



Information Pack for Prospective Members  
**Stirling Swimming Club**



# What does Stirling Swimming Club offer?

- We are a competitive swimming club and offer a pathway for swimmers who have successfully learnt to swim to transition into competitive swimming.
- Swimmers will be coached across all 4 strokes, and develop their race skills such as turning, diving, underwater kicking.
- Our objective is to prepare swimmers in our competitive pathway to regularly compete in competitions appropriate to their age and ability.



# Competency Levels

- Swimmers wanting to join should have completed at minimum Swim Skills 3 or equivalent in their Learn-to-Swim pathway.
- As a minimum we are looking for swimmers who can confidently swim 50m Frontcrawl, Backstroke, and Breaststroke with correct technique. It is desirable that swimmers can also swim 25m Butterfly.



# Membership Fees

Becoming a member of the club involves the following fees:

- **Scottish Swimming Annual Membership Fee** — detailed below (renewed each March)

Payment to SASA is made by the club each year on the swimmer's behalf for the insurance and the competition infrastructure in Scotland. Failure to affiliate to SASA means that you are unable to compete in competitions and that you are not insured against personal injury during training.

Date when membership added	Swimmer
1 Apr – 31 Aug 2022	£45.00
1 Sep – 31 Dec 2022	£27.00
1 Jan – 31 Mar 2023	£11.25

- **Club Membership Fee** - £50 annually (renewed each September)
- **Squad Training Fee** — dependent on which squad the swimmer is in, as detailed on the following slides.

# Competitive Pathway - Squad Structure

Fees accurate as of November 2023



## **STARfish - £28.50/month**

- Targeted at ages 7-10 years.
- Main entry point for the club.
- Focus is on transitioning swimmers from learn-to-swim to club swimming.
- 1 session per week.

## **Junior Development - £43.10/month**

- Targeted at ages 9-11 years.
- Stronger new members may be offered this squad if ability level is appropriate.
- More focus on preparing swimmers for competition.
- 2 sessions per week.

## **Development - £63.00/month**

- Targeted at ages 10-12 years.
- Selection based on performance levels in training and competition.
- 3 sessions per week.

## **Potential - £80.00/month**

- Targeted at ages 11-13 years.
- Selection based on performance levels in training and competition.
- 5 sessions per week.

## **Junior Performance - £87.90/month**

- Selection based on performance levels in training and competition.
- 6 sessions per week.

## **Youth Performance - £102.90/month**

- Selection based on performance levels in training and competition.
- 7 sessions per week.

## **Senior Performance - £111.50/month**

- Selection based on performance levels in training and competition.
- 8 sessions per week.

# Participation Pathway - Squad Structure

Fees accurate as of November 2023



## Youth Training Squad - £59.50/month

- For swimmers aged 17 or under.
- Focus on training for fitness and enjoyment
- Up to 4 sessions per week.

## Masters Squad

- For swimmers aged 18 and over.
- Focus on training for fitness, enjoyment, and for those who may want to compete in Masters competitions.
- Once per week membership - £27.00/month
- Twice per week membership - £53.00/month

# Training Timetable



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>STARfish</b> Either Monday or Thursday	18:00-19:00 Wallace HS			18:00-19:00 Stirling HS				
<b>Junior Development</b>		18:15-19:30 The Peak			16:30-18:00 Wallace HS			
<b>Development</b>	18:00-19:30 University		16:30-18:00 Wallace HS		18:00-19:30 University			
<b>Potential</b>	06:00-07:30 The Peak		06:00-07:30 The Peak			09:00-10:00 University		
		18:00-20:00 Stirling HS		16:00-18:00 Wallace HS	18:00-19:30 University			
<b>Junior Performance</b>					06:00-07:30 The Peak	09:00-10:00 University		
	19:00-20:30 University	18:45-20:45 The Peak	18:00-20:00 University	19:00-20:30 The Peak		10:00-12:00 University		
<b>Youth Performance</b>	06:00-07:30 University	06:00-07:30 University			06:00-07:30 The Peak	09:00-10:00 University		
		18:00-20:00 University	18:00-20:00 University	18:00-20:00 University		10:00-12:00 University		
<b>Senior Performance</b>	06:00-07:30 University	06:00-07:30 University	16:30-18:00 University	06:00-07:30 University	19:00-19:30 University	09:00-10:00 University		
		18:00-20:00 University	18:00-18:30 University	18:00-20:00 University	19:30-21:00 University	10:00-12:00 University		
<b>Youth Training Squad</b>	18:00-19:00 University	19:30-20:45 University		19:00-20:00 Stirling HS	19:30-20:30 University			
<b>Masters Squad</b>	19:00-20:30 Wallace HS				19:30-21:00 University			
							Land Training	

Accurate as of November 2023

# Application Process



You can register interest via contact information form at: [www.stirlingswimming.co.uk/join](http://www.stirlingswimming.co.uk/join)

Or by using the following QR code:



Your details will be saved on our waiting list, and you will be contacted in advance of one of our “Come and Try” sessions.

Come and Try sessions are held periodically through the year, usually aligning with school term-times.

When attending a “Come and Try” session, the coaches will assess swimmers’ abilities and you will subsequently be informed of whether we can offer a place within our club structure. If your swimmer is unsuccessful, we will aim to provide feedback for them to continue to improve in their swimming lessons, and we will offer another opportunity to trial at the next Come and Try if you wish to do so.