



General Information for New Members

Welcome to Garioch ASC. We have put together this information to answer some of the common questions that new (and not-so-new) members and their parents ask.

Training Sessions

Times are indicated in your offer of membership, session or squad move letter. **Please arrive in good time for your training session and remember to bring**

- Club Swimming Cap, this must be worn
- Swimming costume/trunks
- Goggles
- Towel
- Water bottle
- Spare towel, costume(s)/trunks, cap and goggles if possible (goggles can snap, caps may tear and a dry costume after a race is more comfortable!)
- T-shirt, shorts/tracksuit bottoms for poolside
- A healthy snack (cereal bars, fresh or dried fruit, digestive biscuits, etc) and drinks (water, dilute squash, fruit juice, sports drinks if you like - **no chocolate or fizzy drinks and no glass bottles or containers!**)
- A coin for the lockers – swimmer's belongings must not be left in the changing cubicles, they must be placed in the lockers

Progression of swimmers through the club structure (sessions and squads) is reviewed on a monthly basis by the coaches and teachers. Moves will be informed to the swimmer, with an accompanying letter should it involve a change of session or squad.

If for any reason you cannot make it to a training session, please let your coach know. An explanation of absence must be provided at the next training session attended. **Persistent unexplained absence may result in the loss of your place in Garioch ASC.**

Listen to your teacher / coach – if you have any questions or do not understand, wait until he or she has finished speaking before you ask – but DO ASK.

If you wish to discuss anything with your child's teacher / coach please be prepared to wait or arrange a convenient time. The teacher / coach cannot leave their swimmers unattended during the session.

Training Equipment

Once you have settled into the club, it is important to get your own swimming kit together. The basic kit consists of a kit bag which holds kick board, pull buoy, fins (flippers), hand paddles. Please ask your teacher / coach for advice on the most suitable types and about other training equipment. Squad swimmers should have all the basic kit by the time they start squad training.

The Club runs a Swim Shop where you can order swimwear such as costumes, trunks, goggles and caps as well as club t-shirts, tracksuits, holdalls and other items. Training equipment can be ordered from various online swim shops.

Communication

Always check the Club notice boards in the pool foyer to keep up to date with what is going on. Information relevant to Friday and Saturday sessions, squads, forthcoming competitions and general information is placed there. The club website www.gasc.co.uk is also an excellent source of information with links to other useful websites. **Please ensure that the club has up to date contact details, particularly home phone, mobile phone and email contact address.**

Competition Entries

Some weeks (usually 6 – 8) prior to a competition, a list (the eligibility report) of swimmers and times eligible for a competition will be posted on the notice board. The list will be highlighted with recommended events for each swimmer. **At this point speak to your teacher / coach to decide which swims you should enter and discuss any concerns you may have about the competition.**

Clearly tick any events you wish to enter, cross off any you do not (after consulting your teacher / coach) and initial your name. This must be done by the “sign-up” date otherwise you will not be entered for the competition. If you do not wish to enter the competition at all, initial your name and write N/A beside it. The entries will be sent off by the entries secretary provided that the entry fees have been paid or there are sufficient funds in your competition account. Once the host club has confirmed the entries, a list of all accepted swims will be posted on the notice board.

Fees

There are four different types of fees that require to be paid by club members

1. Annual Club Membership – paid upon joining and thereafter in August each year. This fee covers the general club running costs – admin, training technical officials & teachers/ coaches, miscellaneous expenses and the costs of the Club Championships, Mini Gala and Schools Gala. It is non refundable.
2. Annual S.A.S.A. Membership Fee – paid in March each year. This is the cost of membership of the Scottish Amateur Swimming Association, the sport’s governing body. Membership is compulsory for all club members. It is non refundable.
3. Swimming Fees – paid either annually in full or by monthly standing order. This fee simply covers the cost of water time (pool hire).
4. Competition Fees – Nearly all competitions involve paying a fee for each event entered. The entry fees must be paid before the closing date for competition entries. All of this and other information about the competition is displayed on the club notice board. Fees may be paid on a per competition basis (in advance), drawdown account or monthly standing order. Fees for rejected entries and unconverted reserve swims will be credited back to your competition fees account.

NB if you withdraw from a competition or events in a competition you will normally have to forfeit your fees. Medical reasons or other emergency may be accepted for certain competitions.

Volunteers

Garioch ASC is run by unpaid volunteer teachers, coaches, technical officials, committee members etc. Swimmers’ parents / guardians are expected to help in some capacity, be it assisting on poolside during training sessions or competitions, fundraising, administrative tasks, organising and helping at GASC competitions etc.

The qualified teachers and coaches nearly always need help from parents on poolside to ensure effectiveness of training and the safety of swimmers. Parents should always be prepared to help on poolside as required.

All poolside helpers must be S.A.S.A. members and have undergone a Disclosure Scotland check.

At least one adult from each family will be required to qualify as a club timekeeper and be prepared to timekeep at competitions. Courses are arranged on a regular basis. As your child progresses through the club and attains District and National competition standard, at least one parent will be required to gain further technical official qualifications – e.g. judge, starter or recorder. Clubs are required to submit specified numbers of officials (depending on the number of swimmers entered) for District competitions.

The club organizes informal courses for poolside helpers from time to time and these are generally displayed on the notice board. We also fund and run Club timekeepers courses two or three times a year.

Remember to check the notice board !

Club Contact Information

<u>Club President</u>	Garry Holmes	01651 873644	holmesgandc@tiscali.co.uk
<u>Vice President</u>	Keith Thomson	01224 745640	keith.julie.jessica@btinternet.com
<u>Club Secretary</u>	Amanda Crawford	01330 860479	gascsec@yahoo.co.uk
<u>Club Treasurer</u>	William Dalzell	01651 872943	william.dalzell101@btinternet.com
<u>Child Protection Officer</u>	Gillian Johnston	01224 790072	kinmuckers@talk21.com
<u>Friday Night Coordinator</u>	Jamie Laing	01651 872912	jamie.laing@virgin.net
<u>Saturday Night Coordinator</u>	Jane McIntosh	01651 873658	m70shs@btinternet.com
<u>Meet Entries</u>	Keith Thomson	01224 745640	keith.julie.jessica@btinternet.com
<u>Meet Fees</u>	Bethany Carlier	01467 633646	carlier25@btopenworld.com
<u>Squads Registrar</u>	Mary Bryce	01224 790530	craigdorney@btinternet.com
<u>Swim Shop</u>	Anne Smith	01467 624267	smuffanne2@tiscali.co.uk
<u>Inverurie Swimming Pool</u>		01467 620654	

Adverse Weather

In the event of adverse weather meaning that training sessions have to be cancelled at short notice, the club secretary will attempt to inform people. This may be via email or text message and may get displayed on the club website. However it is the individual's responsibility to check with the swimming pool before setting out. The club will inform the swimming pool should a session need to be cancelled, if the pool staff do not answer then assume that it has been closed.

Useful websites

Garioch ASC	www.gasc.co.uk	
SASA North District	www.sasanorth.org	NE Scotland meet information and results
SwimScotland	www.swimscotland.org.uk	Scottish meet information and results
Scottish Swimming	www.scottishswimming.com	Swimming national governing body

Swimshops

www.swimshop.co.uk	www.goggleman.co.uk	www.allenswimwear.co.uk
www.swimtec-uk.com	www.simplyswim.com	www.mailports.co.uk

Training Times

Pool Sessions		
MONDAY	06:00 – 07:55	SQUADS 3,4 & 5
TUESDAY	06:00 – 07:55	SQUADS 3,4 & 5
	15:30 – 16:25	INVITATION ONLY
	18:30 – 19:55	INVITE FROM PERFORMANCE
WEDNESDAY	06:00 – 07:55	SQUADS 3,4 & 5
	15:30 – 16:25	INVITATION ONLY
THURSDAY	06:00 – 07:55	SQUADS 1,2 & 5
	15:40 – 16:25	INVITATION ONLY
	18:35 – 20:20	SQUADS 3,4 & 5
FRIDAY	06:00 – 07:55	SQUADS 2,4 & 5
	15:40 – 16:25	INVITATION ONLY
	19:30 – 20:50	SESSION 2, DEVELOPMENT, SQ1
	20:50 – 21:30	SESSION 3
SATURDAY	15:30 – 16:50	SESSION 1
	16:50 – 17:30	SESSION 3, SQUAD 2
SUNDAY	06:30 – 08:30	SQUADS 1, 2 & PERFORMANCE
	15:00 – 16:00	RGU INVITATION ONLY
	16:00 – 18:00	RGU INVITATION ONLY
	16:30 – 17:30	GARIOCH GATORS

LAND WORK

This usually takes place on Tuesdays between 18:00 and 19:00 at the Community Centre, however this has been suspended until further notice.

Coaches / Teaching Staff

<u>Head Coach</u>	Patrick Miley	mileypc@supanet.com
<u>Coach</u>	Gitte Whitehead	gittewhitehead@aol.com
<u>Assistant Coaches</u>	Jonas Whitehead	07595226717
	Carol Holmes	holmesgandc@tiscali.co.uk
	Ken Jones	kenjones@atlasinteractive.com
	David Smith	smuffanne2@tiscali.co.uk
<u>Teachers</u>	Jamie Laing	jamie.laing@virgin.net
	Phoebe Whitehead	07590372362
	Eavan Adams	eavanadams@btinternet.com
	Mary Bryce	craigdorney@btinternet.com
	Daniel Laing	jamie.laing@virgin.net
	Thomas Holmes	holmesgandc@tiscali.co.uk
	Sarah Smith	smuffanne2@tiscali.co.uk
	Amanda Crawford	mandicrawford@hotmail.com
	Courtney O'Grady	jogcog@aol.com
	Alastair Miley	mileypc@supanet.com
	Sam Hull-Bailey	samhullbailey@hotmail.com
	Robert Bryce	craigdorney@btinternet.com
	Orla Adams	daveadams07@btinternet.com
	Rob McPhee	mcpheerd@tiscali.co.uk