

Welcome to

PERTH CITY SWIM CLUB

Scottish Swimming Club of the Year 2016



Information for Swimmers, Parents and Volunteers

www.perthcityswimclub.com

Introduction

We hope that you will enjoy swimming with the Club and that the information here will help you get the most out of your time with Perth City. Please let your parents and family members have a look at this booklet so that they can learn more about the Club and the ways they can help you progress in your swimming career. The index on page 15 should help you find the answer to specific questions.

The very first thing you need to do is make sure your Club and Scottish Swimming membership forms are filled in and returned to our membership secretary with your joining fees. All our swimmers must be registered members of the Scottish Amateur Swimming Association (SASA), so that you are insured to join in with training and club activities. Parents and carers should also read, sign and return the Parents & Spectators Code of conduct.

Congratulations! You are now a member of our Friday Junior Club. Read on to find out more about this, and other stuff to do with competitive swimming. And remember, if you are not sure about anything, ask your lane coach, or come to the club table any Friday and someone will be able to help. There is also lots of information on the Club website, Team Unify On Deck App, our Facebook pages, and the Club Notice Board at Perth Leisure Pool

Junior Friday Club Swimmers

When you first join the club, you will swim for one hour each Friday night, usually from 6-7pm then moving up to 7-8pm as your swimming progresses. You pay £1 at the door when you come in each week in addition to the monthly squad fee. There are some simple things to remember to help you get the most from your training

- Always arrive at the pool in time to be changed, have your shower, and be ready to swim at least **5 minutes** before the start of your session.
- Wear suitable swimwear. Girls should wear a one-piece suit, and boys should wear proper trunks, not baggy shorts. Swim caps are required if you have longer hair – check out the special club hats at the Friday Club table upstairs – but tie hair back if you don't have a cap yet.
- Bring your goggles with you and make sure they fit properly.
- Remember your 50p for the locker.
- Listen to your lane coach and do what they say when you are in the pool. This is the best way to improve your swimming.
- The Club's Coaches are in charge only while you are in the training pool. Parents or adult carers need to look after you the rest of the time that you are in the building, including the Changing Village. Be on your best behaviour and remember that Club swimmers are not the only people who are at the pool on Junior Club nights.

After you have been coming along for a while, your lane coach may advise you to buy some other equipment. Talk to the club merchandising officer or Committee member at the Friday Club table first. They will help you to make the right choices before you rush off to spend all your

pocket money!

What happens next?

Your lane coach will tell you when it is time to enter our club time trials and Club Championships, and where to find information about these. These are important as they give our senior coaches a chance to see how well you are improving and whether you are ready to move on to the next level of training. If you are making progress and show you are working hard in training, you will be able to move up a lane on Fridays, or to 7 o'clock, before progressing into one of our Club Squads. Read on to find out more about our club squad structure and how it all fits together.

What comes after Friday Club Night?

So now you know all about what happens at the Friday club, what comes next?

As your swimming progresses, you may be moved into different lanes for more advanced training, moving to the later 7pm when you are ready. You may be asked to come to extra training on Sunday mornings, before progressing to a place in the Club's Development (D) Squad. By the time you are 11, you should be ready to join one of the club's intermediate training squads shown below, if you achieve the criteria required.

- **Bronze Development:** Younger swimmers who are assessed by the Head Coach as being ready for additional training. Sessions include club time at the Kilgraston School pool in Bridge of Earn. Start at 2.5 hours per week. Target competitions: Club champs and time trials.
- **Silver Development squad:** Younger swimmers who have reached a stage of readiness for further competition out with club events. Should enter Club Championships plus selected 'Open' events as posted on the PCSC noticeboard (more about galas later to help you know what to enter).
- **Club, Social & fitness:** Older swimmers 14+ who have not yet achieved times for District or National Squads, or who are volunteers with the club and competitive Masters swimmers (at discretion of head coach and dependent on availability of training space within the club).
- **Gold Performance Squad** – swimmers 11+ who have attained Midland District Championship qualification times and are training towards National events. You can find out about these on the club website. Expected to enter Club and District events as a minimum, plus all specified Open meets
- **National Squad, Bronze, Silver & Gold** – National Junior and Senior Squad swimmers. Swimmers who achieve Scottish National Championship qualification times, or *consideration* (when the entry time listed does not guarantee an entry will be accepted) times at discretion of the Head Coach. National Squad swimmers are expected to enter Club, Open, District, National and British Age Group events where entry times have been achieved.
- **Elite Performance Squad** – swimmers who are part of a National or GB Squad or team and competing at International level.

Swimmers who show commitment to training and work hard will have the best chance of making progress within the Club.

Squad fees

Perth City is a non-profit organization. All fees are invested into our Club and its members. Fees are collected by standing order and are a combination of shared baseline costs and an additional payment per swimmer based on that individual's total training hours. Friday night is the only session with an additional charge at the door. Please note that entry is not payable for extra training sessions unless specified, nor at Club Championships.

Local and National Squads

- **District Regional Programme** arranged by Scottish Swimming. Younger swimmers (11+) who have achieved the times specified in the current National Squad Selection policy for Bronze level. Swimmers notified direct by District Team Manager.
- **Midland District Squad – currently under review.** Nominated by Head Coach. Normally partly funded by Midland District with a contribution from swimmers. Training days are held at the National Swimming Academy in Stirling. All swimmers who have achieved the current Midland District criteria for the squad.
- **Scottish Senior, Youth, and Youth Development squads.** Entry requirements as described in Scottish Swimming's National Squad Selection Policy (see Scottish Swimming's website for more info and current policy). Senior bronze, silver and gold, age 17+ by end of year. Youth Squad 16 and under having achieved Gold level; Youth Development Squad 16 and under have achieved silver criteria.
- **Perth and Kinross Performance Squad.** Independent of PCSC and funded by direct swimmer contributions. Qualify by attaining at least one accredited District Merit time. Notified by letter in August/September. Weekly land and pool sessions plus additional long course (50m) training days at the National Swimming Academy at Stirling University. Includes swimmers from Kinross Otters and Blairgowrie Dolphins.

Never knew there was so much to it. That is just the beginning. Read on for more information about how all the organisations fit together.

What does it all mean? The mystery of SASA and Midland District.

- **Perth City Swim Club, PCSC**, is affiliated to the **SASA (Scottish Amateur Swimming Association)** and governed by its rules and regulations. SASA represents all members at a Scottish National level.
- PCSC is part of **SASA Midland District**. The other Districts in Scotland are North, East and West. Midland is the smallest by geography and numbers, and comprises affiliated clubs in Perth and Kinross, Dundee City, and Angus, broadly the Tayside area.
- **Scottish Swimming** is the National Governing Body for swimming in Scotland and is based at Stirling University in Bridge of Allan. This is the company that oversees our sport in Scotland on behalf of the SASA. The English equivalent is Swim England; Wales has Swim Wales. These in turn are all affiliated to **British Swimming**. **Para swimming** is fully integrated within each of the Home Nations and within British Swimming.
Check out the Scottish Swimming website at www.scottishswimming.com or British Swimming at www.britishswimming.org for more info.
- There are 5 geographical areas which make up world swimming. **LEN, the Ligue Europeene de Natation** governs swimming within Europe and is responsible for LEN European Aquatics Championships.
- The World governing body for aquatics is **FINA, the Federation Internationale de Natation**, which oversees the rules at World level and is also responsible for the FINA World Championships. Para swimming is governed globally by **World Para Swimming (WPS)**.

SASA Midland District. SASA is responsible for swimming, water polo, diving, open water, masters, and synchronised swimming in Scotland. There is a Committee within SASA Midland District for each aquatic discipline (synchro currently under development) and each has a Midland representative (Convenor) who chairs the committee and sits on the corresponding SASA National Committee. The District supports club and volunteer development, and provides local training and competition opportunities including the Midland District Championships and the Tayside Age Group Leagues

- The Midland District Swimming Committee meets around 6 times a year. This is chaired by the **Midland District Swimming Convenor**, who represents Midland District on the National Swim Committee and liaises between the National Committee and the District Swimming Committee.
- There is a subcommittee within this which takes charge of the Midland District Swimming Championships. This post also reports to the Midland District Delegates' Committee direct and via the District Swimming Committee
- The needs of officials within the District are looked after by the **District Swimming Technical Official (STO) Convenor**. And yes, you guessed it, the STO Convenor also reports to the Midland District Committee and represents Midland District on the National STO committee
- Affiliated clubs can send up to 3 delegates to the Midland District Committee meetings, which are held 4 times a year, usually in Dundee, and to the Midland District AGM. Representatives from Perth City Swim Club attend these meetings regularly as volunteers within Midland District. This is very important, as decisions taken at these meetings affect what happens to our swimmers and how we run our club.

Annual Membership Fees. When you join PCSC you are asked to pay an annual registration fee. Part of this goes to Scottish Swimming for membership and insurance; part to Midland District; and part to PCSC. This fee is collected each spring which you renew your membership. If

you do not renew this by the time it is due, you will no longer be able to swim or train with the club as SASA insurance stipulates that all swimmers are members. The Club pays the membership fees of coaching staff, volunteers and swimming technical officials. Coaching staff must have a current PVG registration to comply with our Child Protection Policy, which is drawn up in accordance with current SASA guidance.

Phew! Hope you're not too confused by all this. Now turn the page to find out more about how a swimming competition works.

Who are all these people? The rough guide to Swimming Meets ('meet' is the term used to describe swimming competitions)

What do I need?

- **Pool** (duh)– 25m for most pools, or 50m is best, deep enough for diving at one/both ends
- **Equipment** - Anti-turbulence lane ropes and diving blocks are a good thing. **5m flags** - for backstroke turns (so you know when you are getting near to the end of the pool). In pools like Perth, where the water is at floor level, **Turning Boards** are required
- **Lifeguards** – there to keep you safe when you are in the pool
- **Gala Convenor** – the person who puts together the...
- **Programme** – which events will be swum in the competition
- **Officials** – become a Timekeeper by attending a 2-hour Timekeeper course, then go on to become Judges, Recorders, Starters and Referees.
- **Helpers** – to marshal the swimmers for the start of races, distribute juice to officials, coordinate medals and trophy presentations, hand out programmes, collect admission fees, help to clear up afterwards.... How long is a piece of string?
- **Lots of bits of paper** and impressive-looking folders with important things in them
- **SWIMMERS!**

Other competition organisational stuff you might not want to tax your brain with right at this moment, but which is relevant...

- **Licensed Meets** – Licences are issued by Scottish Swimming directly (for District or National meets) or via the District Swimming Committee to ensure competitions meet certain organisational rules depending on the level of competitor they are pitched at. Club events with only our own.
Club swimmers do not need a licence unless accreditation* is applied for (see below*)
 - Level 3: Club events and interclub where accreditation* is not sought e.g. the Tayside Age Group Leagues
 - Level 2: most Open meets (run by a club where entries are invited from other clubs), and District development meets
 - Level 1: District Championships and National MeetsPut simply, the lower the number, the more management criteria have to be met, although the same health and safety rules apply to all. Meets are usually swum under FINA rules and/or Scottish rules; find out more about FINA and the rules of swimming on the FINA website www.fina.org
- ***Accreditation** – to qualify for National events and some others, plus for Local, District and National training squads and records, times must have been gained at '**accredited**' meets. Licensed competitions at L1 or 2 include an application for **accreditation** with the application for the licence. Accreditation is granted if strict minimum conditions are met at the meet. Most commonly, the requirement to have specific numbers of qualified officials (Judge, Recorder, Starter and Referee) on poolside causes the biggest headache for the organisers
- **Computers** – Not in Perth, but in other pools you will see **electronic timing** in use. Pads on the end walls of the pool register an automatic time when the swimmer finishes. These times are sent to a computer that then prints out the finish order for the race. This computer may in turn be linked to a Meet Management computer, which can sort out semifinals and finals, monitor records, seed races,

send and print out results etc., and is an all-round good egg, failing only to make tea when it is all over. PCSC has invested in Hy-tek's Meet Manager programme, which talks directly to the Hy-Tek Team Manager programme we use to maintain our database of swimmers' times. We use this at the Club Championships in September. Anyone who is interested in computers is welcome to observe. Ask our Club Volunteer Coordinator for more info.

- **Awards** – Ribbons, medals, trophies, prize money. Organiser's choice, and will be specified in the **Meet Information**, published beforehand

Read on to find out more about our annual competitive programme and when and how to enter.

What should I enter? A little more about swimming meets

- *When you are new to the Club*, you should enter the **Perth City Club Championships**, club time trials, and ask your lane coach for advice about any **Mini** (for younger swimmers) or **Graded** meets (times you have achieved in competition must be slower than those shown on published meet information to qualify; this gives less experienced swimmers a chance to compete) you see on the Club website.
- *Development Squad swimmers* should also look out for **Dundee City Aquatic's Minimeet** in March and **Stars of the Future** (a little more competitive) in June. *Some Friday night swimmers* may also be ready to try these; please ask your lane coach for advice.
- *Once you are 11*, you should enter the **Midland District Sprints (September) and Graded Meet (usually November)**, plus the **District Championships in February if you have achieved consideration times**. The **District also holds a Development Meet and Time Trial in May**. Your lane coach can give advice about which events you should enter.
- *District and National squad swimmers* should also enter any specified **Open** (those run by other clubs), meets that the club attends and **National Championships** for which they have consideration or qualifying times, including the Scottish National Age Group, Open, and Short Course Championships.
- **Local School competitions** – Perth and Kinross Council run a meet for local schools. Swimmers are entered into this by their school. You may see PCSC officials participating at these events. Contact your school at the beginning of each new school year to make sure they know you are a club swimmer and to ask them to send your entries in
- The **Tayside Schools** competitions are run in conjunction with volunteers from SASA Midland District. Again, your school will enter you for this.

Make sure you ask someone in the school about it in case you miss the chance to enter. There are events for those still in primary school, and for those at secondary school too. This competition is the qualifying round for the Scottish Schools finals in January. If you haven't swum in the qualifying competition, you will miss out the chance to compete at the Scottish Finals. The **Nancy Riach Memorial (Midland Schools)** competition in October is run by Midland District and all local schools can enter swimmers age 15 and under into this historic event.

Tayside Age Group Leagues

The Leagues provide a series of short, fun team competitions throughout each calendar year. The club maintains a team within the leagues to help with swimmer and coach development, and to allow for the training of technical officials. The team does not include the club's National and Performance Squad swimmers. If you are not selected for the team in the early stages of your time with Perth City Swim Club, don't worry. Your turn will come when you are ready. Remember, it is not competition that makes you faster and a better swimmer, it is training.

At the Leagues, a team of around 16 boys and 16 girls will compete with teams from other clubs within Midland District. Team members will be selected by the end of January and team lists will be published on the Club notice board before each competition. If you are listed, you need to indicate as soon as possible that you can attend. Over the course of the year, our teams will travel to up to 4 two-hour meets hosted by each of the other teams within the division, and Perth will also host one Home meet. Each team member is asked to contribute £5 for each meet to help with the running costs of the Leagues. All club officials are required to attend the home competition. A minimum of 2 timekeepers and one judge or above must be provided by each club for every competition over the year. All participating officials will be permitted to travel on the team bus to and from the event at no cost.

The team will usually be under the supervision of at least one lead coach, one or two assistant coaches, and a Team Manager at each competition.

How Do I Know Which Competitions To Enter?

- All **meet entry information** is published on the Club website and On Deck App Guidance will be provided with the meet information about who should enter.
- There are lots of different levels of competition. If you are not sure **ask your lane coach for guidance on which meets and events you should enter well in advance**. Don't wait until the last minute or you may miss the closing date for entries.
 - Accepted entry lists will be published On Deck and website after the organiser's closing date. Look out for these to check if you are in.
 - Keep a note of what you entered, where the competition is being held and when. Remember, organisers may change the competition start times after all entries are received. Look out for info updates regularly on the website before the meet

Competition Entries – how to do it. Remember - always ask your lane coach for advice on entering if you're not sure!

- **Meet information** - check this carefully and be sure to submit your competition entries as indicated.
- **All entries must be via the Club entry system and submitted by the Club Entries Secretary.** You can't do this yourself.
- Entries must be received, with fees where specified, **before the closing date specified by the Club Entries Secretary**. Do not ask to enter meets after this date as this might make the Entries Secretary cross. This includes by phone/text or email.
- Please remember that **sending in an entry does not guarantee you will be accepted to swim**. Clubs receive hundreds of entries for each competition and sessions can only be up to 3 hours long max. Don't give up if you're not accepted the first few times. As you progress in training and get faster, your time will come.
- **Do not enter** events for which your competitive times are too slow, or Graded meets if your time for that event is too fast.
- **Make a note** of what you have entered on your calendar at home, and the warm-up and start times. Remember these may be adjusted by the competition organisers once a draft programme has been produced. Check the notice board, Club website and the Club Facebook and Twitter feeds regularly for any updates and changes to session warm up or start times.
- Successful **accepted entries** will be notified via Team Unify after the Entries Secretary receives the **confirmed** programme for the event.

- Check carefully to see if your entries have been accepted, whether you are a reserve for any events, or whether you have been 'scratched' (the competition is oversubscribed and the slowest entries cannot be accommodated)
- When the accepted entries list is published by our Entries Secretary, entry fees will be collected immediately from your Team Unify billing account.
- If you have unpaid fees outstanding from a previous competition, your entries will not be processed by the club until the amount owing has been paid.
- If you are unsure about anything, ask your lane coach for advice. Find out more about our Head Coach and our team of volunteer coaches next.

Our Annual Club Championships

Each year a sub-committee of club parents gets together to organise our Club Championships. These are usually held in September, when calendar planning permits. All our Club swimmers should enter, and there are events for everyone. We need as many parents as possible to help with the organisation, running and fundraising at the event. If you would like to help out, please get in touch with our Club Volunteer Coordinator who will put you in touch with the right people volunteercoordinator@perthcityswimclub.com

Our Volunteer Pathways

Our Annual Awards Night and Family Ceilidh

The annual Awards Night, when the Club trophies will be presented, takes place sometime around the end of the year, usually in January. Everyone can attend and bring along family and friends. There are games, competitions, and fundraising activities including raffles and prize draws in addition to the dancing. This is a great night out for all the family and tickets are usually available soon after the October school holiday. If you would like to help with the arrangements for the Club Championships or Ceilidh, please ask at Friday Club table for further information on how you can help.

Asking for advice about your progress and entering competitions Our Club Coaching Staff

Head Coach: Ann Dickson

Perth and Kinross Performance Squad: Richard Norris & Anne Hewitt

UKCC Level 3 Coach: Richard Norris

UKCC Level 2 Coach: Cat Hunter, Ashleigh Jolly, Moraig Macdonald, Chris Warwick

ASA Level 2 Teacher: Susan Coe

UKCC Level 1 Coach: Darrell Boulton, Dougie Brown, Aran Chatham, Gordon Currie, Claire Hannah, Roddy McCall, Justine McGregor, Lesley McLay, Andrew Pitts, Zoe Robertson, Carole Rough

UKCC Level 1 Teacher: Mairi MacIntosh

Perth and Kinross Land Training Coach: Richard Norris

Poolside Helpers & Junior Poolside Helpers

Ann Dickson Our Head Coach left her job as Principal Teacher of PE at Perth High School in 2013 to concentrate on coaching swimming. She has had a long and highly successful career in swimming, both as a competitor and coach. In addition to her Club training commitments, Ann is involved in Area, Regional and Scottish National Squad coaching sessions. She also attends additional sessions and training camps with our Senior National Squad and British World Class Programme swimmers. Where possible, Ann attends all meets where club swimmers are competing, on a voluntary basis, including all Midland District and Scottish and British National events. This includes the Tayside, Midland and National Schools' events. Ann has been involved in the Scottish Schools Swimming Association for many years and was instrumental in the inception of the Tayside Composite Swim Team, which had notable success at Scottish National level. At the Commonwealth Games in Glasgow 2014 and Gold Coast 2018, Ann was a member of the Team Scotland Aquatics coaching team. She was Perth and Kinross Coach of the Year 2013, and Coach of the Year Sport Tayside and Fife in 2014. She received the JY Coutts Memorial Award for services to the SASA in 2016, and is a Life member of SASA Midland District and Perth City Swim Club

Anyone who is interested in finding out more about coaching should speak to our Volunteer Coordinator volunteercoordinator@perthcityswimclub.com, any of the coaches named above, or our Club Secretary secretary@perthcityswimclub.com. If you are 14 or older you can try out a session on poolside to see how it works then become a **Poolside Helper**. UKCC Coaching Courses are available for those interested in taking things further to become qualified Teachers or Coaches. Why not give it a go? It beats another

hour spent sitting upstairs in the café twiddling your thumbs any day.

Our Annual Club Championships

Meet the Officials

Those slightly scary-looking people around the pool at competitions, dressed in white. Here's a quick run down of who's who and what they do.

- **Referee** – 'The Boss'. In overall charge and responsible for the safe running of the Meet within the rules.
- **Starter** – Gives the order to start each race when instructed to do so by the Referee.
- **Recorders** – keep a note of the race results, records, disqualifications (DQ's), make up the semifinals and finals' starting order from the heat results. At some events, operate Meet Management computers.
- **AOE operators** – **A**utomatic **O**fficiating **E**quipment Operators. Set up and maintain the electronic timing equipment where in operation, and the timing computer that collects all the information from the timing equipment
- **Judges** – a very brief overview.
 - Inspector of turns - observes the turns, (no, really!) to make sure the swimmer complies with the rules
 - Chief Inspector of Turns observes the turns and observes the Inspectors of Turns to make sure they're doing their bit correctly....
 - Finish Judges – observe the finish order for each race and report this to the Referee
 - Judges of Stroke – walk up and down the poolside observing the race to ensure the rules of swimming are complied with.

All officials report infringements of the rules to the Referee, who is responsible for making decisions on disqualifications and on race results

- **Chief Timekeeper** – looks after all the other Timekeepers and collects the timecards from each lane at the end of every race, if used.
- **Timekeepers** – time the race using a stopwatch.

Officials are there to make sure that the event is fair for all swimmers. All final decisions rest with the Referee

As mentioned earlier, without enough officials it would be impossible to run a meet, especially if accreditation is sought. **All officials are volunteers**, who start out by attending a **Timekeeper Course**. Anyone who is 14 or over can become an official, including our swimmers! We are delighted that several of Perth's senior swimmers have chosen to embark down this path in addition to the many parents/grandparents/siblings who get involved

The club is obliged to provide officials at every meet our swimmers attend, and it is very important that we have sufficient officials within the club to run our own competitions. The dates for Timekeeper courses will be notified via the PCSC Noticeboard (at the top of the stairs to the changing rooms) and on the club website. Please attend one as soon as the opportunity arises. We encourage our swimmers to do this too, once they reach age 14, and run courses for Young Timekeepers too. For more information speak to a committee member, our Volunteer Coordinator, or contact us via the club website.

Finding out more about becoming an official with your Club

Look at the Scottish Swimming Website www.scottishswimming.com and find the pages marked Officials on the menu for more information
Check out the Volunteer stories on the Midland website www.sasamidlanddistrict.co.uk

You can see that we need as many people as possible to get involved with volunteering in the Club to make things work. Once you've caught your breath, read on for information about the Club Management Committee. There has to be one otherwise there would be no club. And it's not as boring as you might think once you get started.

Meet the Committee

As with most things, it is a fact of life that a Committee is required to keep the show on the road. Perth City Swim Club Management Committee is elected annually at the Club AGM from the ranks of parents and friends of the club, and comprises 4 Executive Officers plus other members, as agreed in the current Club Constitution. Meetings are held at the pool every 2 months and are painless and to-the-point as we all have other lives to get on with (there is a life away from swimming...who knew?!). Minutes can be viewed by contacting the Club Secretary.

Executive Officers:

- Club President:** Represents the Club, chairs Management Committee meetings, and oversees all areas of club governance.
- Vice President:** works alongside the President.
- Club Secretary:** coordinates all information distribution within the club, pool bookings, management committee meetings, AGM.
- Treasurer:** deals with all financial matters related to club activities.

Membership Secretary: deals with our Club Tryouts and all matters related to your membership of the Club and Scottish/British Swimming.

Events Secretary: distributes competition information, collects entries and sends these to organisers, publishes accepted entries and results.

Merchandising Co-ordinator: keeps you kitted out in the smartest club kit around, and helps you buy your floats, fins and kit bags.

Welfare Officer: deals with all matters related to Welfare and Child Protection within the club, and awareness training for all coaches and volunteers'

Volunteer Coordinator: keeps an eye on all volunteers and coaches within the club, coordinates training and awards related to volunteering.

Fundraising sub-committee members: organise all Club fundraising activities to make sure your Club stays healthy, wealthy and wise.

STO Co-ordinator: keeps an eye on the training and licensing of our swimming officials, and helps to coordinate our STO teams at competitions.

Club Championships sub-committee members: organise our spectacular annual Club Championships.

Club Captains are invited to attend the Committee meetings and represent the swimmers' views. They are elected each year by our swimmers
Committees can only achieve success with ongoing commitment and support. New ideas and faces are needed each year. If you want the

best for your swimmer(s) then please get involved. It is not a life sentence, you will learn more than you ever knew existed about swimming and how to help your swimmer progress, and you will be able to influence the direction the Club takes in the future. Your backing will help guarantee that your swimmer will get the most out of Perth City, and that the Club will continue to flourish and achieve local and National success in the months and years to come.

Up to date Governance information and Club policies are available on the Club website. Please familiarise yourself with all the information there, which is provided to make sure all our swimmers and club volunteers can be confident that they are members of a safe, well-governed club.

To help keep everyone safe, we have policies relating to the following areas:

- Welfare and Protection for our members
- Codes of conduct for our swimmers, parents, coaches and volunteers
- Mobile Phone use policy
- Social media guidelines

Please read these carefully and return any that are required to our Club Secretary in a marked envelope via the Club post box on our Notice Board at the top of the stairs in Perth Leisure Pool.

If you want to find out more about volunteering with the Club, use the Volunteer Enquiries form on page 15, contact our Club Volunteer Coordinator, or do both!!

VOLUNTEER ENQUIRIES

I would like to find out more about (or circle specific areas below).
 (You can find more information about volunteering by downloading our volunteer pack from the club website)

Name: _____ Guardian/parent/relative of: _____

Email: _____ Telephone: _____

Best time to call _____

- | | | | |
|------------------------|-----------------------------|-------------------------------|---|
| Club Committee Member | Coaching | Becoming an official | Young Volunteer Opportunities |
| Fundraising | Social Events | Club Ceilidh | Sponsorship |
| Video camera operation | Using computers in the club | Helping at Club Championships | Volunteer opportunities within Midland District |

Please circle ALL that apply

Feedback form – we like to know what you think (you don't need to fill in everything, just the bits you want to)

Swimmers age(s) _____	New to club Y/N _____
What did you think about the tryout to join the club?	
Did you get enough information to help you?	
Where did you hear about the tryout e.g. Perthshire Advertiser, Facebook, Twitter, Club website, word of mouth, Learn to Swim Programme, etc.	
What do you hope to get out of your time with the club?	

Your questions will be answered through the FAQ pages on the club website, or you can talk to a member of the Committee at the Friday night table if there is anything you need to know. Don't be shy! That is why we are here

Working in partnership

Local support for our activities is very important. The Club would like to acknowledge the following organisations, who supported us in 2018
LiveActive Leisure

- Perth and Kinross Sports Development Perth and Kinross Sports Council Thorntons Solicitors, Perth
- Scottish Water
- Kippen Campbell Honda Perth Campbell Dallas Wild Hearth Bakery
- Budgy Smugglers UK
- T3 Top Training, Tenerife Docherty's Midland Coaches

Additionally, in 2019 to date:

- Cameron VW Perth
- Simple Approach Estate Agents
- Gloag Foundation
- Binn Group
- Ms Alison Wilson

Finding out more about your club – it's not as complicated as you might think

- Ask someone. Those people sitting next to you during club night or training sessions may well have been around the Club long enough to know the answer to your burning question. They are parents/grannies/big brothers or sisters just like you and are happy to talk.
- Ask at the Club table on Friday nights (that seemed a bit too easy...)
- Contact a member of the committee. Favoured methods are pouncing on them in Tesco on a Sunday or Saturday morning, chasing them up and down the stairs from the changing rooms, stalking them when they arrive for a meeting, or waylaying them in the car park. More reliable methods include the contacts page on the club website, or best of all the **Club Table on Friday nights at Perth Leisure Pool**. Don't forget to check out the policies page to view our constitution and club policies as there's lots of information there to help you.
- If you think you need to speak to the Head Coach direct, why not try some of the above first? There are over 130 swimmers in the club and pool time is limited (yes, 10½ hours a week isn't actually a lot in swimming terms). Everything that takes Ann away from coaching reduces further the amount of time she can spend with the swimmers. 9 out of 10 times, someone will have asked the question before and is just waiting to pass the info on to you. If no-one else can help, ask our Club Secretary to arrange a suitable time and let her know in advance what your query is about so that any additional information required can be made available
- **Please check the Club notice board at Perth Leisure Pool and website regularly as most information is given out here rather than by letter.** This keeps club costs to a minimum, and saves valuable volunteer time. You can also check the club Facebook page (Perth City Swim Club), Instagram (perth_city_swim) and Twitter feeds (@perthcityswim) for news and more information.

Error! Hyperlink reference not valid., provides meet information and a results service for most competitions within Scotland.

We hope you and your family find something useful among all this information to justify the apparent loss of so many trees. If you are given a printed version, be assured it was done on recycled paper. ¹⁷

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