



Welcome letter to swimmers

Welcome to Christchurch Seagulls Swimming Club. We hope you will have an enjoyable and happy time as a swimmer at our club and that you make many new friends and enjoy training and competing with us.

Your parents have been given a welcome pack, which includes details of your training times and lane allocation. This letter is to give you some additional information you may find helpful now or in the future.

Coaching

We, as an ASA club, are committed to help you swim, enjoy your training, learn to train hard and to achieve your potential. The coaches and teachers are here to help you do that and have been trained to do so in a safe and proper manner. You should soon get to know your coach and if you have any concerns about training do talk this over with your coach and your parents.

Competitions

Seagulls take part in a wide range of events meaning that all children will get the opportunity to race for the club at some point. There are a number of novice leagues, intermediate leagues, southern junior leagues and national arena league meetings. There are also 'open meets' where you will not be swimming for a club position but taking the opportunity to race against others, often from different areas, and gain recognised ASA qualifying times for county and regional championships. These events also have different levels to ensure swimmers of all abilities can compete. The club also currently hold championships at different times of the year and fun galas where swimmers of all age groups are teamed up. There is no obligation on you to compete, above all we want you to remain active and involved, train hard whilst improving your skills. It may seem complicated at first so please seek advice from your coach or a committee member about racing.

Social events

Seagulls has an active social calendar, with participation actively encouraged. Over the course of the year there are popular events such as the summer beach party, club discos, Halloween treasure hunts, and the club presentation evening. Swimmers and parents have been involved in a number of fund raising social events, including running a pancake making stall on fireworks night. Parents are also catered for with a regular mum's social night out and the occasional outing for the Dads as well.

Safeguarding

You may wonder what we mean by safeguarding. Basically alongside our wish for you to enjoy and succeed at your swimming we want to ensure you are safe and happy in the club and that we act upon anything that prevents that. That is what we call safeguarding our members. You may ask what I am being safeguarded from. So by way of an example we want to make sure you are not being:



- Bullied.
- Treated differently to others.
- Hurt by another person on purpose.
- Ignored.

Preventing such behaviour is very important to us as a club and to achieve that we have a safeguarding policy called Wavepower. If you want to have a look at Wavepower the club Welfare Officer will have a copy, or it can be viewed and downloaded from the ASA website. Wavepower has a section (Section 5) specifically for swimmers that our Youth Forum has helped us to write, which you may find interesting to read.

We know any bullying or poor behaviour towards you would make you feel unhappy so please do not feel you have to just put up with it. While we will do all we can to prevent anything happening it is important if something or someone causes you to be unhappy you tell someone. Tell your parent, your coach, the Club Welfare Officers or any other adult you feel happy to speak to. Any issues you raise will be dealt with.

- Your club Welfare Officers are Kristina Razey (girls) and Dave Nealon (boys) and they can be contacted on: welfare@seagullsswimming.club
- The ASA also have a helpline called Swimline if you want to tell someone but not anyone in the club. The number is 0808 100 4001. You will be asked to leave a number at which you can be contacted in the next 24 hours. If you feel you cannot wait that long for someone to talk to you hang on and you will be put through to the NCPCC / Child Line helpline number who will answer your call immediately.
- Child Power is an ASA section of the ASA website just for young people. It has a message link that you can send a concern in writing to the ASA Safeguarding Team who will then help you with whatever issue you have raised.

Codes of conduct

Just as we expect others to behave properly to you we expect all our swimmers to behave in an appropriate manner to their coaches, all club helpers, fellow swimmers and all adults and young people you have contact with in training and at competitions. We have a code of conduct that you and your parents will be asked to sign and return to the club. If you are unsure about any aspect of the code of conduct please feel free to ask.

We hope you will have a very happy and successful time while a member of the Seagulls Swimming Club.

Regards,
Club Welfare Officers