

NOTICE TO PARENTS & GUARDIANS

Parents / Coaches Responsibilities

The club or coaches can only be responsible for swimmers during their training sessions and not either before or after this time. The club cannot be responsible for your child away from the poolside. This includes the changing rooms, other areas of the buildings and outside any swimming pool used by the club.

The conduct and behaviour of your child remains your responsibility at all times.

Video, zoom or close range photography

In line with the recommendations in the ASA Child Protection Policy and the Leisure Centre, all photography is banned (excluding coaches for training purposes.)

USEFUL TELEPHONE NUMBERS

JEAN GRANGER – SECRETARY – 01773 762855

jean.granger20@yahoo.co.uk

ALAN PINK- CHAIRMAN – 07929 575199

COMMUNICATION & THE NOTICE BOARD

All information about what is happening in the club is on the notice board next to the ladies changing rooms or can be found on the website.

We would ask that all swimmers and parents check the notice board regularly. Any problems or queries about club activities can be put to any member of the committee. If necessary the committee member will bring any serious matters for the attention of the full committee for discussion.



**WELCOME
TO**

KIMBERLEY SWIMMING CLUB

2020

KIMBERLEY is a development swimming club with a competitive squad and our aim is to produce swimmers who represent KIMBERLEY at inter-club galas, in the Nottinghamshire leagues, County Galas and hopefully in the Midland District Competitions. We are also keen to provide a healthy social side to the club and arrange a number of events during the year. This introductory booklet hopes to explain the way the club operates and some of the activities which take place. Any member of the committee or the coaching staff will always be prepared to answer any further questions which you may have.

MISSION STATEMENT

Our main aim is to provide the swimmers of Kimberley Swimming Club with a safe, friendly, enjoyable but competitive environment in which to train and swim, whilst encouraging non-swimmers to help and support the club in achieving this aim.



SWIMMING COACHES

Most of our coaches are parents or ex swimmers, and most possess a level of professional swimming and/or lifesaving qualification. **All of our staff are unpaid volunteers.** It is important that the time they spend for the benefit of the Club is not wasted and every co-operation during the teaching/coaching sessions is appreciated. We know it is nice to see how your child is getting on but please don't be a distraction whilst their lesson is in progress. We need the swimmers to pay attention to the Coaches so please don't "coach" from the balcony – we would love to see you on poolside, and would even support you through a teaching development programme! If you want to know anything please don't be afraid to ask or speak to any member of staff. Take the opportunity to meet and to get to know the teachers.

VOLUNTEERS REQUIRED

All our Committee/Teachers/Helpers run the club on a day-to-day basis and support the club by fund raising through the swim shop etc and organising the social calendar. You do not need to be part of the organising team to help with any of the jobs, if you would like to help then please volunteer. In order to run inter-club galas the club needs to be able to provide Swim England qualified officials and parents are actively encouraged to take the Swim England official's courses and examinations that are held each year. For internal galas the requirements are not so strict and we encourage parents to try some of the jobs and learn how it is done before moving on to the inter-club galas. A typical gala needs a Referee, Starter, Chief timekeeper, 12 timekeepers, 6 judges, an announcer, 2 recorders and at least 2 team managers. In addition we need help with drinks, the door (if we charge admission), selling raffle tickets etc. As you can see easily 30, and probably nearer 40 people are required. If you feel you can assist at galas in any way the club would be very grateful. For more information please contact the volunteer co-ordinator.

Ranking System

All times swum at galas are entered into a computer database to create ranking lists for all Swim England recognised events. These ranking lists are used by the Coaches 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.

Gala Swimming

Swimmers representing the club at League galas are expected to wear the club swimming hats and preferably club costumes and T-shirts (available from our swim shop).

TRAINING TIMES/LOCATIONS

We currently swim at Kimberley Leisure Centre, Saturday Mornings & Evenings, Sunday, Monday and Wednesday Evenings. Your child is welcome to attend on any of these days dependent upon whether they are in Development or Squad.

Our sessions are based on the Swim England National Plan for Teaching Swimming.

COMBINED SQUAD / DEVELOPMENT / IMPROVER SESSIONS – 20 Metre Pool

	START	FINISH
Saturday	8.00 am	9.00 am
Saturday	6.00 pm	7.00 pm

DEVELOPMENT / IMPROVER SESSIONS – 20 Metre Pool

Sunday	6.15 pm	7.15 pm
Monday	7.00 pm	8.00 pm

SQUAD ONLY SESSIONS – 20 Metre Pool

	START	FINISH
Sunday	8.00 pm	9.00 pm
Monday	8.00 pm	9.00 pm
Wednesday	7.00 pm	8.00 pm
	[+ Development/Improvers from Lane 5]	
Wednesday	8.00 pm	9.00 pm

Badges, Diving & Turns on Sundays 7.15-8.00 p.m.

TRIALS

Anyone wishing to join KIMBERLEY SWIMMING CLUB should first attend a trial session; these are currently held on Sunday evenings @ 7.15 p.m.

MEMBERSHIP CRITERIA

All Kimberley members are required to train with the club twice a month as a minimum. However this level of commitment is unlikely to produce swimmers able to compete at even the most junior level. 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 membership can be maintained.

Membership runs from January to December and is renewable every year. Any membership not renewed by the end of January shall be deemed to have lapsed. Newcomers are allowed THREE paid swims before becoming members. Currently the cost per night to swim is £3.20 for a single session, for all swimmers.

Fees are subject to change as follows:

- a) Membership fees can only be changed at the A.G.M
- b) Session fees may be changed as considered necessary if the pool operator imposes an increase in pool hire.

Arena League

The National Arena League is one of the most important league fixtures in our calendar; details of the league and results can be found at <http://www.nationalswimmingleague.org.uk/east-midlands>. The league fixtures take place over 3 rounds held in October, November and December.

The League is split into 7 Regions. Different Regions have different structures. Kimberley S.C competes in the East Midlands Region, which consists of a Premier Division and a Division Two. In 2015 we competed in Division Two, the first time the club has entered the National League and finished 11th Place Overall.

The top two teams in the Premier Division gain a place in the National League and League B finals which take place in Sheffield in April the following year.

Open Meets-These are Swimming meets organised by Clubs throughout the country 'open' to other clubs. We try and enter Opens, which we think are suitable for our Swimmers and once again we try and encourage our Squad members to enter. Most of the Open Meets we enter are in Nottinghamshire, Derbyshire or Leicestershire. However, we do swim occasionally at the 50M Olympic standard pool, Ponds Forge, in Sheffield. Open's are graded as A, B or C. Some have more than 1 grade. This can help us select Opens that are more appropriate to the range of swimmers we have within the club. To compete at Opens swimmers must be registered individually (known as Cat 2 membership) with the ASA (see membership secretary for full details)

Notts ASA League galas: Currently we enter 2 Notts ASA Swimming Competitions.

Stage One: Three trophy galas, one in January one mid-year and one in December for 8- 11yrs old swimmers.

Stage Three: Three galas held in the Spring months, ages 10yrs to Open age group. 100m events. Run as a league format.

Sports Centre League –Spring/Autumn

Six galas – 3 in the spring, 3 in the autumn, ages 8yrs to Open Age Group. Run as a league with relegation/promotion. We are currently in Division 2.

J.C. Dobb Competition

As above, six galas. Local competition between six clubs, Kimberley S.C, Sutton S.C, Ilkeston S.C, Radford S.C, Hucknall and Linby S.C and Portland S.C. Ages 8yrs to Open Age Group.

Notts County & Midland District

Annual championships are held at both County and District levels, these galas are subject to achieving qualifying times. The Coaches will advise you if you think you are eligible to compete To compete at this level swimmers must be registered individually (known as Cat 2 membership) with Swim England (see membership secretary for full details)

RESIGNATIONS

Should the time come when you decide not to come to the Club anymore, please submit your resignation in writing. If joining another club an official Swim England resignation form is available from the secretary of the new club. **UNDER SWIM ENGLAND RULES ONCE A MEMBER, YOU REMAIN SO UNTIL A WRITTEN RESIGNATION IS RECEIVED.**

COMMITTEE MEMBERS

The chairman and committee members are elected from the membership at the AGM in December each year and details of the current structure can be seen on the notice board.

SWIM ENGLAND INSURANCE

All members of KIMBERLEY are insured through Swim England for accidents during training or whilst representing the club at galas. If however, you wish to take part in Open Meets, County Championships or Midland District (where you are not directly representing the club) you will need to be registered with Swim England as an individual swimmer. For more information regarding cover and fees please see the Membership Secretary.

CLUB POLICIES AND RULES

These can be viewed via the club website

DEVELOPMENT / IMPROVER SESSIONS

These sessions last for 1hr and the main aim is to move swimmers to the squad should they wish to. Whilst the swimmer is in the improver sessions they can attend as many sessions as they want each week (minimum requirement is twice a month)

The swimmers also have the opportunity to take Swim England Awards.

The swimmers are regularly monitored on their progression and are moved up a lane when the coaches/teachers deem that they are capable of swimming the extra lengths in a higher lane. Please note, however, that not all swimmers will progress to squad swimming.

NOVICE GALA

Every year around APRIL/MAY we hold a Novice Gala, which is open to ALL Development/improver session members and 12/u squad swimmers. Once again the only criteria being that the swimmer can swim 25 metres. The Novice Gala is a great introduction to competitive swimming for our younger swimmers.

CLUB CHAMPIONSHIPS

Our club championships are held in OCTOBER every year and all full members are entitled to and encouraged to enter. There is no age restriction as long as they can comfortably swim 25 metres. Trophies are awarded to the winners of each age group (boy and girl) for the first six places. All swimmers who enter receive a certificate detailing their performance times. All awards are presented at a presentation evening a few weeks after the event – this is the BIG social event of the year. It is important to try and enter this gala as it is an excellent introduction to competitive swimming in a safe and supportive structure.

AWARDS

Awards of all kinds for all abilities are regularly practised and tested. However you must ask if there is a particular award you would like to take due to demand, space and teaching staff. Most distance awards are taken on Sunday evenings @ 7.15 p.m.

At the Club Championships trophies are awarded to the fastest 6 swimmers in each age group and the swimmer with the best total also wins an age group award (based on 6 points for first place etc.) Special awards are also voted on by the committee. For the Novice Gala, medals are awarded to all the swimmers on the day.

GALA'S – A BEGINNERS GUIDE

Age Groups- Many galas are now 'age as at date of swim' or 'age at the end of a series of league galas'. Confused? Ask a coach to explain!

Internal Galas / Fun Galas / Time Trials - All swimmers who can swim 20 metres are entitled to swim these galas. These are to help swimmers gain experience of a gala situation and to help the coaches keep up to date swimming time records.

Fun Galas - Swimmers are split into four teams. 'Dolphins', 'Sharks', 'Amphibians' and 'Titans'. (Swimmers are automatically entered into one of these teams when they join the club). These are swum for fun but believe us they are also competitive.

Inter Club Galas – Leagues General.

Eight and Nine year olds can swim in inter club galas but will usually only swim in relays. Ten/Eleven year olds normally swim in 50 metre individual races and relays, Twelve and above usually swim in 100 metre individual races and relays. We are affiliated to Notts. ASA and Midlands ASA and the competitions listed are overseen by them.