

# Ulverston Amateur Swimming Club (UASC) Swimmers and Parents Information Pack 2011

## Contents

|  |    |
|--|----|
| Welcome to Ulverston Amateur Swimming Club.....                  | 2  |
| Ulverston ASC - Swimmers Pathway.....                            | 3  |
| Fees and Charges .....   | 6  |
| Session Timetable .....  | 7  |
| Galas Explained .....  | 8  |
| Cumbria Age Groups.....  | 8  |
| Other Gala's .....   | 8  |
| Diddy League .....   | 9  |
| Competition Dates For 2011 .....                                 | 10 |
| Age Group Qualifying Times for 2011 .....                        | 12 |
| Roles within the Ulverston Amateur Swimming Club 2010/2011 ..... | 13 |
| Child Welfare.....   | 14 |
| The ASA child safeguarding policy .....                          | 15 |
| Club Equity Policy Statement.....                                | 16 |
| Benefits of Sports Equity.....                                   | 16 |
| Equal Opportunity in Swimming.....                               | 17 |
| 10 Commandments for Swimming Parents.....                        | 18 |

# Welcome to Ulverston Amateur Swimming Club

Thank you for joining Ulverston Amateur Swimming Club (UASC). I would like to welcome you to our club. Our club has been in existence for over 100 years. The earliest date we have found for Ulverston swimming club was 1903. We have won many trophies but our main aim is to encourage both competitive and non competitive swimmers to achieve their best as detailed in the next Section on Pathways for Long Term Development. It is managed and looked after by very dedicated coaches, poolside helpers and committee members all of whom volunteer their time for the club. If any parents/guardians would be interested in helping out in any way please ask them to contact a member of the committee.

We hold around 8 club gala's each year allowing all our swimmers to take part from the youngest to the oldest. The entrance fees for these gala's are part of your annual membership fees. All we ask is that spectators come along and cheer, (this will cost them £2 each for entry to poolside). We also hold our summer Challenge gala and the Club Championship gala in the winter. Both of these events are followed a few weeks later by a presentation evening where the trophies won from these events and others will be presented. These are fun evenings with games for the children after the presentations and a disco later.

Another important gala within our calendar is the Ulverston Open Gala at Kendal held each year in September/October this is an ideal time for any swimmers aged 9 or over to see how a competitive gala works. You will pay an entry fee for each race you swim. We also always need helpers of any variety for this meet so if you or anyone you know would be willing to help out please see a member of the committee.

Swimsuits, hats, Otters T shirts, bags, hoodies etc can be obtained from Catherine Swan our kit coordinator. She is normally available at the pool most evenings. If you are unable to see Catherine, please ask myself or any other member of the committee and we will try to help.

If you have any problems or need any further information please do not hesitate to contact me or any other member of the committee.

Mandy Ellis  
UASC Secretary

## Ulverston ASC - Swimmers Pathway

In accordance with the ASA Equity policy and ASA recommendations on Long Term Athlete Development (LTAD) Ulverston has an open policy on membership.

The club is a competitive club welcoming swimmers of all ages and aims to help them achieve their full potential in the sport.

It is extremely important that swimmers are able to access sessions that are suitable to their ability.

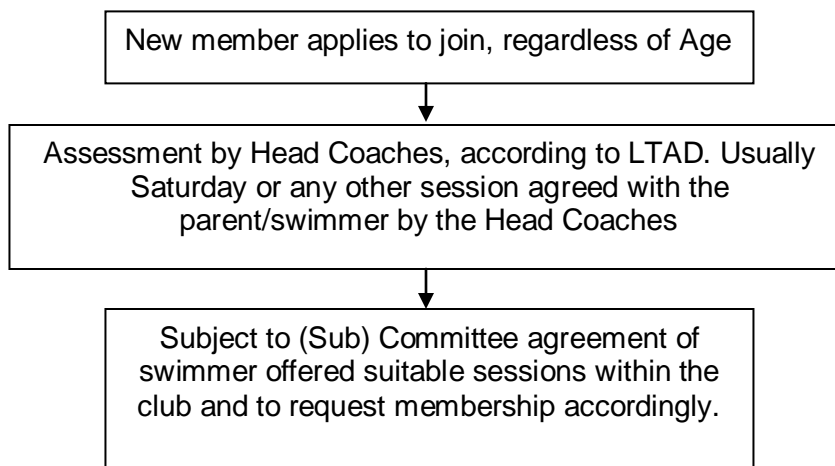
LTAD tells us that even outside of the natural variation in ability that occurs in children, swimmers develop at different times during their adolescent years. There can be a physical difference of up to 5 calendar years between boys and girls at the age of 15!

So, just because a swimmer is swimming with others chronologically younger than themselves doesn't mean that they will not develop into stronger swimmers than those others of their own age as time goes by. We have many examples of this already at the club.

Therefore, it is important that the coaches select swimmers to swim together that will result in the correct development required for the individual swimmer at this time and that all sessions flow correctly.

It is well recognised that swimmers can be late developers with some not showing their potential until the ages of 14 or 15. To this end at the club we strive to do our utmost to keep everyone in the pool swimming so that they have the best chance to develop.

The way that this process works at Ulverston is as follows;



Should there be insufficient space within the sessions that are suitable for the swimmer, then they shall be placed on a waiting list. Decisions on sufficient space will be determined by the usual lane coach in consultation with the Head Coach and the recommendation passed to the Club Committee for ratification.

The parent/swimmer will then be made aware of the decision and the appropriate fee banding that would be suitable for the sessions to be attended for optimum development.

No swimmers will be able to join without following the process described above.

## Session Criteria

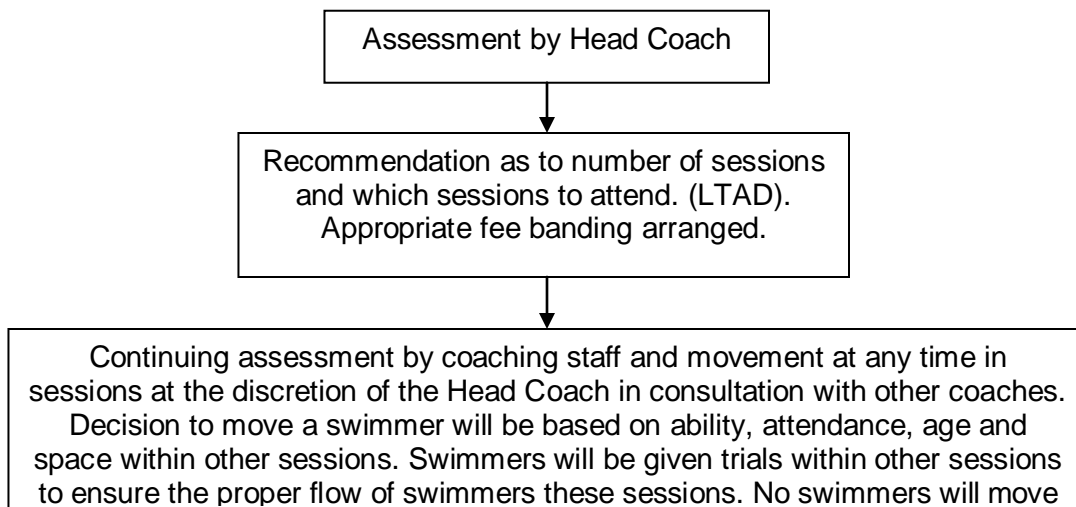
As discussed above, following assessment by the Head Coaches, the swimmers will be allocated suitable training sessions.

- **Core session criteria, applicable to every session**
  - **The swimmer will follow the club lane etiquette policy at all times**
  - **The swimmer will not leave a session early without the permission of the session coach, all sessions are to be completed in full**
  - **The swimmer will respect their coaches at all times**
  - **The swimmer will only attend a session deemed suitable by the coaches**
  - **If a swimmer consistently behaves in a way that is disruptive to the other swimmers within a session, they will be asked to leave and the reasons communicated to the parent. Continued disruption will be reported to the Club Committee for discussion.**
  - **A swimmer that does not regularly attend a session may find their place in that session taken by another member according to the above criteria.**
  - **Swimmers may not attend more sessions than recommended or than their fee banding allows**
  - **Swimmers should understand that they are unlikely to achieve their potential if they do not attend all of the sessions recommended to them by the Head Coaches.**

Any swimmer that does not wish to attend all of the sessions recommended to them will be directed to suitable sessions where they can swim to the level to which they aspire. These swimmers are very important to the club. They may be the late developers of the future and change their minds to swim more sessions, or a decision may have been taken by themselves that they do not wish to follow a pathway that moves them to their full potential as a competitive swimmer. This is absolutely within our beliefs as a club and the club will fully support them with their swimming.

Sessions for these swimmers will be constructed in a way to further develop their skills to complement the other activities that they participate within. One hour sessions for this group of swimmers will be suitable for their needs to maintain appropriate fitness.

### Competitive Swimmer Pathway



All swimmers in this pathway are expected to make themselves available for

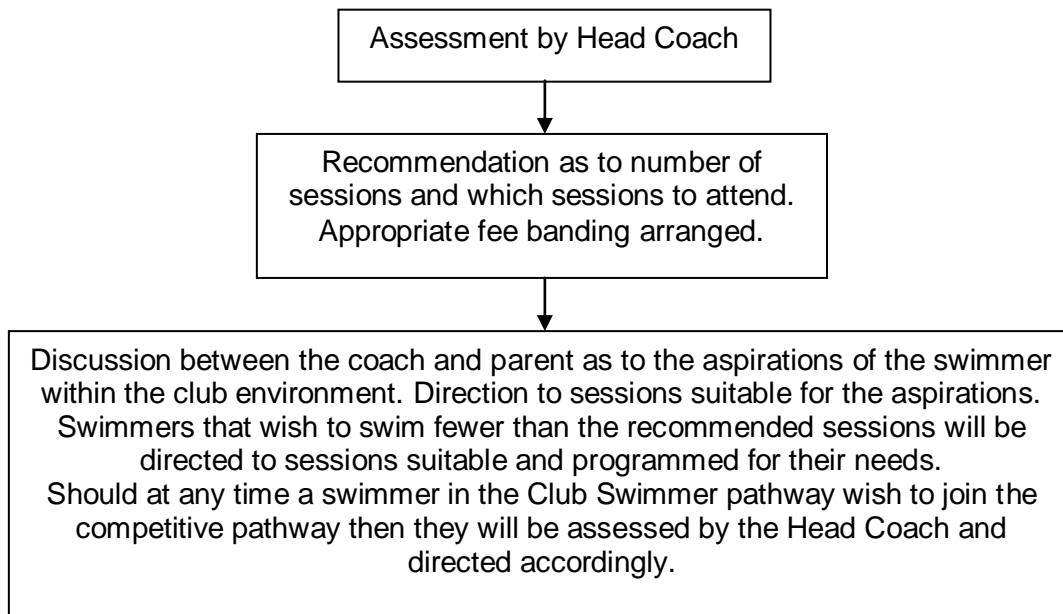
- Sprint League
- Arena League
- Club Championships
- Open meets. (Designated Meets)
- Inter-Association. (Selected swimmers)
- County Championships
- Regional Championships
- National Championships

The aim of the group is to achieve a level of performance which will enable them to compete in the above events. Swimmers in this group should show commitment and meet the following criteria:

- To show determination and commitment during training sessions
- Attend the recommended number of training sessions.
- Commitment to compete in Club Championships and at least one gala outside of Club champs in each 6 month swimming period (Jan-July & Aug-Dec)
- Compete in events that they qualify for in the County Age Group Championships.
- Represent the club in competition, when asked.
- Maintain a log book covering training and competition.

The programme will enable the swimmers to learn the fundamentals of training aimed at their individual requirements. It will include knowledge of the following principles: Warm and swim down, how and when to stretch, nutrition and hydration, mental preparation as well as pre and post competition routines.

### **Club Swimmer Pathway**



The club values both groups of swimmers to the same extent. The club aims to help any swimmer attain the potential to which they aspire within the sport, whether it is an Olympic Champion or for basic fitness.

## Fees and Charges

UASC currently charges you an annual charge, (details below) this covers the cost of the insurance to the ASA and also the running of the club gala's. Your annual fee allows you to enter all of our club gala's except the Ulverston Open at Kendal free of any further charges, which unless specifically agreed by the Committee are to be paid by Monthly Standing order. Noting that for our youngest members only attending the 5.45 Saturday session as a beginner (the ½ hour session) you may pay on the door. Fees are £2.50.

|  |                      |
|--|----------------------|
| <b><i>Annual Membership for first swimming member of family</i></b>  | <b><i>£40.00</i></b> |
| <b><i>Annual Membership for second swimming member</i></b>   | <b><i>£35.00</i></b> |
| <b><i>Annual Membership for third + any subsequent swimming member</i></b>                                     | <b><i>£30.00</i></b> |
| <b><i>Annual Membership for a non swimming member<br/>(ie poolside helper, coaches, committee members)</i></b> | <b><i>£ 5.00</i></b> |

The monthly fees payable over 12 months offer a significant saving over the year.

|  |
|--|
| <b><i>Bronze level £12 (for younger swimmers doing 2 sessions less than an hour each)</i></b>                                      |
| <b><i>Bronze Plus £18 (for 9 years and over doing up to 3 sessions a week, at least one of which would be an hour or more)</i></b> |
| <b><i>Silver level £24 (for competitive swimmers attending up to 4 sessions per week).</i></b>                                     |
| <b><i>Gold level £35 (for competitive swimmers attending up to 6 sessions per week).</i></b>                                       |

The opportunity will be provided for swimmers to have access to the sessions appropriate to their development needs, based on the Pathways development programme identified in the above Section and the timetable below. Ultimately attendance at the appropriate sessions is to be confirmed by the Club Coaching Team under the direction of the Head Coach.

## Session Timetable

| Time             | Session                | Beginner | Bronze       | Bronze Plus  | Silver       | Gold |
|------------------|------------------------|----------|--------------|--------------|--------------|------|
| <b>Monday</b>    |                        |          |              |              |              |      |
| 7:00 - 7:30      | 6 - 11 yrs             |          | ✓            | ✓            |              |      |
| <b>Tuesday</b>   |                        |          |              |              |              |      |
| 8:00 - 9:45pm    | Invited only           |          |              |              | ✓ see note 1 | ✓    |
| <b>Wednesday</b> |                        |          |              |              |              |      |
| 7:00 - 7:45pm    | 7 - 10 yrs             |          | ✓ see note 1 |              |              |      |
| 7:45 - 9:45pm    | 11+                    |          |              | ✓ see note 1 | ✓ see note 1 | ✓    |
| <b>Thursday</b>  |                        |          |              |              |              |      |
| 7:00 - 8:30pm    | 10+ yrs                |          |              | ✓            | ✓            | ✓    |
| <b>Friday</b>    |                        |          |              |              |              |      |
| 7:00 - 8:00pm    | 7 - 8 yrs              |          |              | ✓            |              |      |
| 7:00 - 8:00pm    | 9 - 10 yrs             |          |              |              |              |      |
| 8:00 - 9:00pm    | 11+ yrs                |          |              |              |              |      |
| 7:00 - 9:00pm    | 12+ invited            |          |              |              | ✓ see note 1 | ✓    |
| <b>Saturday</b>  |                        |          |              |              |              |      |
| 5:45 - 6:15pm    | 5 - 7 yrs + inductions | ✓        | ✓            |              |              |      |
| 6:15 - 7:15pm    | 8 + yrs                |          |              | ✓            | ✓            | ✓    |
| <b>Sunday</b>    |                        |          |              |              |              |      |
| 6:45 - 7:45pm    | 10-11 yrs              |          |              | ✓ see note 1 | ✓            | ✓    |
| 7:45 - 9:15pm    | 11+ yrs                |          |              | ✓ see note 1 |              |      |
| 6:45 - 9:15pm    | 12+                    |          |              |              |              |      |

Note 1 – Subject to specific invite from Coaching team in accordance with Club Policy for Long Term Athlete Development.

ALL THE SESSIONS ABOVE ARE CONDUCTED UNDER THE SUPERVISION OF A LEVEL 2 or 3 COACH ALONG WITH LEVEL 1 COACHES AND POOLSIDE HELPERS.

We also have early morning sessions available for our dedicated swimmers at Barrow swimming pool, payable separately by direct debit to Barrow ASC. Details on the sessions and whether attendance is appropriate can be discussed with Paul Elwood.

## **Galas Explained**

Swimmers can take part in many gala's throughout the year. Anyone who is a member of our club can take part in our club gala's held at Ulverston pool. These are listed in the appendix at the back of this pack. It doesn't matter if you are the youngest or the oldest, the fastest or the slowest everyone should have a go. If you are unsure which of the races you should enter just ask your coach what they think you should do. Under 9's can do 25meters or any of the longer distances if they can swim it. Over 9's can do 50 meters and over. Our club gala's are an ideal opportunity to get used to competitive galas and can be a great time to have some fun too. They are run as a competitive gala with referee, timekeepers and judges. Once you have swum a race and as long as you are not disqualified you will have your first PB (Personal Best) then next time you do that race again you can try and beat it. All our gala's will give you an opportunity to achieve times to enable you to compete in the Cumbria Age Groups held every year in March.

## **Cumbria Age Groups**

Cumbria have their County Age Group gala's over 3 consecutive weekends. These are to find the fastest swimmers in the county. The results from these Gala's help Cumbria to pick a county team. Only the swimmers who have achieved a qualifying time can enter. (see chart). This time has to have been achieved in the previous 12 months to qualify. Your time has to be faster than the time on the sheet and you have to be nine by the day of the final competition in order to enter.

It is a big achievement for any child to achieve an Age group qualifying time and we would encourage anybody who has one to attend.

The gala's are normally held at Whitehaven (Copeland pool), Kendal and Carlisle.

## **Other Gala's**

Throughout the year there are many other Gala's in the swimming Calendar. Mostly you will have to be 9 years old on the day of the Gala to enable you to compete. Any times you obtain from these gala's will also be recorded as a PB. Some Gala's have certain entry conditions such as times that you must not have exceeded or times that you must have achieved. You will be notified of any upcoming gala's via the otters email or watch out on our notice boards.

Unfortunately we do not have many pools in our area capable of putting on competitive gala's so for most of them it does mean having to travel. The main pools used in this area are Kendal, Whitehaven, Workington and Carlisle.

For many of these Gala's the children are looked after on poolside by at least 2 coaches.

If you have any questions regarding this please do not hesitate to ask any of the coaches/helps/committee.

# Diddy League

Dear Parents and Swimmers,

First of all, what is Diddy League? Well, it's a series of 4 galas involving swimmers aged 9 to 11 from swimming clubs throughout Cumbria; Barrow, Kendal, Copeland, Troutbeck, Workington, City of Carlisle, Carlisle Water Polo, Cockermouth, Penrith and of course Ulverston. For the first rounds and the 'A' & 'B' Finals (Round 3) the competition is split into two groups. In Round 1 we will be swimming at Kendal. For Rounds 2 & 3 the venue depends on the results of the previous rounds and will be either Kendal or Workington. The Grand Final always takes place at Carlisle in late September/early October.

Each club sends a team of boys and a team of girls to compete. You swim as the age you will be on the day of the Grand Final. The 9 year age group swims mixed relay events for Butterfly, Back and Breaststroke and single sex relays for the Medley and Freestyle. The remaining age groups swim a relay of four swimmers in each of the four strokes and a medley relay. In addition, there are individual events for the 10 and 11 year old swimmers where they race over 50m in breaststroke, backstroke, butterfly and front crawl. Finally there is a Cannon relay, where the fastest boy and girl from each age group form a team of 6 for the final front crawl relay. This is always the loudest, most exciting event - bring earplugs! You have been warned!

Now to the nitty gritty. This year's galas are planned to take place as follows:

## ***Dates for the diary***

***Friendly Gala held at Copeland Saturday 5th February 2011***

***Round 1 - Saturday 9th April 2011 at Kendal***

***Round 2 - Saturday 14th May 2011 - venue depends on Round 1 results***

***Round 3 - Saturday 25th June 2011 - venue depends on Round 2 results***

***Grand Final - Sunday 2nd October 2011 at Carlisle***

For the first three rounds, parents provide the transport and a very effective and loud support group! For the Grand Final we do expect the team to travel up together in the coach, as this allows us to really build on the team spirit and get the expectations raised! If you are planning on watching any of the galas, you will have to arrive early and be prepared to wait in a queue to get yourself a good seat.

It's really important that all swimmers wear an Otters shirt and hat on poolside and bring a pair of pool shoes, like flip-flops to wear between races. A spare pair of goggles and trunks/costume are very useful too!

Finally, to my favourite part, the food! The best thing to eat the night before a competition is a meal with plenty of carbohydrates, like pasta or rice (not chips!). Have a good breakfast on the day, and have your lunch about 2 to 4 hours before the meet. A good breakfast would be cereals and toast, muffins or bagels. For lunch, have something high in carbohydrates like cooked rice or a baked potato, but go easy on the protein and fat! On poolside, you will need to have something like fruit, dried fruit, low fat energy bars or bread snacks and most importantly a sports drink, water, squash or juice ( NO FIZZY DRINKS and **definitely** NO GLASS BOTTLES. And when it's all over, make sure you get another big dose of easily digestible carbs to help your body recover.

I hope that this has given you an idea of what to expect this year and we look forward to working with you all to bring that Diddy League trophy back to Ulverston this autumn! Be ready to have fun, prepared to work hard and be the best that you can be!

# Competition Dates For 2011

**PLEASE NOTE: qualifying times for 2011 Cumbria County Age Groups need to have been achieved since 1st May 2010**

Swimming Calendar dates [2011-2012](#) (can be subject to change)

| Gala Date:   | Details:  |
|--------------|---|
| 15 Jan       | Copeland ASC 25th Anniversary Gala - L2   |
| 21/22/23 Jan | Liverpool LC L1 Distance Winter Open Meet                                       |
| 22/23 Jan    | Leeds New Year LC B Grade Meet  |
| 22/23 Jan    | Rotherham A and B LC Meet at Ponds Forge, Sheffield                             |
| 29 Jan       | <b>Otters Gala 1</b>  |
| 29/30 Jan    | ASA Northern Zonal Championships 2011, Sheffield                                |
|              |   |
| 5 Feb        | Copeland Friendly Diddy Gala - warm up 1.30 / 2pm start (invitation by coaches) |
| 12 Feb       | <b>Otters Gala 2</b>  |
| 26 Feb       | Cumbria County Age Groups/Championships - Carlisle (distance events + relays)   |
|              |   |
| 5-12 Mar     | British Swimming Championships  |
| 6 Mar        | <b>Otters Gala 3</b>  |
| 19/20 Mar    | Cumbria County Age Groups/Championships - Copeland                              |
| 26/27 Mar    | Cumbria County Age Groups/Championships - Kendal                                |
| 30 Mar       | North West Regional Championships   |
|              |   |
| 1 Apr        | North West Regional Championships   |
| 9 Apr        | Diddy League Round 1 - Kendal (invitation by coaches)                           |
| 9/10 Apr     | Harrogate A/B Gala  |
| 17 Apr       | National Arena Swimming League Final - Sheffield (invitation by coaches)        |
| 30 Apr       | North West Regional Youth Championships - Liverpool                             |
|              |   |
| 1 May        | North West Regional Youth Championships - Liverpool                             |
| 7 May        | Griffin Gala - Copeland (not yet confirmed)                                     |
| 7 May        | <b>Otters Gala 4</b>  |
| 14 May       | Diddy League Round 2 (invitation by coaches)                                    |
| 21 May       | Ulverston Schools Gala  |
| 22 May       | Otters Long Distance Gala   |
| 28/29 May    | Inter Associations Meet   |
|              |   |
|              |   |
| 4/5 Jun      | North West Regional Age Group Championships - Manchester                        |
| 11 Jun       | <b>Challenge Gala</b>   |
| 11/12 Jun    | North West Regional Age Group Championships - Manchester                        |
| 18/19 Jun    | Harrogate B Graded Gala   |
| 25 Jun       | Diddy League Round 3 (invitation by coaches)                                    |
|              |   |

| <b>Gala Date:</b>    | <b>Details:</b>                                  |
|----------------------|--|
| 2 Jul                | <a href="#">Mars Bar Gala</a>                    |
| 16/17 Jul            | Rotherham A/B Gala - Sheffield                   |
| 21-25 Jul            | National Age Group Championships                 |
| 27-31 Jul            | National Youth Championships                     |
|                      |  |
| 17 Sep               | Rotherham A/B Gala - Sheffield                   |
| 18 Sep               | <a href="#">Teaspoon – Sheffield (tbc)</a>       |
| 24 Sep               | <a href="#">Ulverston Open</a>                   |
| 25 Sep               | Sprint League                                    |
|                      |  |
| 2 Oct                | Diddy League Grand Final (invitation by coaches) |
| 8 Oct                | Arena League Round 1 (invitation by coaches)     |
| 14/15/16 Oct         | <a href="#">Club Champs</a>                      |
|                      |  |
| 12 Nov               | Arena League Round 2 (invitation by coaches)     |
| 19 Nov               | Cumbria Autumn Graded - Kendal                   |
| 26 Nov               | Cumbria Autumn Graded - Copeland                 |
|                      |  |
| 3/4 Dec              | North West Regional Winter Championships         |
| 10 Dec               | Arena League Round 3 (invitation by coaches)     |
| 17 Dec               | <a href="#">Otters Gala 5</a>                    |
|                      |  |
| <a href="#">2012</a> |  |
|                      |  |
| 28 Jan               | <a href="#">Otters Gala 1</a>                    |

## Age Group Qualifying Times for 2011

|                   | 9 year        |         | 10 year        |         | 11 year        |         | 12 year        |         | 13 year        |         | 14 year        |         | 15 year        |         | 16 years and over        |         |
|-------------------|---------------|---------|----------------|---------|----------------|---------|----------------|---------|----------------|---------|----------------|---------|----------------|---------|--------------------------|---------|
|                   | Boys          | Girls   | Boys           | Girls   | Boys           | Girls   | Boys           | Girls   | Boys           | Girls   | Boys           | Girls   | Boys           | Girls   | Boys                     | Girls   |
| 100m IM           | 01:52.8       | 01:55.8 | 01:42.0        | 01:41.6 | 01:35.6        | 01:35.2 | 01:30.0        | 01:31.0 | 01:25.3        | 01:27.8 | 01:20.0        | 01:25.5 | 01:16.8        | 01:24.0 | 01:15.4                  | 01:23.8 |
| 200m IM           | 04:05.2       | 04:06.4 | 03:37.0        | 03:36.2 | 03:19.1        | 03:18.3 | 03:07.5        | 03:09.6 | 02:57.6        | 03:02.9 | 02:50.3        | 02:58.1 | 02:43.5        | 02:55.1 | 02:40.5                  | 02:54.6 |
| 400m IM           | N/A           | N/A     | N/A            | N/A     | 07:06.6        | 07:05.1 | 06:37.2        | 06:39.8 | 06:16.7        | 06:25.7 | 06:00.9        | 06:13.8 | 05:46.1        | 06:07.9 | 05:39.8                  | 06:06.9 |
| 50m Freestyle     | 44.0          | 45.3    | 40.8           | 40.6    | 37.4           | 38.1    | 34.9           | 36.3    | 33.7           | 34.5    | 31.7           | 34.3    | 31.0           | 33.7    | 30.3                     | 33.4    |
| 100m Freestyle    | N/A           | N/A     | N/A            | N/A     | N/A            | 01:21.0 | 01:16.0        | 01:17.2 | 01:11.8        | 01:15.0 | 01:08.9        | 01:13.4 | 01:06.8        | 01:13.1 | 01:05.2                  | 01:11.8 |
| 200m Freestyle    | 03:37.6       | 03:36.0 | 03:10.9        | 03:07.8 | 02:55.1        | 02:55.6 | 02:44.6        | 02:47.2 | 02:36.2        | 02:40.7 | 02:30.2        | 02:37.8 | 02:24.8        | 02:34.9 | 02:22.5                  | 02:33.7 |
| 400m Freestyle    | N/A           | N/A     | 06:40.6        | 06:46.7 | 06:04.2        | 06:06.4 | 05:45.3        | 05:48.1 | 05:28.5        | 05:36.1 | 05:17.3        | 05:28.0 | 05:06.9        | 05:22.6 | 05:00.4                  | 05:21.8 |
| 800m Freestyle    | N/A           | N/A     | N/A            | N/A     | N/A            | 12:45.2 | N/A            | 12:14.0 | N/A            | 11:32.4 | N/A            | 11:14.6 | N/A            | 11:03.9 | N/A                      | 11:02.9 |
| 1500m Freestyle   | N/A           | N/A     | N/A            | N/A     | N/A            | N/A     | 22:56.8        | N/A     | 21:42.1        | N/A     | 20:53.6        | N/A     | 20:14.4        | N/A     | 19:55.0                  | N/A     |
| 50m Backstroke    | 52.0          | 51.6    | 46.8           | 45.9    | 44.4           | 43.0    | 41.1           | 41.5    | 38.1           | 40.2    | 37.1           | 38.3    | 34.8           | 37.5    | 00:34.2                  | 37.4    |
| 100m Backstroke   | N/A           | N/A     | N/A            | N/A     | N/A            | 01:31.5 | 01:25.7        | 01:26.4 | 01:21.1        | 01:23.8 | 01:17.3        | 01:21.5 | 01:14.1        | 01:19.8 | 01:12.7                  | 01:19.5 |
| 200m Backstroke   | 04:06.8       | 04:09.3 | 03:34.6        | 03:34.9 | 03:15.1        | 03:15.4 | 03:03.0        | 03:05.6 | 02:53.9        | 02:59.3 | 02:46.6        | 02:53.8 | 02:39.5        | 02:51.0 | 02:36.8                  | 02:49.0 |
| 50m Breaststroke  | 01:00.1       | 58.5    | 53.4           | 52.0    | 49.6           | 48.7    | 45.5           | 46.1    | 41.8           | 44.4    | 40.1           | 42.9    | 38.5           | 42.3    | 37.7                     | 42.2    |
| 100m Breaststroke | N/A           | N/A     | N/A            | N/A     | N/A            | 01:43.7 | 01:36.9        | 01:38.2 | 01:30.9        | 01:34.4 | 01:27.2        | 01:31.2 | 01:23.7        | 01:29.9 | 01:21.9                  | 01:29.8 |
| 200m Breaststroke | 04:32.3       | 04:45.2 | 04:05.3        | 04:03.8 | 03:45.1        | 03:43.7 | 03:30.3        | 03:31.4 | 03:17.4        | 03:23.0 | 03:08.0        | 03:16.5 | 03:02.0        | 03:14.5 | 02:58.6                  | 03:13.1 |
| 50m Butterfly     | 52.4          | 50.7    | 45.8           | 44.9    | 42.2           | 42.1    | 40.1           | 39.9    | 36.9           | 38.3    | 35.3           | 36.4    | 33.7           | 35.9    | 33.3                     | 35.8    |
| 100m Butterfly    | N/A           | N/A     | N/A            | N/A     | N/A            | 01:31.6 | 01:25.2        | 01:26.7 | 01:20.3        | 01:23.3 | 01:16.7        | 01:20.9 | 01:13.2        | 01:19.8 | 01:12.3                  | 01:19.6 |
| 200m Butterfly    | 04:48.4       | 04:43.8 | 03:50.8        | 03:48.9 | 03:24.2        | 03:24.4 | 03:09.0        | 03:11.3 | 02:58.1        | 03:02.7 | 02:49.4        | 02:56.4 | 02:42.0        | 02:53.3 | 02:39.3                  | 02:52.3 |
|                   | <b>9 year</b> |         | <b>10 year</b> |         | <b>11 year</b> |         | <b>12 year</b> |         | <b>13 year</b> |         | <b>14 year</b> |         | <b>15 year</b> |         | <b>16 years and over</b> |         |

## Main Roles within the Ulverston Amateur Swimming Club 2010/2011

**Chairperson** : Mark Knagg

**Vice Chairperson** : David Knott

**Secretary** : Mandy Ellis

**Treasurer** : Kath Hahn

**Chief Coaches** : Gail Whiteley and Paul Elwood

**Deputy Chief Coach** : Keith Minnican

**Membership Officer** :  
Wes Spencer  
Catherine Swan  
Mandy Ellis  
Morag McMeekin  
Paula Gunson

**Welfare Officer** : Gary O'Brien  
Telephone mob 07975797554  
Email : [garyobrien914@btinternet.com](mailto:garyobrien914@btinternet.com)

**Club Buyer** : Catherine Swan

**Schools Liaison** : Paula Gunson

**Swim21 and Workforce Coordinator** : Gordon Belbin

**Girls Team Captain:** Katie Gunson  
**Girls Vice Captain:** Samantha Blundell

**Boys Team Captain:** Joe Elwood  
**Boys Vice Captain:** Fraser Minnican

If you have any questions regarding the club please direct them to any of the above people who will try and help.

Email contacts either via "Otters Group" or [secretary@uasc.me.uk](mailto:secretary@uasc.me.uk)  
For Membership queries [cathswan@uasc.me.uk](mailto:cathswan@uasc.me.uk)

## Child Welfare

**Dear Swimmers (and Parents),**

Ulverston Amateur Swimming Club is committed to the welfare of all our Swimmers and if you are concerned about any aspect of what is happening to you while you are at the club, either due to the behaviour of adults or other young people, you can speak to your parent or the Club Welfare Officer, who will help you and your parents deal with the concern appropriately.

We expect all our swimmers and parents to behave in an appropriate manner to their coaches, all club helpers, fellow swimmers and all adults and young people you have contact with in competitions. We have a code of conduct that you and your parents will be asked to sign and return to the club as part of the Membership process. If you are unsure about any aspect of the code of conduct please feel free to ask.

Your club does not condone bullying of any kind, by adults or juniors, and has an anti bullying policy. You can ask your Welfare Officer or parents to get you a copy, or go to the ASA policy on their website [www.britishswimming.org](http://www.britishswimming.org)

The Club Welfare Officer is Gary O'Brien – contact details can be found below or on the Otters notice board. This information pack is also included on the club website.

Alternatively, you can also contact the Swimline helpline to talk about your concerns with a person who understands swimming and the welfare of children and young people. Swimline is contactable on 0808 100 4001. You will be asked to leave a number at which a 'Swimliner' can call you back within 24 hours. This number will also access the NCPCC/Child Line helpline number if you need to speak to someone immediately just hang on until your call is answered.

Please also find enclosed copies of the ASA policies on Safeguarding Children and Equity, which are also accessible on the ASA website [www.britishswimming.org](http://www.britishswimming.org)

We hope you will have a very happy and successful time while being a member of our swimming club.

Gary O'Brien  
Club Welfare Officer

Mob 07975797554

e-mail [garyobrien914@btinternet.com](mailto:garyobrien914@btinternet.com)

## The ASA child safeguarding policy

|  |  |  |
|--|--|--|
| <p><b>Introduction</b></p> <p>The Amateur Swimming Association (ASA) believes that all children involved in its clubs and activities have the right to stay safe and have fun.</p> <p>Sport develops physical skills, self-esteem, and the ability to be a team player, as well as the opportunity to achieve individual success.</p> <p>The ASA is committed to ensuring that all children who participate in ASA activities should be able to take part in an enjoyable and safe environment and be safeguarded from harm. It is the clubs, counties and regions who will ensure safeguarding at a local level and it is a key theme in Working Together 2006 that safeguarding is the responsibility of every adult in the ASA, whatever their role, to ensure the wellbeing of children.</p> <p>Recent reports and research, including the government document “Every Child Matters” highlights this responsibility and the need for individuals, statutory and voluntary agencies, as well as all other organisations who work with children, to work together to achieve the best outcomes for our children and to safeguard them from harm.</p> <p>“Every Child Matters”, the overall Government Strategy for children, supported by legislation, guidance and policies, defines 5 key outcomes for children as follows:-</p> <ul style="list-style-type: none"> <li>• Being healthy: enjoying good physical and mental health and living a healthy lifestyle.</li> <li>• Staying safe: being protected from harm and neglect.</li> </ul> | <ul style="list-style-type: none"> <li>• Enjoying and achieving: getting the most out of life and developing the skills for adulthood.</li> <li>• Making a positive contribution: being involved with the community and society and not engaging in anti-social or offending behaviour.</li> <li>• Economic well being: not being prevented by economic disadvantage from achieving their full potential in life.</li> </ul> <p>“Every Child Matters” places the responsibility for safeguarding children under the age of 18 with all adults who play a role in their lives.</p> <p>In an ASA club this refers to all who work, directly and indirectly, with children including those responsible for the administration and coordinating of the swimming club and its activities.</p> <p>Furthermore “Every Child Matters” identifies that basic skills and knowledge are required by these adults, both paid and voluntary, to meet the identified outcomes.</p> <p>The Government’s “Children’s Workforce Strategy” identifies these Common Core of Skills and Knowledge for the Children’s Workforce as:</p> <ul style="list-style-type: none"> <li>• Effective communication and engagement with children, young people and families.</li> <li>• Child and young person development.</li> <li>• Safeguarding and promoting the welfare of the child.</li> <li>• Supporting transitions.</li> <li>• Multi-agency working.</li> <li>• Sharing information.</li> </ul> | <p>The ASA has committed to develop the policies and guidelines within its current safeguarding structure to ensure children have a safe environment in which to participate in the sport and achieve to the best of their ability.</p> <p>Wavepower 2009/11 sets out a framework for protecting and safeguarding children in swimming to meet the required standards of care that the sport’s governing body is committed to achieving and which children and their parents have a right to expect.</p> |
|--|--|--|

# Club Equity Policy Statement

The Club is committed to treat everyone equally within the context of their activity, regardless of sex, ethnic origin, religion, disability, age, sexual orientation or political persuasion.

The Club will ensure that equity as stated in the club rules is incorporated in all aspects of it's activities and also recognises and adopts the Sport England definition of Sports Equity:

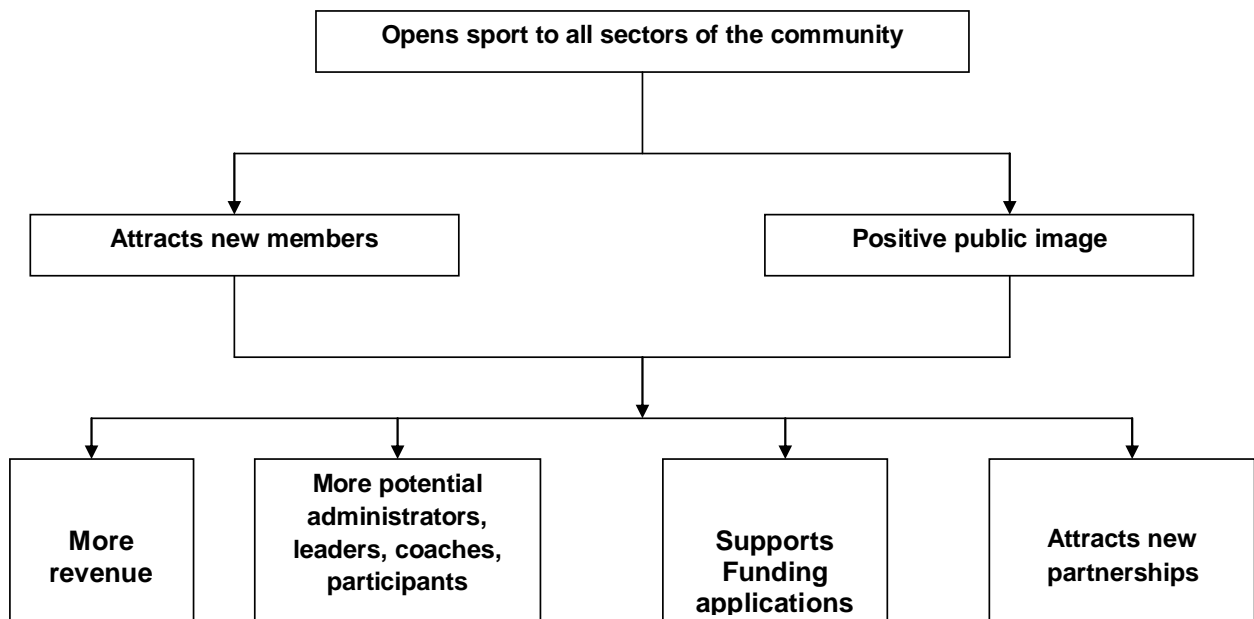
Sports equity is about fairness in sport, equality of access, recognising inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure that it becomes equally accessible to all members of society, whatever their age, ability, gender, race, ethnicity, sexuality or socio-economic status.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of discrimination, intimidation, harassment and abuse.

All Club members have a responsibility to challenge discriminatory behaviour and promote equality of opportunity.

The Club will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.

## Benefits of Sports Equity



## Equal Opportunity in Swimming

'Equal Opportunity is about celebrating difference and diversity and as such providing a swimming structure that can respond to this in a proactive and positive manner'.

The ASA and British Swimming is totally committed to the principals and practice of equal opportunities across all of its aquatic disciplines, both as an employer, provider and as facilitator of such practices by all its members. In our work with key partners, such as the athletes, clubs, teachers, coaches, officials and administrators, we will advocate our policies make every effort to ensure that all participation has equity at its core.

Swimming is a 'sport for all'. It can and should be enjoyed and made accessible to everyone and to achieve this:

- **The ASA/British Swimming** is committed to work towards ensuring that swimming is accessible to the, many rather than the few.
- **The ASA/British Swimming** recognizes the need to acknowledge the diversity of provision that is required to ensure that all people, regardless of their race, sex/gender, disability, age, sexual orientation, social or economic background can access swimming and develop at a level that is appropriate to them.
- **The ASA/British Swimming** recognizes the need to celebrate differences and diversity of provision as a means of creating entitlement and accessibility to our structures.
- **The ASA/British Swimming** recognizes that equal opportunity is about recognizing that people are different and therefore require different provision.
- **The ASA/British Swimming** recognizes the need to consult widely in order to respond to diversity.

### Addressing Equal Opportunities

In addressing equal opportunities, the ASA/British Swimming will respond to issues of equity by:

- Recognising that swimming as an organisation – our staff, athletes, coaches, teachers, officials and administrators need to adapt and work flexibly in order to respond to the needs of a wide and diverse range of people.
- Take positive action to increase the involvement from under-represented groups in all aspects of our organisation, participation, coaching, teaching, officialdom etc.

# 10 Commandments for Swimming Parents

(adapted from Ed Clendaniel's 10 Commandments for Little League Parents)

## **1. Thou shalt not impose your ambitions on thy child.**

Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other swimmers and don't push them based on what you think they should be doing. The nice thing about swimming is every person can strive to do their personal best and benefit from the process of competitive swimming.

## **2. Thou shalt be supportive no matter what.**

There is only one question to ask your child after a practice or a competition - "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.

## **3. Thou shalt not coach thy child.**

Your child's coaches have all invested considerable time and effort in their own training and are doing their very best for your child. Please do not undermine the coaches by trying to coach your child on the side. Your job is to provide unconditional love and support and a safe place to return at the end of the day. Love and hug your child no matter what. Tell them how proud of them you are. The coaches are responsible for the technical part of the job. You should not offer advice on technique or race strategy or any other area that is not yours.

## **4. Thou shalt only have positive things to say at a swimming gala.**

When you come along to a swimming gala, you should be encouraging, but never criticize your child or the coach. Both of them know when mistakes have been made. And remember "yelling at" is not the same as "cheering for". You also may want to consider being positive anytime you are around the pool.

## **5. Thou shalt acknowledge thy child's fears.**

A first swimming gala, 50 free or 200 IM can be a stressful situation. It is totally appropriate for your child to be scared. Don't yell or belittle, just assure your child that the coach would not have suggested the event if your child was not ready to compete in it. Remember your job is to love and support your child through all of the swimming experience.

## **6. Thou shalt not criticize the officials.**

If you do not want to devote the time or do not have the desire to volunteer as an official, don't criticize those who are doing the best they can. You too can be trained to be an official in an afternoon.

## **7. Honour thy child's coach.**

The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticize the coach in the presence of your child; it will only serve to hurt your child's swimming.

### **8. Thou shalt be loyal and supportive of thy team**

It is not wise for parents to take their swimmers and to jump from team to team. The water isn't necessarily bluer in another team's pool. Every team has its own internal problems, even teams that build champions. Often swimmers who do switch teams never do better than they did before they sought the bluer water.

### **9. Thy child shalt have goals besides winning.**

Most successful swimmers are those who have learned to focus on the process and not the outcome. Giving an honest effort regardless of what the outcome is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. Does this make me a failure? No, in fact I am very proud of that swim." What a tremendous outlook to carry on through life.

### **10. Thou shalt not expect thy child to become an Olympian.**

There are thousands of athletes in UK Swimming. Only a small percentage of the swimmers listed in the 10 & Under age group make it to the Top 100 in the 17-18 age group and of those only a small percentage will become elite level, world class athletes. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about .0002%. Swimming is much more than just the Olympics. Ask your coaches why they coach. Chances are, they were not an Olympian, but still got so much out of swimming that they wanted to pass the love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people, like you want your child to be, and you should be happy your child wants to participate.