



Gateshead&Whickham
Amateur Swimming Club

Club Information Pack

Club website : www.gawswim.org.uk

Foreword

Gateshead and Whickham Amateur Swimming Club is based on traditional values of fun, fitness and competition.

Our club has been in existence for more than 100 years. It's changed its profile a few times during that period, to eventually become Gateshead & Whickham ASC.

A club that provides a borough wide centre for swimming that encourages enjoyment and progression within the sport.

We are one of the foremost swimming clubs in the country with a history of individuals competing successfully at international level.

We are a professionally run amateur swimming club. Every section of the club provides access to qualified coaches. We run regular Open competitions that draw swimmers from all over the country.

We encourage participation at all levels ...

from youngsters learning to swim ...

to those who dream of swimming at the Olympics ...

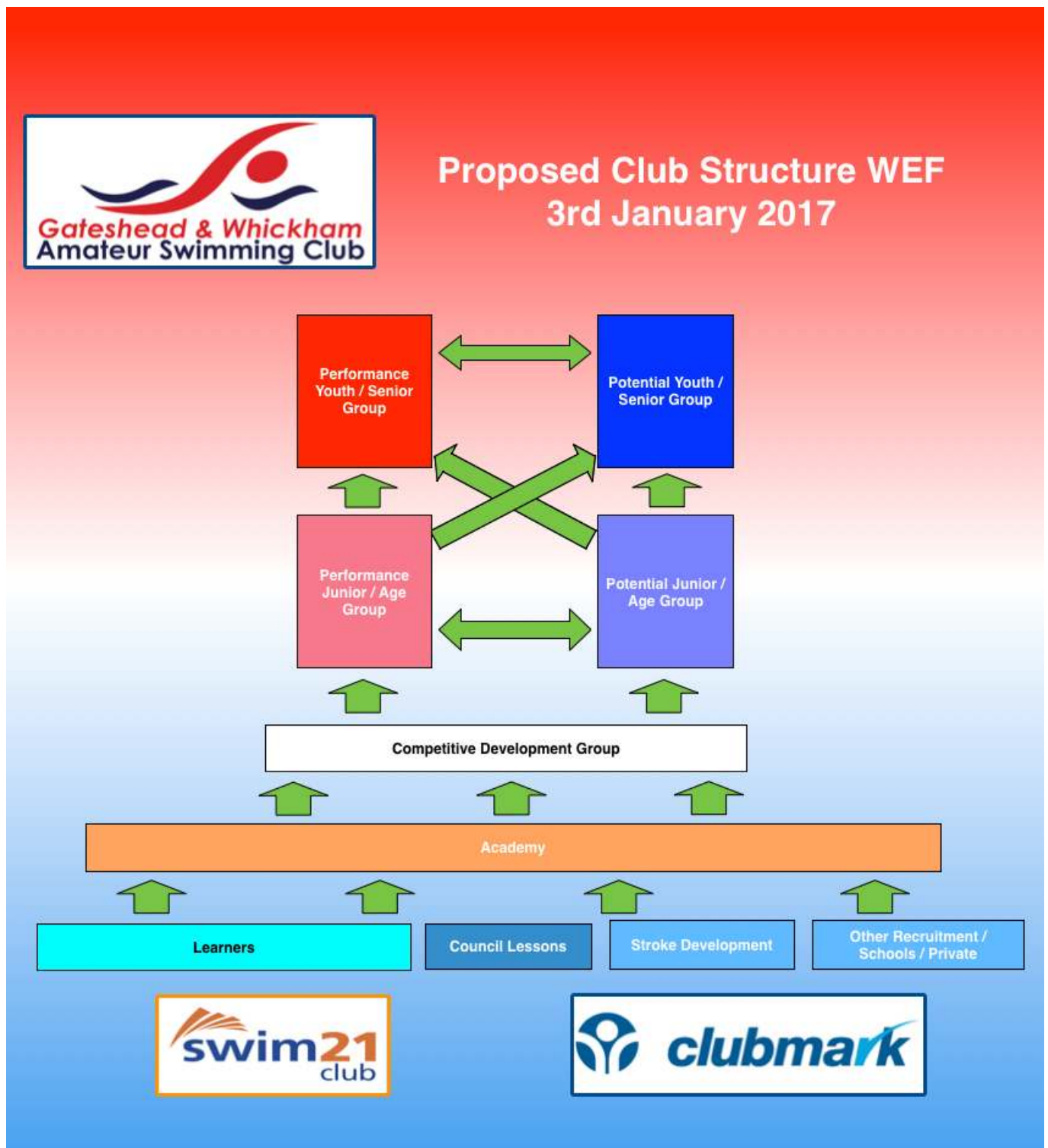
to those who've become 'Masters' and still want to compete ...

to those who simply want to swim to keep fit.

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1. Squad Structure (as at 2017)



In general sports are classified as early specialisation (e.g. gymnastics) or late specialisation (e.g. swimming); broadly speaking GAW, follows a six stages / tier model approach.

The 6 stages are classified as

1. The FUNdamentals
2. Swim Skills – Pre Competition
3. Swim Skills – Skill Development
4. Training 2 Train
5. Training 2 Compete

6. Training 2 Win

The up to date training schedule is available on our website (www.gawswim.org.uk) under the “**Squad Info**” section.

Learner Squad swimmers are in the FUNdamental stage of swimming, where learning new skills & activities should be both FUN & challenging. It also good practice to give youngsters the opportunity to take part in a variety of sports; as this will give them a greater vocabulary of physical skills, which will enhance their specific performance over the longer term.

In the Learner Squad our focus is on teaching our swimmers all 4 swimming strokes to Amateur Swimming Association (“ASA”) standards.

Academy swimmers are still in the FUNdamental stage of swimming.

In Academy, swimmers will continue to focus on learning all 4 strokes & the basic laws of swimming.

We start to encourage our Academy swimmers to enter competitions. We run a number of internal development galas. Some of the swimmers will be ready to represent our club in League Galas For example the Durham and District League (“Diddy League”). We also run a number of invitation galas where those with appropriate skills will be encouraged to enter.

Development is very much as Academy & the focus is still on having FUN & learning new Swim Skills, but also building strength in all 4 strokes, as well as starts & turns. There is also a minimum training criterion per week for this group.

Competition wise swimmers will be aiming for club development galas & Diddy League & entry into GAW Level 4 Meets, if they have appropriate skill.

Potential – Youth/Senior and Age Group is focussed on Skill Development & this is generally the period of peak motor development, when children learn & adapt physical skills quite quickly; parents should not be alarmed to see that girls are generally more advanced than boys at this stage.

Competitions are as Academy and Development, but some swimmers will also achieve County & possibly Regional qualifying times; that failure to achieve County or Regional times at this stage of development is nothing to worry about. Parents must continue to support their children and help to keep swimming a fun activity.

Performance – Age Group - Training 2 Train, is focussed on the aerobic development of the swimmers while maintaining technique. Good technique always improves the swimmers chance of overall success. Skill acquisition and stamina should go hand in hand.

Competition focus, will be on County, NERs & National Times if they can be achieved & entry into County, Regional & National events are achieved by swimming qualifying times in the galas your child is entered for example GAW Level 4 Meet will allow you entry into the County Championships if they swim fast enough.

We like to see as many podium places as possible at this level of swimming, but our focus always remains on our long term objectives which are to allow athletes to achieve success over the longer term.

Team events such as the Arena & Diddy League are also in the program, via selection only.

Performance – Youth/Senior – Training 2 Compete, is aimed at competitive and physical development. Training is based on double periodisation with and training becoming an integral part of the swimmers training programme. Swimmers are also expected to start attending 3 early morning sessions per week ...

Training 2 Win, currently GAW does not currently have the programme to deliver this level.

Masters - For swimmers aged 17 to 90+. A squad designed to allow ex age group competitors and fitness swimmers to keep swimming, training and competing. Masters can swim for fun or compete seriously at all levels up to Masters World Championship.

2. Club Officials

Coaches

The club have a team of qualified swimming coaches at all levels within the clubs squad structure, managed and co-ordinated by our head coach.

Information about our coaches can be found at <http://www.gawswim.org.uk/squad-info/our-coaches/>

Squad Representatives

Each swimming squad has a designated Squad Representative who is responsible for liaison between swimmers' parents and the club. The squad reps role includes the following:-

- Be the focal point for the club at squad sessions. Be available and visible at squad sessions and be in possession of up to date information.
- Be a committee member
- Be known to everyone
- Have a supply or have access to Membership forms and standing orders.
- In conjunction with the Membership Secretary to be responsible for the induction of all new swimming families to club policies and activities. Collect completed forms and pass to Membership Secretary
- In conjunction with the Treasurer, be responsible for the collection of swim fees where appropriate and ensure all standing orders are up to date.
- In conjunction with the championship secretary, distribute competition notices to all squad swimmers, collect entries and fees and distribute refunds / rejections.
- Liaise between the committee, the parents, the coaches and the parents.
- Assist the squad coach with registers
- Assistant to the Club Welfare Officer.

All our squad representatives are volunteers and work extremely hard to ensure swimmers and parents have the necessary support and advice to swim and compete.

Committee Members

The club have a team of volunteers who have official roles on the Club's management committee, performing a wide range of duties including Members and Championship Secretaries, Treasurer, Fund Raising coordinators and Workforce Coordinator and Meets Manager.

All our committee members are volunteers and work extremely hard to continual improve the club and the service it provides to the local community.

Names and contact details of our current club officials can be found on our website (www.gawswim.org.uk).

3. SWIMMING FEES

We expect all of our swimmers to pay monthly fees by standing order. Every squad rep should hold a copy of our standing order forms. Please ensure that you are paying the correct fees for the squad you are in.

Swimmers who do not pay their fees will not be able to swim during that month unless the treasurer has made allowances. WE KEEP A REGISTER As there is a waiting list for some squads, if the club/coach is unaware of absences, swimmers who have missed more than 2 weeks may find their place is given to other swimmers. Please inform your club rep or coach of any long term absences.

All up to date squad fees are listed on our website (www.gawswim.org.uk) or can be obtained from your squad representative.

The Treasurer will regularly monitor squad attendance sheets and payments made. ASA Registration.

Every swimmer must be fully paid up member of Amateur Swimming Association (“ASA”) ASA Registration Fees are payable annually and are separate to, and payable in **addition**, to Gateshead and Whickham training or lesson fees.

ASA Membership Fees entitles swimmers to the following benefits

- ° Access to ASA insurance coverage in the event of accidents
- ° Opportunity to swim at club development galas.

Opportunity to swim at open events, galas, meets and league competitions.

There are 2 ASA registration categories for swimmers:

Applies To	Documents you need to complete	Fees
1. Learner and squad members who is not competing in galas	ASA Green Form	Please check the website for up to date ASA fees or contact your squad representative
2. Squad members who are competing in galas	ASA Yellow Form	Please check the website for up to date ASA fees or contact your squad representative

4. GALA INFORMATION FOR SWIMMERS

How to Enter a Swim Meet:

1. Meet information and a gala entry form(s) will be available on our website, or your club rep or coach will hand them out.
2. The Gala Meet Information will show all swims available at the meet. See your coach for advice if you are not too sure what to enter your child in.
3. Only enter your child for the swims that they have qualifying times for. See your coach if unsure.
4. All galas will be invoiced and will need to be paid for before the event.
5. Please return your completed form to your coach/club rep by the due date given on form.
6. The Competition Secretary will then enter all gala forms one week prior to the official closing date for entries.
7. Refunds shall only be made to swimmers who don't turn up for events if the coach is aware of an illness/injury prior to entries being submitted.

Equipment that swimmers need to take to Galas and Time Trials:

- ° 2 club caps (in case 1 splits)
- ° 2 Pairs of goggles (in case 1 splits)
- ° 2 Towels or more if swimming 2 sessions
- ° At least 2 swim suits/2 pair of jammers (one for warm up and one for race)
- ° Club T-shirt, Polo shirt and/or sweatshirt.
- ° Drink bottle not fizzy drinks – it's vital that swimmers stay hydrated
- ° All clothing should be marked with swimmers name.

For help and advice regarding best foods to eat at galas please speak to your coach. Pasta and bananas are always a big favourite. No sweets or chocolate bars. Healthy snack i.e. dried fruit or cereal bars. Rice cakes, noodles, malt loaf, scotch pancakes.

Team Uniforms

All swimmers should wear our team Swim Caps when competing. Club polo shirts/t shirts should be worn on poolside and when receiving presentations of medals, pennants and other awards.

Conduct of Swimmers at Competitions

When attending galas, swimmers are reminded that they are representing Gateshead and Whickham A.S.C and are expected to maintain the good name of the club. The following guidelines are laid down to achieve this, where appropriate:

Before the Gala Starts:

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins. This time will usually be stated on the entry form. If in doubt ask your coach.
2. On arrival at poolside report to your coach to receive your warm up instructions. It is very important that all swimmers warm up properly.
3. After warm up dry yourself properly and change into your race swim wear, dress accordingly in team uniform and return to your coach on poolside. Swimmers must stay as a group throughout the gala. Anyone leaving the group for any reason must inform their coach of their whereabouts before leaving).

When the Gala Starts

1. Before each race report to your coach for final instructions.

2. Remove poolside clothing while the previous heat to yours is finishing .It is important to keep warm as long as possible.
3. After the race report back to your coach immediately. Do not visit parents and friends first. The coach will usually offer positive comments, praise or suggestions for improvement.
- 4 Swimmers and parents respect all decisions made by a coach or an official if a swimmer is disqualified during a race. There is an official procedure that a coach must follow to query the reason for the DQ. **Swimmers (and parents) are not allowed to make their own enquiries.**
5. Complete a post-race swim down.
6. Swimmers must check with team coach/Manager before getting dressed after their swim to ensure that they are not required for any more swims. Instances have arisen when swimmers have been required for team events or as reserve swimmers and have not been available after leaving too early.
7. Coaches have discretion at all times to withdraw swimmers from events if is the coach feels that it is in the swimmer's best interest to do so. On such occasions, no refund of entry fees shall be made. There are no circumstances in which swimmers should withdraw from events without the authority of the coach.
8. **Parents need to encourage and be supportive of their children at all times, especially if they are disappointed with a swim. No swimmer gets into the pool wanting to swim badly** The coaching staff will be sure to discuss the race with them and specifics about the race including stroke technique.
9. We encourage parents/family/friends to support all the GAW swimmers as well as their own children. Our members really appreciate the support when attending competitions.

5. Information about the different types of competitions

Swimmers compete in a variety of swimming competitions (commonly referred to as galas) and championships. The following section describes each of the different competitions.

Time Trials

These are not galas as such, but they are important for all swimmers. You will be advised when time trials are approaching. We expect our swimmers to attend time trials when necessary in order to measure progress and to gain up to date times. Times from Time Trials may be used for team gala selections (see below) so please do try to attend all time trials.

Development Galas

These galas are internal galas aimed at our younger and less experienced swimmers. The aim of these galas is to help swimmer become familiar with racing and experience what it is like to compete in galas and competitions hosted by other clubs.

Team Galas

Team galas are great fun! Typical team galas include freestyle and medley relays along with individual events in each stroke for each age group. There may also be mixed age freestyle relays (often known as 'cannons'). Points are scored for each event: 6 points for 1st place down to 1 point for 6th. The results of these galas are often very close and every point is important. The team selection will have been carefully worked out in order to maximise points and everyone selected is an equally important member of the team - whether swimming in one relay or several events.

There is usually no charge to the swimmers for team galas; however there is a small charge to spectators, typically £2 - £3. If the gala is a long distance away we may arrange a coach, for which there will be a charge.

League Galas

We enter two league galas / competitions each year. These are the Durham and District Junior League and the National (Arena) Swimming League. The programme is different for each league which means that the swimmers may be different for each of the teams selected

Durham and District Junior League

This league is for junior swimmers and is sometimes known as a 'Diddy League'. It takes place over three rounds, normally one each in February, March and April with a final in June. There is a national final in November for the winners in each UK region. The swimmers' ages are as of the date of the last Sunday in November. The age groups are 9, 10, 11 and 12. All relays are 25m; individual events are 50m apart from 9 year olds (in all strokes) and 10 year old Butterfly, who swim 25m. There are no time restrictions for swimmers – the fastest swimmers will be selected.

This league is an important fixture for the club and every attempt should be made to make yourself available if selected – it is also an exciting and fun-filled evening.

National (Arena) Swimming League

This is the most important swimming league. As the name suggests it is a national competition, firstly swum in regions with the regional winners going forward to the finals usually held in Sheffield. We swim in the North East Region and compete over three rounds in October, November and December. Age groups are 11/under, 13/under, 15 under and Open, as of 31st December in the year of the competition. All relays are 50m; individual events for 9-11 year olds are 50m; 12 and over swim 100m.

Open Meets

Open Meets are competitions run by swimming clubs, where members of any swimming club can enter and compete as individuals. Swimmers enter under the name of their club, i.e. Gateshead and Whickham, but swim for individual prizes (trophies/medals), although there may also be a prize for 'top visiting club'. There are dozens of these meets running every weekend throughout the country but we are careful, clear, considered about which ones we enter and swimmers should think carefully about the events within those galas that they wish to swim (don't try to swim too many events at a meet, your times will suffer!). You also need to check that you have achieved any relevant qualifying times; and in some cases (e.g. Graded or Secondary Championships) that you are not too fast for the event.

Swimmers (with advice from coaches if required) decide which events they wish to enter and do so as individuals via the club on our own entry form. Entry fees will range from about £4.00 to £9.00 (or more) per event.

Licensed Open Meets

There are four tiers of structured competition. Open Meets are licensed according to the purpose of their competition as Level 1, 2, 3 or 4.

Level 1 is aimed at National qualifiers and swimmers looking for opportunities to achieve National qualifying times. These meets will have qualifying times for entry, which will be just below the national times.

Level 2 is aimed at Regional qualifiers and swimmers close to those times. They have qualifying times which have been standardised since September 2009. *These meets now have faster qualifying times than in previous years and times must be achieved in competition or time trial.*

Level 3 is for Club swimmers who seek County qualifying times. They have qualifying times and upper limit times set at an appropriate level. These meets will provide a programme throughout the year to support the needs of swimmers below Regional level. These are sometimes also referred to as 'B' or 'C' Grade Meets.

Level 4 is for Club swimmers and those beginning to enter individual open competition.

National qualifying times will be accepted from meets licensed at Levels 1 and 2.

Northumberland and Durham qualifying times will be accepted from meets licensed at Level 1, 2 and 3.

CHAMPIONSHIPS

Northumberland and Durham Swimming Association (NDSA) Graded Series

The series consists of Graded Competitions held under ASA laws and technical rules and is licensed at Level 3 by ASA. Times achieved will be put on ASA rankings and may be used for qualification into County and Regional Championships.

Northumberland and Durham Swimming Association (NDSA) Championships

Commonly referred to as the N&Ds (Northumberland and Durham), and sometimes still called the L&Ds (Local and Districts) by our more experienced coaches.

This is the highest level that our swimmers can go to locally, and entry is only by reaching a very good qualifying time. We often enter relay teams into this as well.

Ages – 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs +

North East Regional Championships – Long Course (50m pool)

Commonly referred to as the NERs (North East Regional) this is a high level meeting involving swimmers from all over the region, swimmers can only enter if they have achieved the qualifying time at a licensed meet (see below).

Ages – 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and 17yrs +

British Summer Championships

Qualification entry drawn from the top 24 ranked individuals British swimmers on the British Rankings database per event and age bands. Swimmers have a qualifying windows – currently March to May – to achieve a ranking place.

Ages – 13/14yrs, 15yrs, 16yrs, 17/18yrs, and 19yrs +

Home Nations Summer Championships

For swimmers who have not qualified for the British Summer Championships. Qualification entry drawn from English rankings database per event and age bands identified in a qualifying windows – currently March to May - to achieve a ranking place.

Ages – 12/13yrs, 14yrs, 15yrs, 16/17yrs, and 18yrs +

ASA Winter Meet – Short Course

Entry by the achievement of the qualifying standard in a short course pool, at a meet licensed at level 2 in the year of the competition. **Converted times are not accepted.**

6 .Additional Reference material

Please see our club website (www.gawswim.org.uk) for other useful and informative guides such as:

Gateshead and Whickham Code of Conducts

Gateshead and Whickham ASC Club Constitution

Gateshead and Whickham ASC Child Protection Policy

Gateshead and Whickham ASC Equity Policy

Gateshead and Whickham ASC Succession Planning Policy

Gateshead and Whickham ASC Recruitment Policy