



LEARN TO SWIM - CLUB LINK STATEMENT

Whilst Garioch Amateur Swimming Club (GASC) does not operate a Learn to Swim programme, it works closely with Inverurie Swimming Centre, the provider of Aberdeenshire Council's junior Learn to Swim programme.

GASC's Session 1 is designed to bridge the gap between Aberdeenshire Council's junior Learn to Swim programme and competitive swimming. Session 1 (Saturday 3:30-4:50pm) is the introductory step into the club for swimmers who are keen to pursue competitive swimming. The emphasis of Session 1 is to build confidence and enjoyment of the sport of swimming, whilst learning fundamental competitive swimming skills alongside improving the main swimming strokes. Session 1 is split into two groups, with Session 1a (Lanes 3 and 4) coached by Inverurie Swimming Centre's Lead Swimming Teacher for Levels 4, 5 and 6 of Aberdeenshire Council's junior Learn to Swim programme. The Session 1a Coach plays a vital role by:

- Providing the link and continuity between swimmers on the junior Learn to Swim programme and the club - acting as a "friendly face";
- Promoting the club and its benefits to swimmers on the junior Learn to Swim programme;
- Acting as liaison between Inverurie Swimming Pool, junior Learn to Swim programme and the club;
- Encouraging and inviting suitable swimmers from the junior Learn to Swim programme to attend the club trials;
- Providing feedback to the club and junior Learn to Swim programme to identify areas for improvement, ensuring the process is streamlined and as efficient and effective as possible.

The Session 1a Coach is part of the coaching team that assesses swimmers during trials and nurtures new swimmers into the ways of competitive swimming, improving skills and ensuring this is done with fun and enjoyment. To join Session 1, swimmers need to be at least Level 5 of the junior Learn to Swim programme, attend one of the regular trials held at Inverurie Swimming Centre throughout the year and able to demonstrate the following:

- Confidence in the water without flotation aids;
- Perform at least 1 length (25m) each of front crawl, backstroke and breaststroke for 6-8 year olds, 2 lengths (50m) for 9-10 year olds and 4 lengths (100m) for 11 year olds;
- Ability to attempt at least half a length of butterfly;
- Ability to try diving from the poolside or blocks.

Swimmers are assessed by the Session 1 coaches during their trial for good skills, sufficient stamina, commitment and a desire to progress in swimming as a sport. If successful the swimmers are invited to join Session 1, or are given feedback on which skills they need to improve in order to be invited into the club. This is most efficiently achieved through the Session 1a Coach's involvement in both the club and as Lead Swimming Teacher for Levels 4, 5 and 6 of the junior Learn to Swim Programme. Many of the swimmers within Session 1 actually continue on the junior Learn to Swim programme until they have completed Level 6 and this is actively encouraged by the Session 1 coaches.

All swimmers move through the club at their own pace, and once the Session 1a Coach is happy that the swimmer is settled and ready to progress, the swimmer will move into Session 1b (Lanes 1 and 2), coached by the Session 1b Coach. Here, swimmers are encouraged to start competing at appropriate swimming meets (mini-meets) and continue to build on their swimming skills, with the aim of progression into the club's Session 2 when ready and able.