initiate and maintain life-long participation in sport is an essential part of our work to support the sporting infrastructure in England.

Clubmark is endorsed by all the main sporting, youth and education agencies involved in delivery of sporting opportunity for young people as the accreditation scheme for clubs with quality assured junior sections.

A club is accredited via either its licensed National Governing Body (NGB) or County Sports Partnership (CSP). It must, therefore, be affiliated to the relevant Sport England recognised NGB in order to be accredited.

More than 10,000 clubs across around 35 sports are currently Clubmark accredited or 'working towards' the award. These cover a diverse array of sports from ball games such as tennis, cricket and rugby to water sports like swimming, canoeing and rowing.

Clubmark is managed by Knight, Kavanagh & Page (KKP) on behalf of Sport England. For more information contact Clare MacLeod, National Clubmark Manager.
www.clubmark.org.uk/



ANTI - BULLYING POLICY

Kimberley Swimming Club has adopted the “Anti-Bullying Policy for Swimming Clubs” as recommended by the Amateur Swimming Association in its document “Wave Power”, which is based on that provided to schools by Kid space.

All members upon joining the Club, sign to accept the Constitution as required by ASA Law and in doing so are expected to adhere to its policies.

An outline of this Policy is given below - for full details including procedures please visit the ASA Website (www.britishswimming.org) or contact the Club's Secretary.

Statement of Intent

We are committed to providing a caring, friendly and safe environment for all of our members so that they can swim in a relaxed and secure atmosphere. Bullying of any kind is unacceptable at our club.

If bullying does occur, all swimmers or parents are encouraged to tell and know that incidents will be dealt with promptly and effectively. We are a TELLING Club. This means that anyone who knows that bullying is happening is expected to tell the Club Welfare Officer or any Committee member, or contact the ASA Swimline by telephoning 08081004001.

What is Bullying?

Bullying can be emotional, physical, racist, sexual, homophobic (because of or focussing on the issue of sexuality) or verbal.

Why it is important to Respond to Bullying

Bullying hurts. No one deserves to be a victim of bullying. Everyone has the right to be treated with respect. Swimmers who are bullying need to learn different ways of behaving.

As a Club we take bullying seriously - swimmers and parents are assured that they would be supported if bullying is reported.

BULLYING WILL NOT BE TOLERATED



CODE OF CONDUCT

FOR SWIMMERS

- Swim for fun - not to please your parents or Coach - Teacher
- Be attentive at all training/coaching sessions
- Work hard equally for yourself and the Club - both will benefit
- Remember skill development, fun and enjoyment is very important
- Always show appreciation of good swimming by ALL swimmers
- Be a good sport - win or lose
- Control your emotions
- Treat all swimmers how you would like to be treated
- Do not bully or take unfair advantage of any swimmer
- Treat your pool and the equipment provided with respect and behave in the same manner when visiting other pools/clubs
- Swim to the rules of the Amateur Swimming Association (ASA)

Swimmers are reminded not to leave valuable belongings unattended in the changing rooms - where practicable lockers should be used. Time in the changing rooms should be kept to a minimum - please get changed as quickly as possible after training sessions and vacate the changing rooms for other users.

FOR PARENTS AND SPECTATORS

- Encourage your child to swim - never force them
- Always remember - children should swim for their enjoyment not yours
- Focus on the young swimmers efforts rather than winning or losing
- Provide positive verbal feedback both after training and galas
- Be realistic about young swimmers ability - do not push them towards a level that they are not capable of achieving
- Take an interest in your child's progress by watching training sessions and galas - do not use the swimming club as a crèche.
- Always show appreciation of good swimming by all swimmers regardless of which club they belong to.
- Respect decisions made by Coaches/Teachers and officials and encourage young swimmers to do the same.
- REMEMBER - IT IS ONLY A SPORT

ASA SWIMLINE 0808 100 4001

Promoting the welfare of children, within our sport.

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.



TRAINING SESSION - TIMES

Saturday morning

Improvers 8.00-9.00 AM

Saturday evenings

Main Pool Dis-abilities. 6.00- 6.45PM
Improvers Lanes 1,2,3 and 4 6.00 - 7.00PM
Improvers Lane 5 and Squad 7.00 - 8.00PM

Sunday evening

Main Pool Improvers 6.15-7.15 PM
Dives/Turns 7.15-8.00 PM
Main Pool Transition 7.15-8.00 PM
Squad 8.00-9.30 PM

Monday evening

Main Pool Improvers 7.00-8.00 PM
Squad 8.00-9.00 PM

Wednesday evening

Main Pool Improvers Lane 5 and Squad lanes 1 and 2. 7.00-8.00 PM
Squad lanes 3,4 and 5 8.00-9.00 PM
Squad [15yrs and over] + others with permission of the Coach - Teacher. 9.00-10.00 PM

Kimberley Swimming Club Squad Only

Training at KIMBERLEY LEISURE CENTRE



	START	FINISH
Saturday	7.00 pm	8.00 pm
Sunday	8.00 pm	9.00 pm
Sunday	9.00 pm	9.00pm
Monday	8.00 pm	9.00 pm
Wednesday Lane 5 improvers + Squad lanes 1 and 2	7.00 pm	8.00 pm
Wednesday Squad lanes 3,4 and 5, Wednesday Squad [15yrs and over]	8.00 pm	9.00 pm
+ others with permission of the Coach - Teacher.	9.00 pm	10.00 pm



Club Squad Only Training at ALFRETON

We also have squad training sessions at Alfreton on Friday evenings - between .7.30 pm and 9.00 pm

(Please check with the Coaches/Teachers before attending)

TO BOOK PLEASE CHECK AT CLUB DESK OR CLUB NOTICEBOARD FOR DATES



ADVICE AND INFORMATION FOR SWIMMERS

It is very important that you as swimmers look after yourselves, eat and drink healthily, rest and above all avoid injury by making sure that you warm up before the start of any exercise.

A warm up session is always included in the first 5-10 minutes of each training session - make sure you do not miss this vital part of training. Some warm up sessions make take place on poolside, again it is important that you participate in these activities.

Competitive swimmers need to minimise the amount of lost training time through illness, this is especially so during the winter months.

Here are some tips to help you:

- Always wear a hat of some sort when you leave the pool facility, even going out to the car, to go home!!! Gloves/coats and warm clothing should be worn.
- NEVER drink out of other people's drinks bottles
- In between training get some good down time - sleep, rest and recover – try having a warm bath before going to bed (not hot). Avoid showering before you go to bed as this stimulates the system.
- Eat sensibly - cut down on the fast food, eat for energy.
- The day before a competition ensure your body has restocked its energy reserves, such as increasing the amount of low fat carbohydrates as contained in noodle dishes (e.g. chow mein), pasta, jacket potatoes, deep pan pizza, beans on toast, cereals or chunky soups and sandwiches
- During training and competition keep hydrated - drink plenty of non - fizzy fluids
- For more advice visit the ASA Website (www.britishswimming.org)

Small Tips

- Try to arrive at the pool in plenty of time before training or competitions to avoid stress - be positive.
- Stretching before training or competition decreases the chance of injury and increases joint mobility as well as warming up muscles
- Likewise make sure you swim down after hard training to help avoid muscle stiffness
- Eat a small snack immediately after training to help restore lost energy and don't forget to drink some more fluids.
- If you do get a bad cold or sore throat, do not train until your system is clear.

MOST OF ALL HAVE FUN AND DO IT BECAUSE YOU WANT TO DO IT



COACHES, TEACHERS AND POOLSIDE STAFF

All our coaching and poolside staff wear Navy or White T-Shirts with the Club "KSC" Logo, together with name badges - if you need any information or would like a chat please make sure you say "Hello". We promise they don't bite and welcome the opportunity to answer your questions.

We employ the Leisure Centre Lifeguards, who wear Liberty Leisure T-Shirts, during sessions. Make sure you listen to any instructions they give - they are there to make sure we remain safe and can enjoy our swimming.

MUMS AND DADS – GUARDIANS

The club is totally run by volunteers, made up of committee members, swimming Coaches – Teachers and a lot of people who just lend a hand. Without all these unpaid people we would not have a club. If you feel you can give up a few hours from time to time or wish to be trained to teach pool side, please ask at the desk or talk to one of the staff. To work with the children club membership and DBS checks will be required reference page 4 for additional information.

CLUB TEAMS

As a member of the club, you will be placed into a Club Team. These are known as Amphibians, Dolphins, Sharks and Titans.

Each year we organise a Fun day, which comprises of team relay races. Swimmers are invited to participate for their team to earn points towards the Team Trophy, which is presented at the end of the year.

Look out for the next Fun Day, we guarantee lots of fun, plenty of getting wet, shouting and cheering - DON'T MISS IT.

MERITS

Make sure you look out for our MERIT BOX - located at the Club Desk. If your Coach - Teacher feels you have worked extra hard or if you have gained an achievement, then a MERIT card will be issued by that Coach - Teacher and placed in the box for your collection. The MERIT is for you to keep.



IMPLEMENTATION OF THE NEW NATIONAL PLAN FOR TEACHING SWIMMING

Below are some frequently Asked Questions regarding our improver sessions. If you have any more, please ask.

Q. WHAT is the NPTS?

- It is the 'National syllabus' produced by the National Governing Body for Swimming, the Amateur Swimming Association (ASA) to assist and support the delivery of swimming lessons.
- It is a single pathway for Swimmers to learn how to be competent and confident in the water.
- It is a 'multi skill' programme for swimmers to learn how to swim and be proficient (competent) in water for them to then make the choice to continue to participate in any aquatic sports later on... such as Competitive Swimming, Diving, Synchronised Swimming, Water Polo and Rookie Lifesaving.

Q. WHAT Awards OR Stages are included in the NPTS

The NPTS includes Foundation Phase (Adult & Child, ASA Duckling Awards), plus there is an additional phase of Alpha Awards between Foundation and NPTS Stage 1 to support adults who may not be very water confident or support for those with a disability.

- The Core, FUNdamental Movement skills are NPTS Stages 1 - 7.
- The Sport Specific Skills are the discipline specific Stages 8 - 10.

Q. WHEN does a Swimmer Achieve an Award

- A Swimmer must pass ALL outcomes for that Stage before they have achieved an Award.
- The outcomes MUST BE performed to a standard that is stipulated by the ASA and included in the NPTS Resources. (A copy of the resources is held at the desk).

Q. WHAT happens after a Swimmer has completed All Stages of the NPTS? (i.e. achieved Stage 7)

- Kimberley S.C offers the chance to move onto Competitive Swimming.

Q. HOW long will it take for my child to pass each Stage?

- This will vary with every child.
- If a child has the experience of pre-school or adult and child sessions then he / she may move faster initially through the NPTS Stages 1 & 2 as they will be familiar with the environment and possibly confident in the water.



Q. WHY might Swimmers be playing Games instead of swimming widths / lengths?

- To learn how to swim, pupils need to master skills that will help them float, breathe and move around in the water.
- Through games, swimmers have FUN and learn important skills. If swimmers are having FUN they enjoy what they are doing and often learn faster.
- The NPTS has a multi skills approach so all the skills that are learnt lead to development of a competent and confident swimmer, who is safe and happy in the water.

Q. WHAT is LTAD and WHAT are the long-term benefits of LTAD?

- LTAD refers to 'Long Term Athlete development'.
- LTAD is a clear pathway of development for an Athlete, in our case 'a Swimmer'. There are 5 stages to LTAD, and 'Learn to Swim' is all about FUNdamentals.
- Growth is rapid due to the development of large muscle groups in a child and therefore the emphasis should be on developing basic movement literacy and fundamental movement skills in all sports /activities.
- In order to develop basic movement literacy successfully, there should be participation in a wide range of activities hence the FUNdamental, multi-skill approach in delivering the NPTS syllabus.

Q. IS there any literature I can read on the NPTS?

- A Parent's Guide specific to the NPTS is available. Ask at the Club desk for details, or visit the ASA website www.britishswimming.org

Q. Why hasn't my child moved up a lane?

- There are a number of factors taken into consideration when swimmers are moved between lanes. These include effort, technique, behaviour, attitude etc.
- It is important not to worry about which lane your child swims in as you may often find that several lanes will be following the same training programme.
- On occasions we may move swimmers between lanes during a session to help balance numbers and we regularly review the performance of each swimmer to ensure they are in a lane appropriate to their ability.

Q. Is my child good enough for squad?

- We are constantly looking at the swimmers to see if any can complement the team we already have swimming our squad sessions. Some children are moved into Lane 5 of the improver sessions so that we can 'monitor' them better in preparation to move up when the time is right. We have quite a few 'improver' swimmers participating in squad sessions once a week so they can get used to the squad training. Sometimes a child 'who is not as good' as another may be moved to Lane 5 due to age requirements of the squad.

Please remember, all our Coaches/Teachers and staff, are unpaid. They give up their own time in order to help your child become a better swimmer. Most, not all have children



swimming at the club and most of these children are now in the squad. On some occasions we are 'short staffed' because the Coaches – Teachers, support staff wish to see their own children swimming in Competitions and Galas. We make every effort to ensure that we have cover on poolside on Gala nights but occasionally we are seriously lacking in numbers to maintain a proper session. If you are able to help out at all it would be much appreciated.

In the meantime, we will offer an alternative to normal sessions on these occasions for the improver sessions.

As usual if you have any questions or concerns then please speak to any Coach - Teacher at the beginning or end of any session.

Thanks on behalf of KSC Coaches/Teachers Support Staff



SMALL POOL LEARN TO SWIM

Small Pool

Unfortunately we are unable to provide Learn to Swim sessions in the small pool at the Leisure Centre due to Council restrictions.



CLUB KIT AND EQUIPMENT

Swimmers are requested to bring the following items with them to sessions:

Swim Wear

One-piece costume for girls (not bikinis) Swim Trunks or Jammers for boys (not shorts)

Goggles

Not essential but experience shows that children with goggles are much more willing to get their faces wet which leads to more confidence and better stroke technique

Hats

Note: hats can protect hair from chlorine damage. Again, not essential but swimmers without hats who have long hair are requested to tie this back during sessions

Equipment (Improver Session and above)

The Club has a limited supply of equipment due to storage restrictions and swimmers are urged to invest in their own Kick Board (floats) and Flippers - please ensure that these are named prior to use

Inhalers

Should swimmers need to use these during sessions, please bring them onto poolside (marked with the swimmers name) and give them to the poolside staff - don't leave them in the changing rooms.

County squad swimmers are reminded that under ASA regulations, you are required to register certain medications - please check with the desk for a registration form.

Jewellery

All jewellery should be removed before swimming

Drinks

Swimmers are reminded that if they bring drinks onto poolside, these should be non-fizzy and in a plastic container



CLUB MERCHANDISE

The Club has all of the following merchandise available to order and/or purchase, prices vary so please ask at Club desk for more information:

- Track Suit Jackets / Trousers - (child and adult sizes)
- Club Logo and individual name printing available
- Bags / holdalls Club T-Shirts [yellow]
- Supporters (Kimberley support Crew) T-Shirts
- Club T-bag shirts [blue and yellow]
- Club Hoodies
- Club Swim Bags / Holdalls
- Club swimwear – Trunks / Jammers and Costumes
- Goggles
- Hats
- Kick Boards, Flippers, Pull Buoys
- Ear plugs
- Nose clips

Swimmers representing the club at league and invitation galas are expected to wear club swimming hats and preferably club T-shirts and costumes.



COMPETITIVE SWIMMING AND KIMBERLEY SWIMMING CLUB

It is clear that many children get involved with the competitive side of the club without either them or the parents fully understanding what goes on.

Let's take a step back to the coaching end of the club first. Our initial objective is to teach children to swim from about the age of 5 years and many children and parents will be happy if they achieve this and have reached a standard where they have water confidence and reasonable swimming ability but as with any skill there will be some who have more ability than others, perhaps also with a more competitive streak.

In the competitive side of the club we try to cater for this progression. It is a vital part of the club as it retains both swimmers and parents for many more years and provides stability and continuity, which are necessary for the club to function.

How is the transition made from teaching to competitive swimming?

To answer this question it is probably best to first understand what we mean by competitive swimming.

As in most sports or indeed walks of life, the ability to do something may be followed by the desire to do it better and ultimately do it better than anyone else. Organized competition is the natural way to do this and provides the swimmer with a means of comparing their performance with that of others.

On an individual basis it allows the swimmer to compete against themselves, and measure progression in terms of personal best times (PBs). It also allows the swimmer to measure progress against their peers in head to head races or by comparison of PBs. Competition adds interest to the sport and is an entirely natural progression. However it must be recognized that not everyone will want to compete and some will develop faster than others.

The first step:

Preparation for competition, besides development of skills, develops discipline, commitment and perseverance as well as confidence and the ability to mix with others. At this level however the main objective must be enjoyment.

At Kimberley this preparation is mainly done in Lane 5 of the improver session with swimmers younger than 9yrs old or in Lane 1 of the squad.

Most swimmers will not move from Lane 5 into the squad until they have at least reached the age of 8 and only then if the Coach – Teacher think the swimmer is ready for the step up. Occasionally a swimmer may be put into squad when they are 7yrs old but only if the Coach – Teacher think they are being held back by continuing to swim in Lane 5.

The second step:

The swimmer is ready for his/her first gala/competition as soon as he/she can swim the distance required and feels confident enough to compete. The sooner the swimmer begins to compete, the sooner he/she will see improving times. A gala is a great teaching media and everyone is encouraged to improve his/her skills in preparation for the next one. The weeks of practice before a gala and between galas are very important ones. It is during



these practices that a swimmer perfects new skills and techniques and prepares for the next competition.

Competition

Kimberley Swimming Club enters a variety of League and Friendly Galas throughout the year.

The events included in each gala are varying distances of the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle as well as the Individual Medley, which is a combination of these four strokes. Relays, consisting of four swimmers, highlight many galas.

Age Groups

All club galas are now either 'age as at date of swim' or age at the end of a series of league galas. For Club Championships, Arena League and other competitions the age as of 31st December applies.



TRAINING – KSC AIMS

1. To help you attain perfect stroke (as near as possible)

- This includes starts, turns, takeovers and finishes
- Remember practice makes perfect

2. Improve your stamina

- This is done through endurance training
- Certain times of the year you may be asked to push yourselves beyond your limits

3. Encourage team spirit

- This is important between swimmers as you will need to help each other during times of tough training and when competing together at galas

3. Achieve good results when competing

- To achieve this you need to be dedicated and put in maximum effort during training.

4. To work together - swimmers and Coaches and Teachers

- Respect each other at all times.
- Listen to advice and adhere to safety instructions

5. For you to enjoy your swimming

- Feel confident and promote safety in water
- Meet new friends

Ranking System

All times swum at galas are entered into a computer database to create ranking lists for all ASA recognised events. These ranking lists are used by the Coaches/Teachers to form the basis for team selection using the criteria outlined above. If you wish a time achieved at a non-Kimberley gala to be recorded then proof of the time achieved should be given to the Coaches - Teachers.



KSC SQUAD SWIMMERS

Dear Swimmer

As your swimming club Coaches/Teachers we would like to remind you of the following:

1. That as a squad swimmer, you should have your own equipment and bring this onto poolside with you each time you train. Each item should be clearly named. Your equipment should include:

- Flippers
- Kick board
- Pull-buoy
- Goggles (if you wear them)
- Non fizzy drink in a suitable drinks container

A number of sessions are being interrupted due to swimmers not having their own equipment.

2. Often there is additional disruption when swimmers have to leave the session to take a toilet break. Please ensure you have been to the toilet before your training session begins.

3. We also ask you to arrive on time and in a positive frame of mind for your session, ready to train at the level your coach requires. You should not spend five minutes adjusting your goggles on poolside whilst the rest of the swimmers are in the water. Older swimmers should be setting an example to the younger ones. You are also asked to concentrate and do as your coach – teachers asks. Coaches/Teachers are there for your benefit and not their own. They will help you become a better swimmer. You may not always agree with or even like your Coach - Teacher but you should respect them for giving up their time to help you improve. Most swimmers DO want to work hard and DO want to learn. If you are not one of these then you should consider whether squad training is for you.

4. The behaviour of a minority of swimmers is also causing problems during sessions and at galas. If a swimmer continues to misbehave or to not do as they are asked during club sessions they WILL be asked to leave the session. We will be monitoring this over the coming weeks.

5. When you are competing at a Gala you are representing Kimberley Swimming Club. Please behave in an appropriate manner and do not let yourself and your fellow swimmers down with poor behaviour.

6. Whilst representing your club at galas, you should remain with the team for the duration of the gala, unless you have completed all your races, then you are free to leave if you wish. Make sure you go to the toilet before coming onto poolside and stay out of the changing rooms and showers whilst the gala is in progress. Your team do not have time to come looking for you to take part in your race. You should be quiet when the whistle blows for an event and show good sportsmanship whether you win or lose. KSC swimmers have



always been praised by the wider swimming community for the behaviour of our swimmers during galas. Let's get that praise back!

Can we also take this opportunity to answer a couple of generic questions we often get asked by parents/guardians of squad swimmers.

Q. Why doesn't my child get selected for club galas?

A. We do our best to ensure that all the squad swimmers are picked for galas throughout the year. Not all gala selections are based on just being the fastest swimmer.

If a gala invite states 12 and under then we will endeavour to pick a 12 year old swimmer even if the 12yr old is not as fast as an 11yr old. This applies to all the age groups.

In some age groups we have a lot of swimmers of the same age and unfortunately not all will get the chance to swim at every gala. In other age groups we do not have many swimmers, so some children will be asked to swim up an age group.

The only exception to these guidelines is the Leicester Diddy League galas where the fastest swimmers are always chosen.

For example, if a 10yr old is faster than a 11yr old then they will be selected, subject to the requirements and rules of the competition.

Q Why hasn't my child moved up a lane?

A. There are a number of factors taken into consideration when swimmers are moved between lanes. These include effort, technique, behaviour, attitude etc.

It is important not to worry about which lane your child swims in as you may often find that several lanes will be following the same training program.

On occasions we may move swimmers between lanes during a training session to help balance numbers and we regularly review the performance of each swimmer to ensure they are in a lane appropriate to their ability.

As usual if you have any questions or concerns then please speak to your Coach - Teacher at the beginning or end of any session.

Thanks on behalf of KSC Coaches/Teachers and Support Staff.



ADVICE FOR NEW SQUAD MEMBERS

It is really important to attend as many training sessions as you can every week as this is the only way you will get all the technique work and fitness building that you need to really improve your swimming and racing.

Lateness

Although it is usually not your fault, you must try to be on time for the sessions because you should always have a warm-up so that you are properly prepared for the session. Warm-ups are important because it is the time where you build your pace up slowly and get your joints and muscles loosened off properly. This helps to keep aches and pains away. Also, remember that when you are late, it interrupts the coaching - teaching and everybody else, which isn't fair.

Talking

When your Coach - Teacher is talking to you, it is very rude to talk at the same time or not to listen. You will not learn as quickly if you do not listen and can prevent those who want to improve, hearing vital coaching points. So show some respect and leave the talking until later.

Technique

When you swim, you are moving your muscles thousands of times and so they get used to moving that way. So, if you use bad technique in training, then you will get good at doing sloppy strokes, which none of us want do we? On the other hand, if you get used to swimming with good technique, then these good habits will stay with you throughout your swimming career and will make you faster in the long term.

Turns

It is essential that you do correct turns after every length. It can be hard when you are tired and out of breath but remember - you will get better at it the more times you do it, and when it comes to a race, you will do good turns naturally because you do them all of the time in training.

REMEMBER...FAST IN... FAST OUT... STREAMLINE... KICK... SWIM... BREATHE

Lane Ropes

Lane ropes are there for your safety and comfort only. They divide the lanes up and also keep the waves down to help you swim more smoothly. They are not there to sit on, pull on or play on SO KEEP OFF'

Toilet

You should always go to the toilet before you get in the water so that hopefully you will not need it during the session. However, do not panic, if you get really desperate, you can go between sets but not half-way through.

Food

Try not to eat too much just before training. It could slow you down in the water and may even make you feel sick. Non-fizzy drinks, however, are a good idea while you are training because it helps you cool down and will keep you training hard. In one hour a swimmer



should consume at least 1 litre of fluid. At competitions a swimmer should consume 4-6 litres of fluid per day. Being well hydrated can improve your performance.

A 1% loss of body fluid can result in a 30% decrease in performance.

Galas

Remember why you train. You train to get fit - you get fit to compete and when you compete you must strive to be the best you can be. Be proud to swim for Kimberley. Also, make sure that every time you race, you talk to your Coach - Teacher before and after your race, so that you can get valuable information on how to swim your race and get good feedback on how you did. Kimberley Swimming Club is a competitive club and as a member you are expected to swim for the club when selected in competitions, both home and away.

Toughness

Training at your age is mainly about learning sound technique and good training habits but it also involves very hard work. Sometimes you may even feel sick or dizzy and you will probably want to throw your Coach - Teacher in the pool for making you do it! BUT remember you only feel like that for a short while and the next time you come to do the same programme you know you can do it and it will be a little bit easier for you because you will have improved. So every time you get that tired feeling, fight it and carry on working hard, prove that you can get the better of it and NEVER GIVE IN! Teaching yourself to be tough will help you do well as you get older and will hopefully give you the strength to bring you success.

It doesn't matter how naturally talented a swimmer you are — if you work as hard as you can, you will get the Coaches/Teachers full respect and all the help you need. Coaches/Teachers hate to see swimmers on the ends of lanes complaining about little aches and pains or the ones that just can't be bothered. If these swimmers are not willing to put in the effort then the Coaches/Teachers will not waste their time on them.

And don't forget: LISTEN to your Coach - Teacher - they know what they are talking about.



GUIDANCE NOTES FOR GALA COMPETITIONS

Here are a few guidance notes and tips from your Coaches/Teachers for those first times Gala Swimmers, and a reminder to those who may have been privileged to have competed before.

Selection (Pink Slips”)

Team Managers consider very carefully their swimmers for the competitions in which the Club competes. Once a selection has been made swimmers are invited to attend via a “Pink Slip”. The Pink Slip gives you the information about the Gala, the venue, the poolside meeting time, the time of the competition and a contact number for the Team Manager. Please confirm your acceptance with the Team Manager as soon as possible. Likewise if you are unable to attend (or if you find you are ill on the day) you should inform the Team Manager as early as possible so that a replacement swimmer can be contacted.

What Happens At the Pool

When arriving at the Pool please make sure you report to the Team Manager, it is their responsibility to make sure you are given the information about your own particular race and ensure that you are ready to compete when it is your turn. It is not possible to change swimmers around for the races they are chosen to swim - the selector has considered all the options and the recovery period required for their next race. However there may be occasions when you are asked to change races if for example a swimmer is ill or injured, or fails to attend the Gala. Please do not leave the Gala without telling the Team Manager before you go.

Swimmers are asked to stay in one area on Poolside during the competition to ensure that you do not miss your swim. If you wish to go to the Changing Rooms or speak to spectators please make sure you tell the Team Manager first. The races are quick and there is not enough time for Team Managers to find you if you go missing.

Each Club competing in the competition will be allocated their own lane in which to swim, this usually includes a warm up session prior to the start of the competition. Team Managers will let you know the arrangements.

Please remember to be quiet at the start of each race, even if you are not competing as it is sometimes very difficult for those who are to hear the starter, but during the races don't be afraid to shout and encourage your fellow team members. Respect the judges and officials (usually dressed in white) they need to walk up and down each side of the pool to watch the swimmers closely.

The Club will have two of its own timekeepers who stand next to the starting blocks of the lane in which the Club competes. These are usually KSC coaching staff or support staff and will be familiar faces from the Club. Their job is to record your swim time and they will also remind you of any rules, make sure you listen to them carefully to avoid disqualification.

Make sure you ask your Team Manager if you are unsure about what races or stroke you are swimming, or what to do. We all get nervous, including the Team Managers, don't worry.



Please also make sure you and your fellow swimmers are well behaved and remember that you are representing the Club so this counts!

Club Captains

Each year the Club votes for a Girls and a Boys Team Captain. Even if they are not competing themselves they attend Galas to help the Team Managers and the swimmers, they can be identified by the navy blue Club t-shirts they wear.

Your Kit

Make sure you bring with you a t-shirt or spare towel - some swimmers also bring tracksuit trousers or shorts to wear - so that you can keep warm between races, plus a non-fizzy drink (plastic bottles only) and a light snack.

Do not leave any of your belongings in the Changing Rooms, unless they are left in a secure locker. Bring your bags onto Poolside with you where you will be told where to put them. It is essential that you do not block fire exits.
Keep your goggles/hats with you at all times.

Safety

In the event of an emergency at the pool listen to the instructions given by the poolside staff or officials, and if the building is evacuated do not try to pick up your belongings, keep calm and simply leave the area as quickly and safely as possible and find your Team Manager once you are outside.

Most of all have FUN and SWIM FAST FOR YOUR TEAM



GALA TEAM SELECTION PROCEDURE.

The following procedures should give as many swimmers as possible the opportunity to represent their club throughout the year.

League or Trophy Galas - main attributes

Fastest possible Team, times are paramount. Some swimmers may only have one individual event. Some swimmers may be taken only for relays. Swimmers may swim “up” in some events if necessary. (Only through lack of swimmers OR if a younger swimmer is faster) MOST galas stipulate that a swimmer cannot swim more than two individual events in their own age group and one event in a higher age group and no limit on relays. Some trophy galas have cut off times so the swimmer nearest to the cut off will be selected.

Leicester Diddy League

In this competition only the fastest swimmers will be chosen for each individual event based on current times achieved. The two swims in own age group and one swim in an older age group rule applies to this competition, so if the fastest swimmer has already reached their quota of swims the next fastest swimmer will be selected. Some swimmers may only have one event and some swimmers may be picked for relays only.

Friendly Galas

One or two individual events per swimmer where possible. No swimmers are taken just for relays except for the 9/under age group who, in the majority of galas, can only swim in relays. Where possible there will be no swimming out of age. Sometimes friendly and league galas have only one relay for each age group so your child may only swim one individual and one relay in a particular gala.

If a person does not turn up at Gala's for any reason on more than TWO occasions they will have forfeited their right to swim in Squad sessions.

(A lot of time and effort is spent choosing the right squad for particular Gala's and to just not bother turning up can affect the whole outcome for the Team).

QUERIES on TEAM SELECTION

These can be made verbally to a Team Selector by a parent or swimmer.

COMPLAINTS ON TEAM SELECTION

Complaints on team selection by parents or swimmers should be made in writing to the team selector, who will then discuss the problem with other members of Staff/committee. If the reply given is not to the satisfaction of the parent or swimmer, the complaint should be forwarded to the Club Secretary who will bring it to the attention of the committee.

Please note: We have over 100 squad members, ALL expecting to take part. However hard we try sometimes you will not be swimming the number or type of races you want to but this is for the good of the team.

Alan Pink Club Chair April 2016



KIMBERLEY SWIMMING CLUB GALAS

In addition to the competitions mentioned above, each year KSC host our own Club Galas. These include.

Annual Novice Gala

This is usually held in April or May each year. It is a competition which is open to all of the swimmers in the improver sessions and also Lane 1 of squad. This gala is predominantly for swimmers 12 years and under but occasionally, swimmers who are older than 12 also compete. For our younger swimmers events such as the wiggly worm and the kick with a float events are included in this gala.

All of our improver swimmers and lane 1 of squad are encouraged to enter as this gives them the chance to experience gala conditions amongst friends and also help the club gauge the swimmers performances and times.

Trophies and medals are awarded to all swimmers taking part (provided they do not get disqualified) in each stroke age group.

At the end of the gala an overall age group shield is awarded to each boy and girl with the most overall points in each age group. This shield is kept for 12 months before being handed back to the club.

In addition the “**John Stuart Trophy**” is also awarded to the overall top boy and top girl at this gala.

Presentations of awards at the Novice Gala are usually made on the day of the gala.

Annual Club Championships

These championships are usually held over two weekends in October each year.

The KSC Club Championships are open to all main pool swimmers from both improver and squad sessions. ALL SQUAD SWIMMERS ARE EXPECTED TO ENTER.

Trophies and medals are presented to the top 6 participating swimmers for each stroke in each age group, along with a certificate detailing their performance times. It is important to enter these galas as they are an excellent introduction to competitive swimming in a safe and structured environment.

Overall age group winner's shields for those who achieve the most overall points are also awarded based on points achieved at these galas.

Presentation of awards at the club champs is usually made at the Kimberley Swimming Club annual presentation evening.

ENTRY INTO CLUB CHAMPIONSHIPS

Entry to the Club's Annual Championships is as follows:

- Entry is restricted to first claim club swimmers only
- Swimmers must have swam in training or at galas for a minimum of 36 sessions since the last Annual Club Championship (or pro rata from the date of joining), (Dispensation to this rule is given to NOVA swimmers in squads B2 and above. But these swimmers must compete for the club at galas where possible).
- The Committee has the right to refuse entries at any time
- If any swimmer has swum another clubs Club Championships in the current year then they will only be allowed to swim Kimberley's Club Champs for times only,



regardless whether they have swam for Trophies or Times Only at the other Championships.

Reviewed and agreed by KSC Committee March 2016

PRESENTATION OF AWARDS

Every year KSC host an annual presentation evening (and family disco). This usually takes place in November and is a night out NOT TO BE MISSED. At this event the club makes awards to all swimmers who have participated in the club championships. In addition the club makes special awards for the following.

Presidents Cup - Awarded for “dedication’ to the club.

Chris Jackson Trophy - Awarded for “achievement”. This is not necessarily a trophy for a disabled person, although the trophy has been awarded that way on more than one occasion over the years.

J R Crampton Cup - Awarded for “endeavour” the interpretation of this being someone who consistently takes part whilst not always being certain of winning.

Jane Hamilton Cup - Awarded for “endeavour” in the competition field.

Pat Staples Shield - Awarded in recognition of the person(s) who it is felt has worked hard for the club.

Competition Shield - Awarded for the club “competitor” not necessarily always the winner.

Most improved Junior Member(s) - Awarded to the child(ren) up to the age of 12 considered to have made the most progress throughout the year.

Kieran Thomas Beecham Memorial Shield - Awarded for commitment to the club based on attitude and improvement.

Jennifer Holden - For a child/adult learning to swim at an older age.

P.B – awarded to the swimmer with the most p.bs gained in galas from October to October. Awarded to 12/u and 12/over (age as of October) boy and girl with another award given to the swimmer with the most p.bs.

Challenge Cup – is given to the swimmer who knocks off the biggest percentage time off a club record during the club champs.



NOTTINGHAM COUNTY & MIDLAND DISTRICT GALA'S

Annual championships are held at both County and District levels, these galas are subject to achieving qualifying times. County Championships are held between February and April and entry information is issued in the autumn of the previous year. District and National competitions take place over the remainder of the year. To enter the Midland District Championships qualifying times must be achieved in a designated competition, e.g. the County Championships. The Coaches/Teachers will advise you if you think you are eligible to compete in these competitions. To compete at this level swimmers must be registered individually with the ASA (see membership secretary for full details).

Times achieved at the County Champs or district competitions are entered into The BAGCAT scoring system, which the A.S.A uses to determine the overall winners for that competition. The scoring takes into account the swimmers overall development and their skills across all strokes, in the following categories Sprint, Form Stroke, Distance, IM.

British Age Group Categories (BAGCATS)					
	BOYS			GIRLS	
9 Years	Sprint Form Stroke Distance IM	- best 50m - best 200m Back/Breast/Fly - 200m Free - best 100/200m		Sprint Form Stroke Distance IM	- best 50m - best 200m Back/Breast/Fly - 200m Free - best 100/200m
10 Years	Sprint Form Stroke Distance IM	- best 50m - best 200m Back/Breast/Fly - best 200/400m Free - best 100/200/400m		Sprint Form Stroke Distance IM	- best 50m - best 200m Back/Breast/Fly - best 200/400/800m Free - best 100/200/400m
11 Years	Sprint Form Stroke Distance IM	- best 50m - best 200m Back/Breast/Fly - best 200/400/1500m Free - best 100/200/400m		Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/800m Free - best 100/200/400m
12 Years	Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/1500m Free - best 100/200/400m		Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/800 Free - best 100/200/400m
13 Years	Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/1500m Free - best 100/200/400m		Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/800 Free - best 100/200/400m
14 Years	Sprint 100s Form Stroke Distance IM	- best 50m - best 100m - best 200m Back/Breast/Fly - best 200/400/1500m Free - best 100/200/400m			

Bagcat (FINA) points are scored on heat and finals, the highest score taking preference.



The 100m IM is only applicable to the County and District events stages in a short course (25m pool).

The 800m freestyle for boys is optional – it may be included as a link to the 1500 freestyle.

This will mean the most likely winner of the counties – district competition will have swum all four strokes in the following categories, Sprint, Form Stroke, Distance, IM.

ALL young swimmers should be working hard to achieve an award in a BAGCAT events.

For more information go to www.notts-swimming.co.uk/county-championships.php

FINA Points Table

The FINA Points Table allows comparisons of results among different events. The FINA Points Table assigns point values to swimming performances, more points for world class performances typically 1000 or more and fewer points for slower performances.

The base times are defined every year, based on the latest World Record that was approved by FINA. For short course (SCM) the base times are defined with the cut-off date of August 31st. For long course (LCM) the base times are defined at the end of the year (December 31st). www.swimrankings.net/?page=finaPoints



NOVA

What is Nottingham Nova?

Notts County Swim Squad started in 1973. It is part of the Notts County Council coaching programme and offers elite training opportunities to the best swimmers in the County.

Each year swimmers are invited to join the Swim Squad based on the results of the County Championships. On at least one other occasion during the year clubs are able to nominate appropriate swimmers to attend a trials session.

There are main Squads in 3 areas - Nottingham, Mansfield and Bassetlaw, and in addition a Development Squad in Newark & Sherwood.

The age guidelines now provide the opportunity for some swimmers (particularly girls) to be fast-tracked due to early maturation and exceptional training ability in line with LTAD and British Swimming policy.

Selection and promotion for all squads is based on both competition times and talent identification by the Coaches - Teachers. Standards may vary each year dependant on the standard of the cohort of swimmers in the County in any one year. There is no "place for life" on the Swim Squad - membership may be discontinued if a swimmer does not maintain their standard or if they do not reach the required standard to be promoted to the next squad by the time they have reached the upper age level.

The Nottingham A Squad is Swim21 accredited as a Performance Squad, swimmers having access to 20+ hours per week training. The other A Squads and all the B Squads are Swim21 accredited as Competitive Development Squads.

The Development Squads have been introduced throughout the County.

These are not the main Squads but rather an introduction to performance training. It is a talent ID opportunity and is to supplement their development process in their club programme. These Squads cater for larger numbers, to give as many swimmers in the County as possible the Squad experience. Many therefore, will continue solely with their club programmes after their period on a development Squad, with only some progressing straight on to the main squads. A number of swimmers who do not make the step up immediately onto the main Squads come back later after a further period of training with their club, and some swimmers who have never been on a Development Squad come straight into the main Squads.

Swimming is a training intensive sport, and in comparison with some other sports, requires a significant commitment to training at a relatively young age. If swimmers joining the Squads are to develop their potential they are expected to attend 90% of the sessions available to them.

Nova Centurion Swimming Club is the club based on the Notts County Swim Squad which acts as the competitive section of the Swim Squad. All members of the Swim Squad are required to join Nova Centurion as an additional club to their base club. All ASA membership fees are payable through the base club.



Squad swimmers will continue to compete for their base clubs, as Nova does not compete in events within the County, but only at Regional (Midland) level and above, and in selected Licensed Meets. Nova does not compete in any swimming leagues.

For more information see the Nova Centurion SC section on the Notts ASA website www.notts-swimming.org

Note:- Each county has a competitive swimming team, It is the swimming club's postcode not the individual swimmers postcode that will influence which county swimming club would approach the swimming clubs for competitive swimmers to feed into their team.

NATIONAL AGE GROUPS AND YOUTH CHAMPIONSHIPS.

National Age Groups are exactly what they say - these championships attract the very top swimmers in the country who make the very tough qualifying times. They are normally held In July - often at Sheffield Ponds Forge.

If you have any questions please don't be afraid to approach us and ask them. We are here, to try to do the best for your child. We need your support to do this.



OPEN SWIMMING MEETS

These are swimming meetings organised by clubs throughout the country. They are open to other clubs to compete in. KSC have an open meet coordinator who will encourage swimmers to enter when the meet is suitable for them. We try to enter open meets which we believe are suitable for our swimmers and once again we encourage our squad members to enter. (See note below about cat 2 membership). These events are normally run over the weekends.

Most of the open meets we enter are in either Nottinghamshire, Derbyshire or Leicestershire, However we also enter meets which are held at the 50m Olympic standard pool in Ponds Forge, Sheffield.

Open meets are graded and some have more than one grade of swimmer competing. This grading system helps us select the appropriate open meets for our swimmers before we suggest entry to our swimmers.

CAT 2 MEMBERSHIP

Please note that to compete at Open meets, County Championships and Midland District level, swimmers are required to be registered individually (Cat 2) with the ASA Please speak to any of the Coaches/Teachers or the membership secretary for further details.

SWIM SCHOOLS

These events are training events where your child can receive additional training from non KSC Coaches - Teachers. KSC supports any training you feel your child could benefit from, and would advise if asked. An example of a swim school is Swim Skills www.swimskills.co.uk



KSC POLICY ON MULTI-CLUB REGISTRATION

1) The club recognises the needs of individuals and respects their need to be registered with more than one club.

2) We would like to be kept informed [in writing] if the individual is swimming elsewhere because;

a) We may see less of the individual, which may have an impact on team selection. Reduced attendance at KSC may mean selection criteria are not met.

b) Performance could be affected in the short term due to an increase in training.

c) We need to know if you are unhappy with any aspect of our training program so that we can consider introducing other methods if required.

3) The club recognises that swimmers who have been selected for Nottingham Nova follow a strict training and attendance routine but we ask that they swim at least one Kimberley session a week to be considered for club competitions, (Dispensation to this rule is given to NOVA swimmers in squads B2 and above. But these swimmers must compete for the club at galas where possible).

4) Our annual club championships are for first claim swimmers only. Below is the definition of a first claim swimmer as stated in A.S.A Law 407.5.

5) If any swimmer has swum another clubs Club Championships in the current year then they will only be allowed to swim Kimberley's Club Champs for times only, regardless whether they have swam for Trophies or Times Only at the other Championships.

6) Attention is drawn to the following quote from the clubs' handbook:

"Twice weekly attendance would be expected at the younger age increasing as the swimmer progresses with the club. If the minimum requirement is not achieved, membership will cease, unless there are exceptional circumstances e.g. temporary illness or serious injury. Anyone who is not able to comply with these criteria should advise a committee member as to their reasons so that their squad membership can be maintained"

7) The club committee shall have the power to refuse the entry of any member for a club gala or competition who has, in their opinion, failed to offer commitment to the club including attendance at training sessions and being available for competitions when selected.



SWIMMING ACHIEVEMENTS AND AWARDS

Swimmers are assessed against the New National Teaching Plan.

Sessions will include periodic swimmer assessments, after which you will be advised which stage(s) you have gained and have the opportunity to purchase certificates and badges from the Club Desk. The blank pockets in this folder are designed for you to store these.

Make sure you write down on your Achievement Sheet the stage(s) you have gained and the date.

DISTANCE / OTHER ASA AWARDS

The Club also encourages swimmers to gain Distance plus other awards Sunday evening 7.15 to 8.00pm with a max of 1500m due to time constraints. Other distance awards can be achieved during sponsored swim evenings that we occasionally hold. Due to time limitations the longer distance attempts may be restricted and should be discussed with the Coaching- Teaching staff beforehand so that they may be accommodated in quieter periods.

Distances awards are obtainable in the following denominations:

5,10, 20, 25, 50, 100, 200, 400, 600, 800, 1000, 1 mile, 2000, 2500, 3000 and 5000 metres.

Again Certificates and badges can be purchased from the Club Desk and kept in this folder.



Kimberley Swimming Club Distance Achievements Records				
Distance	Date of Award	Age – Year	Certificate	Badge
Puffin				
5				
10				
20				
25				
50				
100				
200				
400				
600				
800				
1000				
1500				
1 Mile				
2000				
2500				
3000				
4000				
5000				

Kimberley Swimming Club Achievements Records				
NTP Stage	Date of Award	Age – Year	Certificate	Badge
1				
2				
3				
4				
5				
6				
7				





DOCUMENT VERSION CONTROL

Version Dated March 2016 New electronic version of the old paper document.