

Welcome and Information Pack

(last updated March 2009)

Garstang Swimming Club (also known as Garstang Gators)

Congratulations on becoming a member of Garstang Swimming Club. We hope you enjoy swimming with the club and taking part in training, Galas and social activities.

General Information

The enclosed information will hopefully answer some of the questions you may have and also give you an insight into the club. We pride ourselves on being a friendly club and if there is anything you wish to know, please do not hesitate to ask. This pack should contain the Swimmers Code of Conduct, ASA membership form and a Standing Order Mandate.

Aims and Objectives of the Club

- To provide ongoing swim skills development in a safe and secure environment
- To encourage and support effort and achievement
- To foster a team atmosphere
- To build and maintain partnerships
- To promote continuous technical performance improvement.
- To support long term athlete development and maximise each swimmer's ability.

Coaches and Assistants

Coaches

Ian Kirk & Joanne Perry
Ian McKean
Dave Swift

Teachers

Gina Horsefall
Diane Glover
Andrew Chiverton

Assistants

Leah Kirk

Registered Timekeepers

Robert Kemp

Lucy Leather

Training Times

	Friday	Sunday
Level 3	5.00 - 6.00pm	
Level 3	6.00 - 7.00pm	4.00 - 4.45pm
Level 2	7.00 - 8.00pm	4.45 - 5.30pm
Level 1	8.00 - 9.00pm	Level 2 & 1 5.30 - 6.15pm
		Level 1 6.15 - 7.00pm

Saturday AM

We also have 2 swimming lanes on a Saturday morning training available 8.00am - 10.00am - please note these can be mixed levels, so please talk to one of the coaches if you wish to attend. We also hold 'Starts & Turns' courses and stroke 'clinics' on a periodic basis - details are posted on the club noticeboard when relevant.

Monday PM

6.30pm - 7.30pm

Please note that Monday training is based at Lancaster University pool and is usually run on a 5 week course basis. It is at an extra cost to normal membership fees. See club notice board for details.

Swimming Lesson Times

Friday: 30 minute lessons

4.00 - 4.30pm 4.30 - 5.00pm 5.00 - 5.30pm 5.30 - 6.00pm

Squads

The coaching staff will assess you and place you in the squad which they feel is the right level for you. They may move you between the squads dependant on your ability, attitude to training and times achieved at time trials. Level 3 is the entry level into the club and it is expected that swimmers steadily progress through the different levels by attending training sessions on a regular basis.

Club Shop

Kay Atkinson is our swim kit manager and she will be available at the pool each Friday

between 5.30 - 6.15pm and 7.00 - 8.00pm. She can also be contacted on 01524 793396. A price list is on the Club notice board. You are able to purchase club costumes / trunks, hats and also, fins, kickboards, pullbuoys and drinking bottles. **It is expected that you purchase these at the end of your free probationary period, when you know that you want to join the club.**

Please note that hats are compulsory for girls and all swimmers are expected to bring fins and goggles to every training session. We recommend that they are all kept together in a kit bag, so that you don't forget to bring them!

Club Committee

Our Club is run by a committee which is made up of parents of past and present swimmers who generously volunteer their time. The committee meets on a regular basis and all parents are made very welcome. We are always on the look out for parents to help where they can and their views and comments at committee meetings are most welcome.

Chairperson:	Sandra McKean
Club Secretary:	Sue Roome
Treasurer:	Debbie Kirk
Membership Secretary:	Kay Muskett
Competition Co -ordinator:	Steve Eccles
Results and Communications Secretary:	Robert Kemp
Swim Kit Manager:	Kay Atkinson
Web Site Manager:	James Eccles
Child Protection Officers:	Steve Eccles and Sue Roome
Swim 21 Co- ordinators:	Robert and Hazel Kemp

Swim 21

This is the Amateur Swimming Association's (A.S.A) model for developing and improving swimming clubs and we are now in the throes of undertaking the first steps of Swim 21. This will include an assessment of the current situation, identification of the disciplines in which we intend to work, and finally, the implementation of an action plan.

Fees

There are two types of fees to be paid each year.

Membership Fee: £30.00 (or £50.00 per family) payable in January.

Current Training Fees:

£15.00 per month for up to three training sessions per week

Child Protection Officers

Andy Roberts and Sue Roome are responsible for child protection within the club and if any child or parent has any issues or concerns with regard to bullying or any child protection issues, please speak to Andy or Sue. Please note that we have had very few instances of bullying in the past and we take a stern anti bullying stance. In relation to general child protection, poolside helpers must be registered with the ASA and be CRB checked.

Notice Board

It is very important that you check the notice board , preferably at each training session. The board contains general information about the club, the committee, results, details of forthcoming galas, changes in training session times and other important information.

Newsletters

GASC's regular newsletter 'Streamline' can be found in the 'News' section of our club website on the home page. If you wish to contribute to the newsletter or have topics that you wish to see covered, please contact Ian Kirk by e mail. His e mail address can be found on the club website.

Website

Our new website is now 'up and running' and the address is: www.garstangasc.org.uk - all information about our club can now be found on it, including results from past Galas and meets. We regularly add new items in relation to forthcoming 'meets' and Galas, changes to training and swimming technique. We would like our swimmers to use the website in conjunction with our club notice board for keeping abreast of what is going on.

Competition

Team Events

We enter a team into the North West Micro League which is for swimmers aged 9 to 12. We have competed in both the B and C divisions over many years and we will be competing in division C in 2008.

We also compete in the North Lancs Sub League which caters for swimmers aged 12 +. We narrowly missed promotion to B division last year.

Teams are selected by the coaches and selection is made from swimmers times, attitude to training and overall effort shown during training. It is expected that you would want to compete for our club if selected to do so. In most circumstances, we travel by coach as a team. Many parents usually attend these galas and they generate an exciting and fun atmosphere, whilst enabling swimmers to gain valuable experience of swimming and competing at such events.

Individual Events

North Lancs Meets: For swimmers aged 9 - 15 & over

There are 2 meets a year catering for different levels of ability. The Level 3 meet (held in October each year) has slightly lower qualifying times than the Level 2 meet (held in January / February each year) which gives swimmers a chance to compete against similar ability levels. We usually have swimmers competing in both levels of events within a 12 month period. We had considerable success in the level 3 meet in October 2006 with a small number of swimmers picking up many medals and all swimmers achieving personal best times during the meet. **We have also had swimmers selected to swim for the North Lancashire swim team as a result of performing well in the Level 2 meet.**

Details of qualifying times in order to enter can be found on the notice board near the dates of the meets and the coaches usually discuss entry with eligible swimmers. Also, our Competition secretary, Steve Eccles, will be happy to advise and assist you with any queries re entry into these events.

Swimming in these events earns you 'BAGCAT' points (British Age Group Category points) and the number of points earned depends upon the time swam in each event. The overall county champion in each age group is the swimmer gaining the most points.

KENDAL Level 3 Meet

We took a large squad of swimmers to this event in 2007 and everyone did well and thoroughly enjoyed swimming there. Therefore, we propose to go again in 2008. Details can be found on the club notice board at the appropriate time.

General

We are always on the look -out for other well run relatively local meets to enter.

Whilst none of our swimmers are obliged to enter any of these competitions, as a competitive swimming club, we always encourage participation for fun, experience and achievement. We find that our keen swimmers enter as many events as possible, whilst others stick to team galas. It is entirely down to you as a swimmer, as to how serious you wish to take your

swimming.

Our coaches and our Competition secretary, Steve Eccles, will be happy to advise and assist you with any queries re entry into these events. You can enter the individual meets via Steve.

Club Colours

Our Club colours are green, gold and black.

When representing Garstang Gators at competitions, **all swimmers** are expected to wear black costumes (style of their own choosing) and Garstang Gators swim hats. 'Tea Bag' shirts (for poolside) and Tracksuit tops are available from the club shop in our colours. We believe that looking like a team helps to foster a strong team spirit.

Club Gala & Presentation Evening

The Gala is usually held in November each year at West View Leisure Centre. Medals are awarded to 1st, 2nd and 3rd places and Trophies are awarded to each Individual Medley event winner and for combined strokes. In addition, all swimmers competing receive a certificate. A Presentation evening is then held each January which is attended by swimmers and parents alike. We have a great night (including a disco and eats!) and the medals, trophies and certificates are presented to the swimmers, reflecting all the hard work they have put in over the previous 12 months.

ASA Times and Badges

When you have achieved any of these times, you are able to purchase badges to show your achievement.

Code of Conduct

You will find the Swimmers, Parents and Club Charters in this pack. The swimmers Charter sets out what is expected from you in terms of general behaviour, punctuality and attitude / commitment to training. Please read it thoroughly and then sign and return it to us to confirm that you both understand the content and agree to abide by it. Please ask your parents to read through the Parents Charter and then sign and return it to us. The Club Charter sets out what we undertake to provide to you and is for your records.

Long Term Athlete Development (Gallica Swim Squad)

Some of our swimmers take their swimming more seriously than others and train as many times as possible.

Their performance and ability, in most cases, reflects their continued effort and having developed a sound technical base, our role as a small club can be limiting in terms of continued improvement and training opportunities.

However, there is now a clear and distinct path for the more seriously minded swimmer to follow without leaving the host (Garstang) swimming club. Gallica Swimming Squad was founded with exactly this in mind.

Gallica is an elite Lancashire based swim squad and selection to join them is based on a number of factors. They were founded in 2004 and have achieved great success to date, having achieved top County club for 2 years in succession. They can offer both first class training facilities and locations and also, **a higher level of coaching.**

The coastal squad train in Blackpool with coach, Jonathon Preston. Several of our swimmers have joined them and are progressing well, although they still train with us occasionally and also swim for Garstang in competitions.

Social Activities

We usually organise at least one day out for children and parents (we went to 'Go Ape' in 2005) and 'Go Karting' last year. There is also an informal Golf (pitch and put for some of us!) and 'dinner' event for parents.

We have taken part in the Garstang Children's Festival for the past 2 years and this has now developed into an annual event.

Many children and parents take part in the 'walk for wildlife' each year and this has proved to be a popular, fun and healthy event!

These activities are in addition to the annual presentation night each January. All these activities are posted on the club notice board at the appropriate time.