



PETERHEAD

ASC

Parent

Information



# INTRODUCTION

We would like to extend a very warm welcome to you and your family. We hope you and your children enjoy swimming with the club.

Peterhead ASC is an Amateur Swimming Club, registered with Scottish Amateur Swimming Association (SASA) and is a member of the North East Area Swimming (NEASCA). We offer the first step in competitive swimming for youngsters right through to older swimmers.

For most swimmers this will be the first stage on the Peterhead ASC coaching programme. The work undertaken will consolidate all previous learned skills achieved as either part of the pre club development pathway or the Swim Aberdeenshire swimmer pathway. The primary aim is to continue the development of technique and swimming skills to a high level and encourage swimmers to take that step towards the exciting opportunity of racing.

We like to consider ourselves as a warm and friendly club and if you have any questions then Coaches and Poolside helpers will be happy to answer any questions you have. (All coaches and poolside helpers can be easily recognised by the blue Peterhead ASC polo shirts).

We hope this booklet provides you with all the information you will need to know.

## **Club and Training**

### **Dropping off and Collecting Swimmers for Training.**

Sessions start promptly and swimmers must be on time. Swimmers must be on poolside at least 10 minutes before the start of their session. Swimmers should use the toilet and also the showers before going poolside.

Please ensure a coach is present before leaving a child at the pool. Please collect children within 10 minutes of the close of their session.

Most of our swimmers live locally. It possible to arrange lift shares to and from the sessions by speaking to other parents.

## **School Holiday and Bank Holidays**

Training normally stops for approximately 4-6 weeks during the summer break, Wednesday club night stops for the duration of the school summer holidays.

Wednesday club night continues through the Easter and October holidays but stops for the Christmas break.

No training will take place on a bank/local holidays. Please ensure you check the Facebook/Squad page or check with your coach for details of all dates and cancelled training/club night sessions.

## **Spectating at Training Sessions**

There are facilities for spectating at Peterhead swimming pool, parents are welcome to watch training sessions from upstairs in viewing area. However, shouting down to either swimmer or coach will not be tolerated.

## **Behaviour of Swimmers**

Rules that swimmers need to obey for safety and enjoyment:

### **Swimmers MUST NOT**

Enter the water until instructed to do so by the coach or assistant helper.

Lean or sit on the lane ropes.

Horseplay in or around the pool or in the changing rooms.

Dive at the shallow end of the pool.

Vandalise or damage equipment or council property.

## **Swimmers MUST**

Pay attention, listen to the coach/assistant helper and act on instructions given.

Obey whistle signals: One blast on the whistle draws attention to the coach. Swimmers must look up.

Be respectful towards the coaches, assistant helpers, lifeguards and parents of other swimmers.

Obey poolside staff.

Dress quickly and vacate the changing rooms in an orderly fashion. Once a training session is finished parents are responsible for their children.

The club maintains the right to discipline anyone who repeatedly infringes the basic rules or commits a serious misdemeanour with, ultimately, expulsion from the club.

## **CLUB KIT**

Swimmers must wear Peterhead ASC club kit for competitions, although its not essential for training.

Caps and T-shirts can be purchased at club night on a Wednesday. If we don't have the particular size needed in stock then it is advised to go to either places listed below and ask for a Peterhead swimming club T-Shirt. It is also advised that your swimmers' surname is printed on the back to avoid any mix up with other swimmers T-Shirt when at galas.

Buchan Embroidery - 36 Merchant St, Peterhead (01779 480900)

Or

Jazmayne Embroidery & Print Ltd – 75 Clerkhill Rd, Peterhead (01779 478471)

We also have other items you can order with the PASC logo.

Hoodies

Hoodies (zipped)

Club back pack

Gym/poolside bag

Poolside towel

PASC official polo shirts

Onesies

Jammers

Swimsuits

Mesh poolside bag

There is a club shop which will be on a club night (Wednesday). Dates and times will be posted on the PASC Facebook page when this will take place.

There is a list on the Peterhead ASC notice board of committee members and roles. Here you will find who to contact regarding club shop.

## **Kit for Competitions**

Swimmers should bring the following:

1. Swimming costume or trunks and spare.
2. Goggles and a spare pair.
3. PASC swim cap and spare
4. PASC T-shirt to wear between swims and for medal ceremonies. (it is advised that Club T-shirts are clearly named).
5. Water bottles with diluted juice or water. This should be brought poolside and ensure you have plenty to last you through the session, it can be very thirsty work!
6. Healthy snacks to eat between swims.
7. Towels
8. Poolside shoes
9. Packed lunch. If your swimmer is swimming both sessions at a gala (morning and afternoon) then they will need a packed lunch.
10. Book, puzzle book or playing cards. It can sometimes be a long day, so you can take something to occupy yourself in-between swims and cheering for your team mates.
11. Money or trolley coin maybe needed for locker to keep your clothes in. Majority of lockers take £1 on the odd occasion there are some lockers that will be a 20p coin.

## **Kit for Training**

Swimmers should bring the following to each training session in a kit bag.

1. Swimming costume and trunks
2. Goggles x2
3. Swim cap
4. Fins. These should be short training fins and not the longer snorkelling fins.
5. Pull Buoy, paddles and kickboard.
6. Snorkel (A and B Squads)
7. Water bottle
8. Towel
9. Snack if you wish for after session. A and B squad are to take a healthy snack for Tuesday sessions.

**Please ensure that all kit is clearly marked with the swimmer name.**

**Lost Property**

Swimmers should contact the poolside or office staff at the swimming pool to enquire about lost property. Items are sometimes handed to Squad Coaches or if anything is found poolside Coaches will post on PASC Facebook page.

**Care of Kit**

It is advisable to rinse all kit in cold water immediately after use to minimise chlorine damage.

Don't use fabric conditioner as it ruins the elastane.

## **Competition Information**

### **Type of Competitions**

#### **Graded meet**

Designed to encourage novice swimmers, giving them the opportunity to win a competition. A cut off time is given for each event. Swimmers entry times must be slower than the time given.

Medals are not awarded to those swimming faster than the cut off time on the day, although some meets will issue a certificate (a 'speeding ticket') to reward such an excellent swim.

#### **Novice gala**

This is aimed at the younger, less experienced swimmer. Novice galas do not normally have cut off times.

#### **Open meet/event**

At an open meet (or an open event) there are no restrictions on age, speed or club affiliation.

#### **Neasca**

Two competitions run every year by North East Aberdeenshire Clubs. Neasca consists of 5 clubs, Peterhead ASC, Ythan ASC, Broch ASC, Deveron ASC and Huntly ASC.



## **ENTERING A COMPETITION**

Up and coming meets will be on the noticed board, please check this regularly! Swimmers who have qualified to enter a particular meet will find their swimmers name on the sheet. Please circle swims your child wishes to enter.

If you wish to discuss relevant entries please see your squad coach or meet secretary.

Confirmation of swims will be e-mailed out.

### **Age groups**

Most competitions are organised by age group. The age cut off is decided in one of two ways:

Age on 31<sup>st</sup> December, i.e. competitor's year of birth

Age on the day of the competition.

### **Sessions**

Competitions are often divided into two or three sessions, with short breaks in between the sessions. There will be two times from the start of each session:

1. Warm Up Time

2. Start Time

It is essential that swimmers arrive in time for the warm up. They should report to the Peterhead ASC coach poolside, ready to swim, at least 15 minutes before the warm up start. Once

## **ON THE DAY OF A COMPETITION**

It is best to be poolside 15 minutes before the warm-up, always report to the coach on arrival.

It is important for the coach to know where their swimmers are at all times so they can be notified for marshalling and do not miss their swims. Swimmers must stay with the coach unless previous arrangements have been made with the relevant coach on poolside

### **Poolside announcements**

Swimmers should listen carefully to announcements that are made poolside. These will cover safety as well as general information such as warm up lanes, calls to marshalling etc.

Spectators and swimmers must maintain silence at the start of each race from the whistle signal indicating that the swimmers should mount the blocks or enter the water, until the race has begun.

### **Award Ceremonies**

Where applicable, these usually take place at the end of each session. There may also be an award ceremony half way through a long session.

## Definitions of Some Swimming Terms

**Time trials:** Swimmers swim against the clock. Time trials allow swimmers and coaches to monitor performance and progression.

**Personal Best (PB'S):** The best time a swimmer has achieved for a particular stroke/distance.

**Accredited time:** This is a time obtained at an accredited SASA meet (a meet that has been licensed and accredited by SASA and has a required complement of officials in attendance). Accredited times are required for entry to a main higher-level competition, eg District/National Championships.

**Consideration time:** Cut off time for entry to an event i.e. entry time must be faster or slower (as specified) than the given times.

**Scratched SCR:** On meet drafts you may see the letters SCR (scratched) next to a swimmer's name. This means if a meet is oversubscribed some swimmers will need to be scratched. The swimmer will not be swimming that particular event at that meet.

**RES/ALT (Reserve/Alternate):** If a draft programme has RES next to a swimmer's name this means they are in reserve. If a swimmer withdraws, a reserve swimmer takes their place.

**DQ (Disqualification):** Unfortunately, sometimes competitive swimmers are DQ'D. This means disqualified. At both ends of the pool you will see judges and judges walking up and down the side of the pool. If a judge sees that a swimmer hasn't touched properly, performed a stroke incorrectly or false started i.e. entered the water before the whistle this will result in a DQ.

If a swimmer is disqualified then he/she will be given no time on the results. Any time recorded by timekeepers will not be treated as an official time and can not be used as a qualifying time for any event.

**Heat Declared Winner:** The winner is the swimmer with the fastest time in the heat. No final is swum.

**SC (Short Course):** This means Short Course event = 25 Metre pool

**LC (Long Course):** This means Long Course event = 50 Metre pool

## **Club Communication**

We are a friendly club. Please introduce yourself to other club members and make new faces welcome. Talking to other parents is a good way of finding out more about the club and events, setting up lift shares etc.

You will find club members more so at our club night which is on a Wednesday. There is always a member at the table in the changing rooms if you have any questions or queries.

We do have a main FB page and also squad FB pages. If you have any questions then please don't hesitate to ask on these pages.

There may be notices up on the club board so please check often.

You will also see future meets coming up on our club notice board. Please do check this regularly as meets do have a closing date and if you would like your swimmer to compete, then you will need to circle their swims before the closing date. It would be advised to check the board every Wednesday when your swimmer is in to see if any new meets have been placed on the board.

## **Parental Involvement/How to help**

Peterhead ASC is run purely by volunteers. All our coaching team are volunteers and parental support is essential to the running and wellbeing of the club.

There are numerous ways in which parents can become involved. We would hope that most parents would volunteer to do one or more of the following:

1. Poolside help. We aim for a minimum of two adults per session on the poolside per squad, helping with timing, filling water bottles, administration and being an extra pair of eyes. This allows the coach to concentrate on coaching the swimmers. If you would like to help poolside then please let one of the coaches know. Sometimes we have enough poolside but on occasions we do need extra people poolside.
2. Coaching. If you feel you would like the challenge or used to enjoy swimming yourself, take the training course and learn how to teach stroke mechanics and the correct technique, you will find it very rewarding. Peterhead ASC will pay part of the fees associated with training.
3. Become a Technical Official. In order to qualify for SASA accreditation, a swimming competition in a 6-lane pool needs to provide the required number of officials. The majority of these are Timekeepers and Judges. You can become a timekeeper by attending a workshop which lasts approximately 2-3 hours. The club has to provide technical officials at all competition. If our club doesn't present officials then this

may result in a club fine or not being able to attend the meet. **Please note it is expected that one parent from each family do a timekeeping course.**

If you are interested in a course then please speak to Linda Herbert (who will be at the desk club night) so your name can be added to the list. If we have a good number of members wishing to attend a course, we could arrange to have the course at Peterhead.

4. Help out on the committee. We regularly have a committee meeting, normally every 2/3 months. This will be posted on our club FB page. We welcome ALL who wish to attend, new and existing members.
5. Our club Mini Meets and Graded Meet. If your swimmer is swimming in our home meets then it will be required that a parent help on the day, either with raffle table or doing juice/water rounds for official's poolside. Normally we have a rota on the day and we're very understanding and accommodating so will be arranged in a way that you won't miss out seeing your child compete.

Our home meets are our main source of fund raising within the club for swimmers to enter competitions. We are one of the very few clubs that pay for swimmers to take part in competitions, we would love to keep it this way! But this can only be achieved with parents' contributions and help with raffle prizes and selling of home bakes. So, any contributions would be greatly appreciated!

## **Advice for Parents.**

### Parents Watching Training Sessions

Here are some important guidelines to keep in mind when observing a practice.

Firstly, young swimmers want their parent's approval more than anything. If they know you are watching practice, it's only natural for some of their attention to be directed at you. However, for the swimmers to learn as much as possible, it is imperative that the coaches have your child's undivided attention during practice. We therefore kindly request that you try not to communicate with your child during practice and compete with the coach for his/her attention.

Secondly, we insist that parents do not interrupt the coaches on deck while they are coaching. If you need to communicate with a coach, please do so before or after practice (if they are not coaching another group after your swimmer's session has finished) or make alternative arrangements with the coach for a chat.

Thirdly, our coaches spend a considerable amount of time planning weekly training sessions for each of their groups. Each training set or instructional drill has a purpose and one practice and/or practice set often builds on another throughout the week. If you have not attended all training sessions, you may not understand the purpose of what the swimmers are doing on any given day.

Finally, please do not try to coach your child based on what you see (or think you don't see) him/her do. Many times, when teaching stroke skills, the coaches ask our swimmers to do things that might not look correct or might actually be illegal according to the rules, but does have an important purpose in teaching skills (i.e. swimming one-arm fly or breaststroke with flutter kick).

Your cooperation and support in this matter is greatly appreciated. Please contact your child's coach if you have any questions.

## **Illness/Injuries**

**It is vital that coaches are made aware of any swimmer that has any medical medication, injuries or illness prior to them arriving for training.**

**Any child requiring medication for long term illness (i.e. asthma, diabetes etc) please ensure coaches are made fully aware and any medication or supplements that may be required are poolside and coaches made aware of an emergency contact person or number.**

**Depending on the injury a fit note may be required from your doctor/physio to ensure there is no further discomfort to the swimmer.**

## **Squads and Training Times**

### **A Squad**

Monday	06:15 - 07:45
Tuesday	17:15 - 19:15
Wednesday	19.45 - 21:00 (Club Night)
Friday	06:15 - 19:15

### **B Squad**

Monday	06:15 - 07:45
Tuesday	17:15 - 18:45
Wednesday	19:45 - 21.00 (Club Night)

### **C Squad**

Monday	16:30 - 17:30
Wednesday	18:30 - 19:45 (Club Night)
Thursday	17:00 - 18:00

### **D Squad**

Monday	16:30 - 17:30
Wednesday	19:15 - 20.00 (Club Night)

### **Recreational swimming**

From primary school age up to 11 years of age Wednesday 18:30 - 19:15

From Academy age and up Wednesday 20:00 - 21:00



## Parent Preferred Way to Help At PASC

**Your Name**

.....

**Childs Name**

.....

**Contact Number**

.....

**Email Address**

.....

**Tick which you prefer.**

**Committee Member**

**Help Fundraising**

**Poolside Help**

**Timekeeping** (this would be if your child competes at galas)

Any Other Help/Skill you can offer