

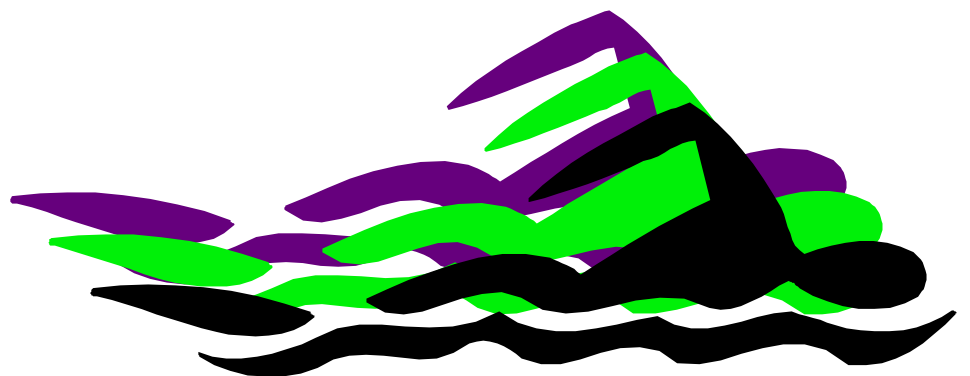
# Braunstone Swimming Club

Affiliated to the Midland District and Leicestershire ASA

[www.braunstoneswimmingclub.org.uk](http://www.braunstoneswimmingclub.org.uk)



## Handbook 2011



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## Welcome to Braunstone Swimming Club

### Welcome to the Braunstone Swimming Club Handbook

Braunstone Swimming Club was formed in 1969 and is one of the leading competitive swimming clubs in Leicestershire and is affiliated to the Amateur Swimming Association of Great Britain. The club takes part in league, trophy and friendly galas all 12 months of the year throughout the local area and in the Midlands. Internal competitions are also held during the year catering for all levels of ability.

Whatever your child's ambitions you need look no further. We can cater for every ability from non-swimmer right up to national level and we have links for progression with the City of Leicester.

Braunstone Swimming Club is Swim 21 accredited for both Teach to Swim Scheme and Swim Development.

### Club Website

The clubs website - [www.braunstoneswimmingclub.org](http://www.braunstoneswimmingclub.org) is the place for you to find everything you need to know. It is regularly updated with information regarding team sheets, training times, District squad time sets and much much more. Don't forget to use this valuable tool.

### Mission Statement

Braunstone Swimming Club is dedicated to:

- ❖ Ensuring everyone has an opportunity to learn to swim.
- ❖ Ensuring everyone can achieve his or her personal goals.

### **VALUES**

Braunstone Swimming Club is committed to the following ways of working:

- ❖ Communicating effectively.
- ❖ Respecting and including all sections of the community.
- ❖ Quality working in all aspects of our activities.
- ❖ Encouraging teamwork and sharing of knowledge and good practice.
- ❖ Ensuring everyone has the opportunity to enjoy swimming as part of a healthy lifestyle.
- ❖ Enabling and encouraging competitive swimming.



## Club Staff

### Swimming Club Committee Members

(As of October 2010)

President	Jean Shepherd	2394772
Chairman	Trevor Henson	2874373
Vice Chair	Steve Martin	01455 292788
Secretary	Janet Eden	2918672
Treasurer	Vince Dobson	2862378
Chief Coach	Stuart Henson	2925227
Fixtures Secretary	Trevor Hincks	2892084
Gala Secretary	Trevor Hincks	2892084
Membership Secretary	Kara Shepherd	2394772
ASA Delegate	Alan King	2912776
Fundraising Secretary	Position Vacant	
Social Secretary	Yvonne King	2912776
Health and Safety Officer	Alan King	2912776
Committee Members	Wendy Gent	2858738
	Jo Ashmore	2387519
	Jim Lee	2751914
	Sue Tildesley	2865949
	Joan Rigby	2917214
	Sue Elms	2895561
	Rachel Hincks	2892084
Boys Team Captain	Stuart James	
Girls Team Captain	Rachel Hincks	

### Other Administrative Roles

Junior Squad Coach	Jo Ashmore	2387519
Swim 21 Liaison Officer	Wendy Gent	2858738
Welfare Officer	Trevor Henson	2874373
Disability Liaison Officer	Alan King	2912776
Swimming Secretary	Kara Shepherd	2394772
Workforce Co-ordinator	Helen Hincks	2892084
School Liaison Officer	Jim Lee	2751914

### Emergency Committee

This consists of the officers of the club - Chairman, Vice Chair, Secretary, Treasurer and President - and is empowered to take urgent decisions in the day to day running of the club where it is not considered necessary to convening the full committee. All such decisions are subject to subsequent approval of the full committee.



**Qualified Teaching Staff**

**ASA Club Coach L2/3**

Stuart Henson

**ASA Level 2 Teacher**

Stuart James  
Sue James

Jo Ashmore  
Alan King

Rachel Hincks  
Yvonne King

**ASA Level 1 Teacher**

Emily Hincks  
Clarrisa Rigby

Jean Shepherd  
Shem Ardron

Clare Ashmore

**Lifeguards**

Jo Ashmore  
Amy Brett

Rachel Hincks  
Emily Hincks

Stuart James  
Jason Lang

**ASA Coaches Level 1**

Ross Martin

Rachel Hincks

**Trainees**

**Teachers**

Chloe Oliver  
Alex Henson

Matthew Hincks

Lucy Ashmore

**Child Protection Training**

**ASA Recognised**

Stuart Henson  
Kara Shepherd  
Matthew Hincks  
Clarissa Rigby  
Sue James  
Michelle Tointon  
Ross Martin

Jo Ashmore  
Rachel Hincks  
Alan King  
Janet Eden  
Stuart James  
Teresa Faulkner  
Debra Spicer

Jean Shepherd  
Emily Hincks  
Yvonne King  
Chloe Oliver  
Clare West  
Julie Birchenall  
Karl Strange



## Qualified Officials

### Referee

#### Starter

Steve Martin

Charlie Dilkes

#### Judge

Steve Martin

Charlie Dilkes

Trevor Henson

Alan King

#### Time Keepers

Trevor Hincks

Janet Eden

Alan King

Richard Robinson

Ross Martin

Trevor Henson

Yvonne King

Charlie Dilkes

Steve Martin

Steve Luckcuck

We need people all the time to volunteer to become officials. This starts off by you doing time keeping and progresses further up the ladder. Unless we have enough officials we will not be able to hold internal club championships. So ask today about being a time keeper. For insurance purposes you will need to be a member of the club and for yours and the children's safety you will require a CRB check.



## **Club Policies**

To find a copy of the following policies and information please follow the link to the clubs website

### **Club Constitution**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/General\\_Club\\_Info/Constitution/constitution.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/General_Club_Info/Constitution/constitution.pdf)

### **Equity Policy Statement**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/Club\\_Policies/Equity/Club%20Equity%20Policy.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/Club_Policies/Equity/Club%20Equity%20Policy.pdf)

### **Code of Ethics**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/Club\\_Policies/Code\\_of\\_Ethics/ASA%20Code%20of%20Ethics.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/Club_Policies/Code_of_Ethics/ASA%20Code%20of%20Ethics.pdf)

### **Code of Conduct**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/Club\\_Policies/Code\\_of\\_Conduct/Code%20of%20Conduct.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/Club_Policies/Code_of_Conduct/Code%20of%20Conduct.pdf)

### **Child Welfare and Anti-Bullying**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/Club\\_Policies/Child\\_Welfare/BSC\\_Child\\_Welfare\\_SubMenuSheet.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/Club_Policies/Child_Welfare/BSC_Child_Welfare_SubMenuSheet.pdf)

### **Volunteer Recruitment Induction**

[http://www.bsc-swim.co.uk/documents/Swim\\_21/General\\_Club\\_Info/Volunteer\\_info/Volunteer\\_Recruitment\\_Induction.pdf](http://www.bsc-swim.co.uk/documents/Swim_21/General_Club_Info/Volunteer_info/Volunteer_Recruitment_Induction.pdf)



## Club Emergency Procedures

In the event of an emergency please keep your squad together and ask them to leave the pool. If you are required to evacuate the building you must ensure that you can account for all of your swimmers. A register of swimmers attending a particular session will be available from the desk, should there be an emergency which could involve evacuation.

### **Fire Alarm**

- 1 On hearing the fire alarm, the pool staff will instruct all club members to leave the area and to assemble by the exit doors.
- 2 If a fire is confirmed, the pools staff will calmly usher members through the exits to a safe assembly point these are:

#### **Winstanley Pool**

Exit through fire doors at the shallow end of the pool. Assemble on the grassed area next to the front car park (adjacent to the bungalow) as displayed on pool noticeboard.

#### **Braunstone Leisure Centre**

*Braunstone Leisure Centre* staff will lead you to the nearest fire exit.

Fire exits located: *Main pool* - on the poolside near to the wet changing area, directly leading outdoors.

*Small pool* - on the small poolside leading directly into the entrance of the pool area

*Wet changing area* - 2 exits (left & right) at top end of changing area

Assemble in car park at the front of the building.

- 3 Check roll call.

**DO NOT** re-enter the building until told that it is safe to do so by the Senior Fire Officer.

### **Power Failure**

- 1 Emergency lighting will operate automatically when main lights fail.
- 2 Swimmers should leave the water and wait on the poolside away from the pool edges for further instruction.
- 3 Torches will be issued where appropriate.
- 4 If necessary the pool staff will organise changing arrangements
- 5 Change quickly and take away all belongings.



## **Drowning Alarm**

### **Winstanley Pool**

- 1 Use hand held radio to instruct premises officer to come to the pool immediately.
- 2 Begin non entry rescue. If unsuccessful provide water based rescue.
- 3 Clear the pool

### **Braunstone Leisure Centre**

- 1 Alert lifeguard who will sound the drowning alarm and commence rescue
- 2 On hearing the drowning alarm, instruct all swimmers to swim to the nearest side immediately and to get out. You may be asked by the pool staff to take your squad off the poolside.

### **Accidents:**

Accidents should be reported to the duty officer at the pool concerned, and should be recorded in the centre's accident log. It should also be recorded in the club's accident book kept at the club's cash desk.

Throughout any incident you must ensure that adequate supervision of the poolside continues.

The important action points are:

- Raise the alarm
- Call the emergency services (if necessary)
- Do not move someone with major injuries, wait for specialist help
- Ensure the rest of the group is properly supervised
- Contact the injured person's parent or carer - see membership card template for emergency information
- Complete the club's accident / incident record log
- Inform insurer



## Emergency Equipment:

<p>Normal Operating Procedures (NOPs) and Emergency Action Plans (EAPs)</p>	<p><b>Winstanley Pool:</b> Blue folder, Community Managers Office</p> <p><b>Braunstone Leisure Centre:</b> Filing Cabinet in Duty Officer's Office</p>
<p>First Aid Equipment</p>	<p><b>Winstanley Pool:</b> Emergency Resuscitation Box and first aid kit at deep end of pool and in the Community Office</p> <p><b>Braunstone Leisure Centre:</b> Poolside First Aid Room. Portable first aid kits available from First aid room/reception/plant room</p>
<p>Emergency Telephone</p>	<p><b>Winstanley Pool:</b> Emergency resuscitator box at deep end of pool. Pool No. 0116 2826639</p> <p><b>Braunstone Leisure Centre:</b> Emergency Phone on poolside (dial 9 for outside line)/reception/Duty Officer's office</p>
<p>Accident Log</p>	<p><b>Winstanley Pool:</b> BSC log held with register at pay desk. Winstanley CC held in Community Office.</p> <p><b>Braunstone Leisure Centre:</b> Recorded in BLC system - in Duty Officer's office/reception.</p>



## What does the Club Expect?

In order to make the club a happy and successful one here needs to be agreed codes of behaviour and expectations with regards to swimmers, coaches and parents. These are as follows:

### Expectations of Swimmers

- ❖ Swimmers should arrive at the poolside ready to swim at least 5 minutes before the start of the training session and should be ready to start when directed by the coach.
- ❖ Swimmers are not allowed to enter the water unless directed by the coach or other poolside staff.
- ❖ Swimmers are expected to ensure that they try their hardest during training sessions. They are expected to be respectful, polite and pay attention to poolside staff at all times.
- ❖ Swimmers are expected to be polite, respectful and considerate to their fellow swimmers at all times.
- ❖ Swimmers are expected to respect the pool and equipment. Do not sit on the lane rope and do not throw any equipment as someone could get injured.
- ❖ Swimmers are expected to be available for team selection unless prior notice has been agreed. Failure to be available for team selection may result in swimmers not being chosen in the future. Once agreeing to swim, swimmers are committed and no excuse for pulling out is acceptable, other than illness.
- ❖ In the event of an evacuation all swimmers must obey the instructions given by the coach or other poolside staff.

### Expectations of Coaches

- ❖ Coaches can expect respect and co-operation from swimmers at all times. This trust and respect must not be abused.
- ❖ Coaches will pay attention to the swimmers during their respective training sessions.
- ❖ Where possible, swimmers should be treated as individuals during training sessions. Corrective actions on strokes, starts, turns and take-overs should be given to the swimmers.
- ❖ Coaches are expected to give positive and constructive feedback to swimmers.
- ❖ Coaches are expected to be on poolside before and during the session observing swimmers at all times. In exceptional circumstances where the coach needs to leave the pool area temporarily, they are expected to request another coach to supervise the swimmers.



## Expectations of Parents

- ❖ Parents are expected to ensure that swimmers arrive and are ready on poolside at least 5 minutes before the session is due to start. Failure to be punctual may mean that your child is refused entry to the session by the teacher.
  
- ❖ The club tries to ensure a high level of responsibility at all times. However, we cannot take over the role of parental responsibility. Parents are asked to remain on or close to the poolside area (in case of emergencies). The club does however realise that due to the number of training sessions that some swimmers are attending, parents may not be able to be in attendance at all times. In such circumstances that club does expect that the parent will nominate another adult to fulfil their role.
  
- ❖ Parents are expected to make themselves aware of the club fixture list (see notice board and website) and ensure that they give maximum notice of non-availability for team selection. The club will endeavour to give as much notice as possible of fixtures by placing team list on the website, notice boards and/or pay desk; however, it should be noted that sometimes the full details of events don't arrive until the last minute.
  
- ❖ Parents are expected to read all club notices to ensure that they and their swimmers are aware of team selections, training times and other events.
  
- ❖ The future and success of the swimming club is the responsibility of the parents and other volunteers. No one will be forced to help but all parents are actively encouraged to help in some way and new volunteers are always welcomed. Please ask if you think there is a way you can help or want to know more.
  
- ❖ Parents are expected to give their maximum support to the swimmers, coaches, poolside staff and the club.



## Club Coach Philosophy Statement

Braunstone Swimming Club is one of only a few clubs in Leicestershire that run both a Learn to Swim scheme for the local community as well as Skill Development. We adopt different approaches to these two aspects of swimming.

### Teach to Swim Scheme - Swim 21 accredited.

This scheme aims to attract youngsters from all sections of the local community and introduce them to swimming. We actively adopt the ASA National Teaching Plan and follow their awards scheme Stages 1-7.

Our instructors follow a ten week plan constructed by the Head Teacher covering all the requirements to equip our swimmers with the necessary skills to develop in the water. At the end of the 10 week cycle the swimmers are assessed as they look to achieve their distance / skill awards at the level of the group they belong to. Swimmers need to achieve all elements of the award to be able to progress onto the next stage.

The success of this scheme is largely due to the commitment and skill of Braunstone's team of qualified staff and the opportunities the club offers to young swimmers. We offer a progression route onto the Development Squad in Skills Development for those swimmers who reach the required level. There is the opportunity to take part in a sponsored swim for the Kelloggs ASA Award Scheme distance badges. For those who can swim at least one length, swimmers can enter the Jubilee Cup - a gala that introduces swimmers to competitive swimming.

### Skill Development

This scheme aims to provide the opportunity for individuals to develop and improve their swimming within a competitive environment. My main coaching philosophy is to focus on the individual swimmer with a clear competitive outlook, which I believe is key to success. My main target is to become the best performing club in the City and County with swimmers achieving at County, Regional and National level.

Success for the individual breeds success for the club. The successful individual becomes the positive role model that then lifts club expectations and standards. I believe that a swimmer gets out of swimming what is put in, in respect of commitment to training, regular attendance, maximum effort and competition. I see the coaching staff have an important role to play in this. We will motivate and enable swimmers to progress to the highest possible level to fulfil their ambitions. This will be achieved by developing a strong coaching team to deliver quality in our training sessions. Our main focus is to develop fitness, skill and technical ability, and stamina through distance training with the increased water time in the new Braunstone Leisure Centre. We actively encourage those who reach the standards required to progress to The City of Leicester SC.



## Squad Structure and Training Schedule

The Braunstone Swimming club wants all its members to achieve the best they can. This however will not be possible without regular attendance at training sessions. The current squad structure, aims of the training sessions and training times are listed below. If you are unsure of when to train please speak to Stuart Henson (Chief Coach) or Jo Ashmore (Junior Coach).

<b>District Seniors</b>	<i>Venue</i>	<i>Time</i>	<i>Length</i>	<i>Teacher/Coach</i>
Monday	Leisure Centre	6.30 - 8.00 pm	1.5	SH, JA
Tuesday	Winstanley	6.00 - 7.00 am	1	JA, YK
Wednesday	Winstanley	7.00 - 8.30 pm	1.5	SH, JA
Thursday	Winstanley	7.30 - 8.30 pm	1	SH, JA
Friday	Winstanley	5.30 - 7.00 pm	1.5	SH, JA
Saturday	Winstanley	8.15 - 9.45 am	1.5	SH
		<i>Total hours</i>	<b>8 hrs</b>	<i>Total meters pw: Avg 20-24,000</i>
<b>Age</b>	Youth → Senior			
<b>Ability</b>	County → Regional			
<b>Criteria for Entry*</b>	To attend 5/6 sessions per wk + 2 land training sessions Have targets for County & Regional Champs. Log sessions			
<b>Session Aims</b>	To improve aerobic and anaerobic ability. Specific training for starts, turns, finishes. Race tactics, race preparation and rehearsal. Clear goals for achievement.			

<b>District Juniors</b>	<i>Venue</i>	<i>Time</i>	<i>Length</i>	<i>Teacher/Coach</i>
Monday	Winstanley	8.00 - 9.00 pm	1	SH, JA
Tuesday	Winstanley	6.00 - 7.00 am	1	JA, YK
Wednesday	Winstanley	7.00 - 8.30 pm	1.5	SH, JA
Thursday	Winstanley	5.30 - 6.30 pm	1	SH, JA
Friday	Winstanley	4.30 - 5.30 pm	1	SH, JA
Saturday	Winstanley	8.15 - 9.45 am	1.5	JA
		<i>Total hours</i>	<b>7 hrs</b>	<i>Total meters pw: 12 - 16,000</i>
<b>Age</b>	9 - 13 years girls, 10 - 14 boys			
<b>Ability</b>	County → Regional			
<b>Criteria for Entry*</b>	To attend 5/6 sessions per wk + 2 land training sessions Have goals and targets			
<b>Session Aims</b>	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			



<b>Seniors</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
Monday	Leisure Centre/ Winstanley	6.30 - 8.00 pm	1.5	SH, JA
Wednesday	Winstanley	7.00 - 8.30 pm	1.5	SH, JA
Thursday	Winstanley	7.30 - 8.30 pm	1	SH
Friday	Winstanley	5.30 - 7.00 pm	1.5	SH, JA
		Total hours	<b>5.5 hrs</b>	Total meters pw: 12 - 16,000
<b>Age</b>	Youth → Senior			
<b>Ability</b>	Club → County			
<b>Criteria for Entry*</b>	Min. of 2 sessions per wk + 1 land training session			
<b>Session Aims</b>	To improve aerobic and anaerobic ability. Specific training for starts, turns, finishes. Race tactics, race preparation and rehearsal. Clear goals for achievement.			

<b>Junior A</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
Monday	Winstanley	8.00 - 9.00 pm	1	JA
Thursday	Winstanley	5.30 - 6.30 pm	1	JA, SH
Friday	Winstanley	7.00 - 8.30 pm	1.5	AK, YK
Saturday	Winstanley	11.30-12.30 pm	1	SH/JA/RH
		Total hours	<b>4.5 hrs</b>	Total meters pw: c4-8000 Skill Devt
<b>Age</b>	9 - 13 years girls, 10 - 14 boys			
<b>Ability</b>	Club → County			
<b>Criteria for Entry*</b>	Min. of 2 sessions per wk + 1 land training session			
<b>Session Aims</b>	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			

<b>Junior B</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
Tuesday	Leisure Centre	6.30 - 7.30 pm	1	JA, SH
Thursday	Winstanley	6.30 - 7.30 pm	1	RH, EH,CA
Friday	Winstanley	7.00 - 8.30 pm	1.5	AK, YK
Saturday	Winstanley	11.30-12.30 pm	1	SH/JA/RH
		Total hours	<b>4.5 hrs</b>	Total meters pw : c4-8000 Skill Devt
<b>Age</b>	9 - 13 years girls, 10 - 14 boys			
<b>Ability</b>	Club			
<b>Criteria for Entry*</b>	Min. 2 sessions per wk + 1 land training session			
<b>Session Aims</b>	To develop aerobic capacity and skill development. Race tactics and race preparation and rehearsal. Clear goals for achievement.			



<b>Development A</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
Tuesday	Leisure Centre	7.30 - 8.30pm	1	Sue J, Stu J
Thursday	Winstanley	6.30 - 7.30 pm	1	RH
Friday	Leisure Centre	7.00 - 8.00 pm	1	RH, RM, JS, EH
Saturday	Winstanley	11.30-12.30 pm	1	JA
		Total hours	<b>4 hrs</b>	Skill Devt
<b>Age</b>	6 - 9 years			
<b>Ability</b>	Development			
<b>Criteria for Entry*</b>	Min. 2 sessions per wk + 1 land training session			
<b>Session Aims</b>	Skill and aerobic development			

<b>Development B</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
Tuesday	Leisure Centre	6.30 - 7.30pm	1	Sue J, Stu J
Friday	Leisure Centre	7.00 - 8.00 pm	1	RH, RM, JS, EH
Saturday	Winstanley	11.30-12.30 pm	1	JA
		Total hours	<b>3 hrs</b>	Skill Devt
<b>Age</b>	6 - 9 years			
<b>Ability</b>	Development			
<b>Criteria for Entry*</b>	Min. 2 sessions per wk + 1 land training session			
<b>Session Aims</b>	Skill development			

<b>LEARN to SWIM</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach/Helpers</b>
Saturday	Winstanley	9.45 - 11.15 am	1.5 (3x half hour sessions)	JS, Stu J, RH, EH, JA, CA, CR, MH, LA, AB, AH
<b>Age</b>	3 yrs upwards			
<b>Ability</b>	Non-swimmer, beginner, improver, Levels 1-7			
<b>Criteria for Entry*</b>	As set out in NPTS			
<b>Session Aims</b>	As set out in NPTS Level 1-7. To include: developing basic safety awareness, water confidence, safe entries into the water, submersion, buoyancy, watermanship, breathing, swimming, quality stroke techniques.			



<b>DISABILITY TRAINING</b>	<b>Venue</b>	<b>Time</b>	<b>Length</b>	<b>Teacher/Coach</b>
A lane can be made available at Winstanley on Fridays if required. However, it is the club's policy to integrate into mainstream swimming wherever possible.				
<i>Age</i>	n/a			
<i>Ability</i>	Non-swimmer upwards			
<i>Criteria for Entry*</i>	The club and teachers must be satisfied that they have the appropriate skills and equipment to satisfy the needs of the individual swimmer.			
<i>Session Aims</i>	To develop the individual's aquatic skills with the aim of inclusion in mainstream squads			

<b>LAND TRAINING</b>	<b>Venue</b>	<b>Teacher/Coach</b>
	Winstanley	Karl Strange (Strength Coach), Stuart Henson (Chief Coach), Asst Coach (J Ashmore), L2 Coach (R Hincks), L2 Teacher (S James)
<i>Development Squad</i>	Thursdays 6.10 - 6.30 pm	
<i>Juniors</i>	Thursdays 6.30 - 6.50 pm	
<i>Seniors</i>	Thursdays 7.10 - 7.30 pm	
"	Saturdays 9.45 - 10.05 am	
<i>Session Aims</i>	To develop flexibility/stretching, body weight exercises, core stability exercises, circuit training and where appropriate weight training	

\*NB Progression to the next squad is finally up to the coaches/committee's discretion and available space.

Swimmers wishing to join the Club will be invited for a trial on Tuesdays at Braunstone Leisure Centre at 6.30pm.



## National Plan for Teaching Swimming Stages 1-7

Braunstone SC teaches children to swim using the National Plan for Teaching Swimming. This covers different levels incorporating skills and stroke development. The Plan has clearly defined criteria based on all areas of aquatics. Within each level and emphasis is based on correct technique, the highest level of water confidence and skills acquisition.

Stage	Pre-Requisite	Brief Overview of Stages	Awards Available
Stage 1	Be over 3 years of age	Developing safety awareness, movement skills and water confidence skills. Swimmers will use a variety of aids and equipment , eg woggles shark fins, floats, sinkers etc.	ASA Stage 1
Stage 2	ASA Stage 1	Developing safe entries to the water, including jumping in, floating, Rotation from front to back swimming on the front and back for 5 meter. Swimmers may use aids	ASA Stage 2
Stage 3	ASA Stage 2	Full submersion, swimming 10 meters on the front and back, progress rotation skills and water safety knowledge.	ASA Stage 3
Stage 4	ASA Stage 3	Developing the understanding of buoyancy , refining kicking technique for all strokes, and swimming 10 meters to a required standard	ASA Stage 4
Stage 5	ASA Stage 4	Developing 'watermanship' through sculling, treading water, hand stands and forward rolls. Also performing all strokes for a distance of 10 meters to a required standard	ASA Stage 5
Stage 6	ASA Stage 5	Developing effective swimming skills. Eg coordinated breathing; swim a distance of 25m; developing basic lifesaving in the water and understanding of preparation for exercise.	ASA Stage 6
Stage 7	ASA Stage 6	Developing quality stroke technique for 100 meters. Linking all skills learnt throughout stages 1-7 and combining these to complete an obstacle course and create a linked routine	ASA Stage 7

- The Scheme runs for 10 week cycles over the year. Swimmers are charged £35 per cycle. Payment is due on the first week of each 10 week block.
- Lessons are held on Saturday mornings at Winstanley school pool between 9-45 - 11.15 am. Each session lasts for half an hour.
- All swimmers must become a member of the club for insurance purposes. Membership £35, payable after a two week trial.
- Learn to swim Scheme has an excellent Teacher/Swimmer ratio: max 1:8.
- Swimmers need to pass all of the criteria to progress onto the next Stage.
- Assessment of swimmers: continuous assessment and a final assessment in the 9th and 10th week.
- Swimmers swim for ASA badges Stages 1-7 and certificates can be purchased for each stage.



## Club Fixtures and Competitions

### League Fixtures

League fixtures are the most important galas you can be chosen to swim for the club and the club endeavours to swim the best team possible. Our performance in these galas indicates to us our standings locally within Leicestershire and also in the wider West Midlands area. All swimmers should be committed to making themselves available to swim in all rounds of all league gala competitions. Each competition has three rounds and takes place as follow normally on the 2<sup>nd</sup> Saturday in any month.

**Leicester League Winter Competition** - A, B, C Teams - Ages 9yrs-Open - January, February, March

**Nuneaton and District Junior League** - A Team - Ages 9-12 yrs - April, May, June (Age as at 31st Dec)

**Leicester Diddy League** - B Team - Ages 9-12 yrs - April, May, June (Age as at last round in June)

**West Midlands Speedo League** - A and B Teams - Ages 9yrs-Open - October, November, December

**Leicester League Autumn Competition** - C Team - Ages 9 yrs-Open - October, November, December

### Trophy Galas

These are of similar importance to league matches and the club endeavours to swim the best team possible.

### Friendly Galas

The club takes the opportunity for other swimmers to swim in these galas to try and give everyone the opportunity to improve their times and gain experience in competitions.

### Leicestershire Age Groups

The Leicestershire Age Groups take place in around February, March, April time and give swimmers the opportunity to swim individually whilst still representing the club. They give the opportunity to test swimmers skills against other swimmers in Leicestershire. All swimmers who receive forms should enter.

### Club Galas

These are open to everyone who is a member of the Braunstone Swimming Club and everyone who is capable is expected to enter. Swims over shorter distances, 25m, 50, 100m take place in May and swims over longer distances, 200m, 400m take place in November. Entrance fees are required for each event and trophies are awarded at subsequent social events. If you are ever unsure of what to swim in these events please ask.

### G.B Challenge

The G.B Challenge is an internal competition for all swimmers from beginners to those 12/u which takes place by splitting all swimmers into 2 teams - Girls and Boys. The competition takes place over 5 rounds throughout the year. This is the first important stepping stone for many swimmers to gain experience of swimming in a gala using competition rules and is an opportunity for the club to see what happens in other parts of the club.



## Fixtures - January to December 2011

All galas are important and every effort should be made to attend these events

<u>Month</u>	<u>Date</u>	<u>Fixture</u>	<u>Ages</u>	<u>Venue</u>
<u>January</u>	15th	Leicester Winter League	11,13,15,O	TBA
	29th	Braunstone Trophy Gala	11,13,15,O	Braunstone Leisure Centre
<u>February</u>	12th	Leicester Winter League	11,13,15,O	TBA
	19th	Braunstone Diddy Novice Gala	9,10,11	Braunstone Leisure Centre
	26th	Sponsored Swim	ALL	Winstanley School
<u>March</u>	5 <sup>th</sup> /6th	LASA Age Groups	9+	Loughborough University
	12 <sup>th</sup> /13th	LASA Age Groups	9+	Loughborough University
	19th	St.Margarets Diddy Trophy Gala	9,10,11,12	Braunstone Leisure Centre
	25 <sup>th</sup> /26 <sup>th</sup> /27th	LASA Age Groups	9+	Braunstone Leisure Centre
<u>April</u>	2nd	Leicester Winter League	11,13,15,O	TBA
	9th	Leicester/Nuneaton Diddy League	9,10,11,12	TBA
<u>May</u>	7th	Club Champs - Sprints	ALL	Braunstone Lesiure Centre
	14th	Leicester/Nuneaton Diddy League	9,10,11,12	TBA
	28th	Premier Warehousing Trophy Gala	11,13,15,O	Coventry Sports Centre
<u>June</u>	11th	Oadby & Wigston Mayors Trophy Gala	TBA - B Grade Gala	Wigston Pool
	18th	Fastwater Meet	11,13,15,O	Wellingborough
	25th	Leicester/Nuneaton Diddy League	9,10,11,12	TBA
<u>July</u>	2nd	Presidential Trophy Gala	11,12,13,15,O - B Grade Gala	Braunstone Leisure Centre
	3rd	Braunstone Open Meet	9+	Braunstone Leisure Centre
<u>September</u>	3rd	Fowkes Trophy Gala	10,12,14,O	Melton
	17th	LASA Interclubs Relay	11,13,15,O	Braunstone Leisure Centre
	24th	Braunstone Sports Trophy Gala	11,13,15,O	Braunstone Leisure Centre
<u>October</u>	8th	Arena/Leicester Autumn League	11,13,15,O/ 10,12,14.O	TBA
<u>November</u>	12th	Arena/Leicester Autumn League	11,13,15,O /10,12,14.O	TBA
<u>December</u>	3rd	LASA Young Teams Gala	9,10,11,12	Braunstone Leisure Centre
	10th	Arena/Leicester Autumn League	11,13,15,O /10,12,14.O	TBA
	17th	Braunstone Christmas Gala	11,13,15,O	Braunstone Leisure Centre

All team members should look out or check the website for a fixture list for 2012. Please look out for and make yourselves available for the above dates if selected. Please always consult the team lists on the notice boards and tick to confirm you can swim.

**Remember you can confirm online if you are able to swim**

**Remember - When swimming in galas and open meets you are representing the club and your behaviour reflects on the club. Make us proud by behaving appropriately and swimming well and make sure you have the correct kit with you.**



## Annual Awards

Each year the club presents various awards to its swimmers and members at various times throughout the year. These are as follows:

### January

These awards are presented at the presentation evening following the clubs long distance championships in November.

**Victor Ludorums** - 8/Under - The Hincks Shield

Minor, Junior and Senior - Presented to the top points scorer in each age group following the long distance galas in November.

**Coaches Swimmer of the Year** - As chosen by the Chief Coach

**Presidents Cup** - Awarded to the swimmer who has gained the most points swimming the A Team league galas the previous year.

**Gill Faint Cup** - Awarded to the swimmer who has gained the most points swimming the B Team league galas the previous year.

**C Team Points Trophy** - Awarded to the swimmer who has gained the most points swimming the C Team league galas the previous year.

**40<sup>th</sup> Anniversary Trophy for Merit and achievement** - Awarded to a swimmer for exception achievement during the previous year - Initially awarded by Trevor Henson whilst Chairperson.

**The Style Shield** - Awarded to a swimmer based on style - Initially awarded by Steve Martin whilst President

### June

These awards are presented following the clubs championships in May.

**Curtis Cup** - Awarded to the top points scorer in a specific age group in the club championships. The age group changes each year.

**Endeavour Cup** - Awarded to the swimmer who is the top points scorer in the club championships without winning an event.

**Wildbore Trophy** - Awarded to a junior swimmer aged 21 and under who volunteers within the club in capacities other than swimming i.e. coaching, team managing.



## October

These awards are presents at the club's AGM.

**Bostock Trophy** - This is awarded to the Club Member of the year.

**Fred Manley Trophy** - Awarded to the swimmer who gained the most points swimming in the diddy league competition for the A team

**Earl Shilton Financial Services Trophy** - Awarded to the swimmer who gained the most points swimming in the diddy league competition for the B team

**Caradon Cup** - Awarded to the best diddy swimmer as chosen by the Chief coach.

**President** - Every 2 years a new president is presented with the Chain of Office

**Life Memberships** - Life Membership is honoured on those people who are have worked tirelessly for the club, or represented the club over many years. Life membership is a committee decision usually based on the length of membership, services rendered and candidates are recommended by a committee member.

### **Current Life Members of Braunstone Swimming Club are:**

Jo Ashmore	Kathryn Bird	Elaine Bird	Paul Brett
Jim Cole	Charlie Dilkes	Janet Eden	Gill Faint
Debbie Felstead	Wendy Gent	Stuart Henson	Trevor Henson
Helen Hincks	Trevor Hincks	Rachel Hincks	Betty Johnson
Jim Johnson	Kath Lawrence	Spencer Martin	Ross Martin
Steve Martin	Carley Martin	Elsbeth Shaw	Jean Shepherd
Kara Shepherd	Jean Tinson		

### **Honorary Life Member**

Lisa Hatch

## Monthly Awards

### Swimmer of the Month

Swimmer of the Month is awarded by the Chief Coach each month to the swimmer who they feel had achieved new heights, trained hard or represented the club well.



## Social and Fundraising Events

As well as being a swimming club we try to organise many social and fund raising events to help bring a community spirit to the club and raise much needed funds. The social and fundraising secretaries meet to organise various events with the agreement of the committee. Examples of events include discos, BBQ's, day trips, raffles, skittles. However helpers and new ideas are always necessary. One of our most important fundraising events each year is the sponsored swim which takes place each spring time and gives swimmers the opportunity to gain distance badges. If you have any ideas for either social or fundraising events please speak to any club official and don't forget to volunteer to help. Watch the notice board for the next event and let's see some new faces helping and attending such events. Fundraising is particularly important to help with the running costs of the club. You'd be surprised how much we spend each year on pool hire and registration costs alone. All events run by the swimming club are no smoking events. Don't forget you can use Easyfundraising to raise funds for the club each time you buy items from many online shops

## Club Records and Personal Bests

As a swimmer it is always pleasing when you achieve a personal best or maybe even a club record. Personal bests achieved when swimming in internal club galas or when swimming for the club are kept, recorded and checked against the club records. However if you swim in Open Meets, Midlands competitions or National competitions it is your responsibility to inform the club of any best times swum. These will then be checked against the club records. This is particularly important as we are asked to submit times for selection for County Galas and cannot be responsible if incorrect times are submitted. Club records can only be achieved if there are two timekeepers in attendance on the lane or electronic timing has been used. Successful claimants will receive a certificate. Current club records can be found on the swimming club website. The club ranking lists for each stroke can be found on the notice board at Winstanley.

All personal bests should be reported to the Swimming Secretary - Kara Shepherd







## Training Log

Here is a copy of the weekly training log required particularly by the District Senior and Junior squads. You can copy this one or have it e-mailed to you to fill out and show to your coach when required.

### Braunstone Swimming Club Training LOG

**Cycle:** \_\_\_\_\_

**Training Phase:** \_\_\_\_\_

**Squad:** \_\_\_\_\_

SUN	MON	TUES	WEDS	THURS	FRI	SAT

Meters:

**Name:** \_\_\_\_\_

**Week commencing:** \_\_\_\_\_

Day	Volume	Workload	Land conditioning
Sun			
Mon			
Tues			
Weds			
Thurs			
Fri			
Sat			
TOTAL			

SWIMMER COMMENTS:
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COACHES FEEDBACK:
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## Notes

