



**Kettering
Amateur
Swimming and Water
Polo Club**

**Members' Handbook
2021**



www.kasc.org.uk

SvimMark
ESSENTIAL CLUB

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Welcome and Introduction

Vision statement

“At KASC we are committed to excellence and dedicated to developing individuals who become ambassadors for the club and the sports of swimming and water polo.”

Mission Statement

“Our mission is to promote the sports of swimming and water polo by providing a professional and structured coaching and training program in order to encourage and support individuals to reach their maximum competitive potential.”

Aims and Objectives

KASC is a dynamic and exciting club which welcomes swimmers of all ages and abilities who want to benefit from the expertise of the club. Our commitment is to:

1. Provide the highest quality teaching and coaching
2. Advance the sport of swimming and promote competitions
3. Teach the game of water polo and promote competitions
4. Recruit individuals who share our vision
5. Create and maintain an enjoyable, safe, and productive swimming environment
6. Recognise each individual and value his or her role in the success of our club
7. Encourage positive mental attitudes and mutual respect
8. Teach and develop life skills through our programmes
9. Provide individuals with the opportunities to grow and succeed to their potential
10. Promote equality and diversity

What does KASC offer?

KASC is a family-oriented club with over a century of history behind us.

We are a SwimMark accredited club.

We have a highly qualified team of coaches and poolside helpers to help every child reach their potential.

We run a number of squads, ranging from our Academy and Development squads, which follow the Swim England 'Learn to Swim' framework stages 7 – 10, through to our junior and senior competitive squads and also a masters squad. We also run a Swimfit squad for those swimmers who want to do less swimming but maintain their fitness. More information about the squads and the criteria for each squad can be found on our website under the Squads tab.

Training sessions take place at 4 pools; our primary training base is Kettering pool but we also have sessions at Thrapston pool, Uppingham School pool and Oundle School pool depending on the squad a swimmer is in. The training schedule is also on our website under the Squads tab and on page 11.

We compete in a number of leagues including the Leicester Autumn and Winter Leagues and Leicester Diddy League. We also compete in Northamptonshire county galas, county championships and development galas. Our swimmers also have the opportunity to represent the club at open meets and at regional and national championships.

We run our own annual Club Championships where medals and trophies can be won.

We also have a programme of 'in club' galas for younger swimmers to gain times and experience of racing. For more information about competitions, please refer to page 6.

Once a month we hold 'Dash Night' at which members of the competitive squads are invited to race and times are recorded to mark the swimmers' progress.

Coaches award monthly certificates for 'Swimmers of the Month' from both the junior and senior sections of the club to reward a variety of achievements.

Badges and certificates can be purchased for swimmers as they progress through each of the stages 7 to 10 within the Academy and Development squads.

Our Water Polo team train at Kettering Swimming Pool on a Thursday evening and compete in a regional league. For more details about Water Polo please visit our website or contact

waterpolo@kasc.org.uk.

Although we have a busy schedule of competitions throughout the year, we do find time to socialise! We hold an annual award night where trophies are presented to swimmers to mark their achievements at the club championships and throughout the year. We also hold a summer social event, quiz nights and an open day.

All of our club news and updates, including competition results and upcoming events can be found on our website, www.kasc.org.uk, where swimmers and parents can also access their account.

There is also an app called 'On Deck' where you can access information and your account from your smartphone, although there is much more information on the website.

We also have a group on Facebook, [Kettering Amateur Swimming Club](#), on Twitter [@Kettering_Swim](#), and on Instagram [@kettering_swim](#)

We have an agreement with Kettering pool that the parents of our swimmers are entitled to 50% off the gym membership at the pool.

Galas and competitions

Kettering Amateur Swimming Club is a competitive club and as a team we compete in many different competitions throughout the year and we encourage all of our swimmers to take part in the appropriate galas and open meets.

Galas

Your child may be selected to represent the team at galas and they should be encouraged to take the opportunity to swim for the team if selected to do so.

As well as a number of county galas, we also compete in the Leicester & District Swimming League which holds three competitions a year - Autumn League (all age groups), running in October, November and December, Winter League (all age groups), running in January, February and March, and Diddy League (under 12s), running in April, May and June. At each of these competitions there are 3 rounds and the galas normally take place on Saturday evenings. The gala dates are available on the fixture list on the website. As part of the Leicester League it means that galas are held at different venues across Leicestershire and the surrounding area, often at pools such as Hinckley, Braunstone and Rugby, although sometimes closer to home at Corby or Market Harborough. If your child is selected for the team it is because they have achieved good times and their coaches and the team manager feel they deserve a place so it is important for your child's development that they attend whenever possible. Team galas are a fantastic way to learn about competitive swimming, gain new times and are always a lot of fun for the swimmers. If you have any questions about galas and competitions, please speak to one of the coaches, committee members or poolside volunteers.

Club Championships

Our club championships, usually held in October and November, is open to all of our swimmers (as long as they have registered as members of the club by the end of the preceding August). Swimmers have the opportunity to enter events in all four strokes plus the individual medleys across distances from 25m to 400m. Swimmers compete against club mates in the same age group for medals, with trophies available for overall achievements in each age group across the whole competition which are presented at the annual awards night. Details about club

championships are circulated to all members in the summer and the coaches and committee members will be able to provide further information and answer any questions.

Open Meets

The club also enters numerous open meets throughout the year. Swimmers have to achieve minimum entry times to enter events and there is a charge payable for each event entered. Some open meets will be aimed at developing swimmers and will have easier entry times whilst some meets at higher levels will be targeted by more experienced competitive swimmers and will have tougher entry times. Meets may be run in a 25 metre (short course) or a 50 metre (long course) pool and may be at local pools such as Corby or Rugby, or may be further afield such as Sheffield. Open meets may be a single day (or part of a day) or may run over a whole weekend. Details about individual meets will be circulated to all members. Entry is normally via our website and it is important that entries and payments are received before the deadline stated (sometimes these are very short deadlines as very popular meets will fill up quickly). If you are ever unsure whether a particular meet is appropriate, or if you would like more information about open meets, please discuss with the squad coach.

County and Regional Championships

We compete as a club at the Northamptonshire ASA County Championships against the other county clubs. The championships are held annually in January and February. The competition is held at Corby East Midlands International Pool in the 50 metre pool, over three separate weekends and includes events in all strokes across all distances as well as team relays. Any swimmer who will be aged 10 or over by the end of the year of the competition will be eligible to enter if they have achieved the qualifying times. Our club championships provides an excellent opportunity for swimmers to gain county qualifying times.

We also compete at the Northamptonshire ASA county sprints competition which is usually held at Rugby pool, in the 25 metre pool, in September over one afternoon. Swimmers can compete in each of the four strokes over 50 metres, as well as the 100m freestyle and 100m individual medley, and may be selected for team relays.

Northamptonshire ASA is part of the Swim England East Midlands region. The East Midlands regional championships is usually held in April and May and can be entered by swimmers who meet the qualifying times. Qualifying times are much tougher and must be achieved under certain conditions within a specified time frame. County Sprints, County Championships and open meets provide opportunities for swimmers to qualify for regional championships.

The times that swimmers achieve at open meets and at county and regional championships are recorded on the Swim England national rankings database (www.swimming.org.uk). The highest ranked swimmers in the country are invited to compete at the National Championships which take place in the summer.

There is always something for our swimmers to aim for!

Governance

KASC has a committee that ensures the smooth running of the club. They meet once a month and we hold an AGM in November. The current members of the committee can be found on page 15.

The club constitution and policy documents can all be found on the website under the documents tab.

We are SwimMark club. SwimMark accreditation is Swim England's quality standard for clubs, recognising high standards of governance, sustainability and effectiveness.

Volunteers

Like all clubs, we rely on volunteers to ensure that our club runs successfully. If you are interested in helping with any aspects of the club, then please speak to our volunteer coordinator, a committee member or one of the coaches. This could involve becoming a committee member, helping on poolside, becoming an official, being on the social committee, helping at events or just providing cakes or raffle prizes for events. Job descriptions are available and relevant training for different roles can be provided or organised. There is a section about volunteering on the club website.

Communication

Our main form of communication is by email so it is vital that email addresses are kept up to date on your account. General communication will be via email, on our website and on social media (see page 5).

We also publish our paper newsletter 'Swim On' four times a year.

There may be times when we need to contact swimmers and/or parents by phone so please ensure that contact information is kept up to date.

Terms of Reference

The content of this Code of Ethics applies to all those involved within the sport of Swimming, Diving, Water Polo, Open Water Swimming and Synchronised Swimming. The Code of Ethics should be read in conjunction with the ASA Codes of Conduct contained in Wavepower (ASA Child Safeguarding Policy and Procedures).

Swim England Code of Ethics

All individuals within the Swim England aquatic disciplines will at all times:

- Respect the rights, dignity and worth of every person, be they adult or child, treating everyone equally within the context of the sport.
- Respect the spirit of the sport adhering to the rules and laws in and out of the pool, incorporating the concept of friendship and respect for others.
- Promote the positive aspects of the sport and never condone the use of inappropriate or abusive language, inappropriate relationships, bullying, harassment, discrimination or physical violence.
- Accept responsibility for their own behaviour and encourage and guide all Swim England members and parents of junior members to accept responsibility for their own behaviour and conduct.
- Ensure all concerns of a child safeguarding nature are referred in accordance with Wavepower (Swim England ((ASA) Child Safeguarding Policy and Procedures).
- Conduct themselves in a manner that takes all reasonable measures to protect their own safety and the safety of others.
- Promote the reputation of the sport and never behave or encourage or condone others to behave in a manner that is liable to bring the sport into disrepute.
- Adhere to Wavepower the Swim England Child Safeguarding Policy and Procedures.
- Adhere to the Swim England Anti-Doping Rules.
- Adhere to the Swim England Equity Policy.
- Adhere to the Swim England Laws and Regulations.
- Adhere to the Swim England Codes of Conduct.

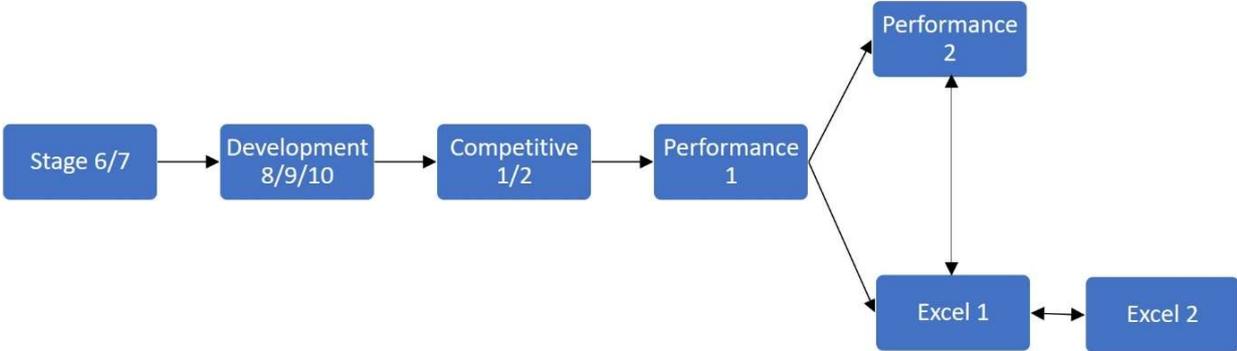
Training Times

Squad Training Session Times

Day	Venue	Time	Squad
Sunday	Oundle	18.30 – 20.30	Performance 1 & 2, Excel 1 & 2
	Kettering	17.45 – 18.30	Academy
	Kettering	17.45 – 18.45	Fast track, Development 8,9 and 10*
	Kettering	17.45 – 18.30	Competitive 1 and 2 (S & C Cornmarket Hall)
	Kettering	18.45 – 19.45	Competitive 1 and 2
	Kettering	19.45 – 20.45	Masters, Swimfit
Monday	Kettering	17.00 – 18.00	Development 8,9 and 10*
	Kettering	17.30 – 19.00	Competitive 2
	Kettering	18.00 – 19.00	Excel 1
	Kettering	20.00 – 21.30	Performance 2, Excel 2
Tuesday	Oundle	19.30 – 21.00	Performance 1 & 2, Excel 1 & 2
Wednesday	Kettering	19.30 – 21.00	Performance 1 & 2,
	Uppingham	19.30 – 21.00	Excel 1 & 2 (1st Wed every month dash night at Kettering)
Thursday	Kettering	19.30 – 20.30	Swimfit
	Kettering	20.30 – 10.15	Water Polo
Friday	Kettering	18.15 – 19.45	Excel 1 & 2
	Kettering	19.45 – 21.15	Competitive 2
	Thrapston	19.00 – 20.00	Competitive 1 & Masters
	Thrapston	19:00 - 19:45	Performance 1 and 2 (S&C – Studio)
	Thrapston	20.00 – 21.00	Performance 1 & 2 (Pool)
Saturday	Kettering	07.00 – 08.00	Development 8,9 and 10*
	Kettering	07.00 – 08.00	Excel 1 & 2 (Pool)
	Kettering	08.15 – 09.15	Excel 1 & 2 (S&C - Cornmarket Hall)

Please refer to the Pool Locations tab on our website for more details about the pools.

Progression pathway



Training Kit

The kit you will need depends on the squad you are in. A list of the recommended kit for each squad is listed on our website under the Squads tab and you can discuss with the squad coach. There are many swim retailers online where equipment can be purchased. Please see our website for a link to ProSwimwear. The club receives a donation from ProSwimwear for any purchases made via this link.



Swim Hat



Goggles

Water Bottle



Kick Board



Pull Buoy

Fins



Snorkel

Hand/Finger Paddles



KASC CLUB KIT

Our main club kit is supplied by ZEON. They produce a variety of items of kit for us including T-shirts, bottoms and shorts. Items are ordered online during the sales window which is usually open 3 or 4 times a year. You will be notified when the ordering window is opened.



We also have some kit items available to buy at the sessions at Kettering pool on Sunday and Monday. This includes hats, bottles and poolside T-bag T-shirts. Coaches also have hats available to buy at other sessions.

KARLSPORTS in Kettering supply a number of items such as swim bags and polo shirts. They have shop on Trafalgar Road or orders can be placed via the Karlsports website. The link to the Karlsports website is on the KASC website under Links.



Club Contacts

Club President	Don Ward	
Chairperson	Mike Annable	mannable@gmail.com
Club Secretary & Assistant Treasurer	Caroline Wilson	clubsec@kasc.org.uk
Treasurer	Greta Crabtree	kasctreasurer@gmail.com
Membership Secretary	Liz Batchelor	kascmembershipsec@gmail.com
Water Polo Secretary	Mark Baillie	waterpolo@kasc.org.uk
Volunteer Coordinator	Greg Yarnall	
SwimMark Coordinator	Carol Simms	
Fundraising Officer	Vacant	
Marketing Officer	Vacant	
Competition Secretary	Vacant	
Team Coordinator	Amanda Short	
General committee members	2 x Vacancies	
Welfare Officer	Fiona Palmer	welfare@kasc.org.uk
Head Coach	Jacqueline Farrow	kascoachfarrow@gmail.com
Junior Head Coach	Gemma Simms	gemma@kasc@hotmail.com
Senior Girls Club Captain	Ruby Gardiner	
Senior Boys Club Captain	Fred Robertson-Smith	
Junior Girls Club Captain	Lily Baish	
Junior Boys Club Captain	Fin Underwood	