

**Shark Swimming Club**

***Information and membership pack for Shark Swimming Club members***

Shark Swimming Club 2019

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Shark Swimming Club 2019

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*"You can't put a limit on anything. The more you dream, the farther you get".   
Michael Phelps*

**Shark Swimming Club Mission Statement**

At Shark Swimming Club we promote and encourage competitive, recreational and enjoyable swimming. We aim to instil a life-long love for the sport of swimming, empowering our swimmers through dedicated coaching and teaching in order to achieve their desired individual potential. The Club expects swimmers to have, at all times, respect for themselves, their coaches and other competitors. Shark Swimming Club is affiliated to Swim Ireland and abides by the Swim Ireland child protection guidelines and policies.

**Shark Swimming Club Safety Statement**

The safety of all swimmers is of paramount importance to Shark Swimming Club, and we shall endeavour to keep all our young people safe and free from harm within our club. We shall ensure that all the correct procedures are in place to achieve these objectives in accordance with the guidelines of Swim Ireland.

**Shark Swimming Club Guidelines and Rules**

Shark Swimming Club has an excellent reputation and relationship with its partner facilities and their staff together with other swimming clubs and related bodies. To maintain our high standards we have guidelines and rules. These are expected to be followed by both the club’s swimmers and their parents/guardians as well as all other members.

***Guidelines***

(General information about the running of the club and communications within the club)

1. Any concerns relating to swimmer’s welfare and protection are dealt with, in the first instance, by the clubs Child Protection Officer. The club’s Child Protection Officers are:

* **Mr. Peter Ashton**
* **Ms Catherine Naughton**
* **Mr. Paul Tannian**

**– contact number details are on the website at:** [**http://www.sharkswimmingclub.ie/committee-members.html**](http://www.sharkswimmingclub.ie/committee-members.html)

1. Shark Swimming Club information, both social and training related, can found in the first instance on our website [www.sharkswimmingclub.ie](http://www.sharkswimmingclub.ie) and also on the club notice board. It is the responsibility of swimmers to check this after each training session for changes or updates.
2. If there is an issue that you feel needs addressing, please inform the committee. A response will be forthcoming as soon as is possible.
3. All committee members are volunteers and are elected by the club members at the AGM to run the club on their behalf. The club AGM is typically held in January of each year.
4. To communicate important information to the committee, please put the matter in writing to either the club secretary or the club chair.

***Rules***

These rules must be complied with. They are in place to ensure the welfare and safety of the club’s swimmers and officials together with all other members. Breach of a rule may result in the suspension or expulsion of the offending swimmer(s) or other offending member(s) from the club. The rules are listed in no particular order of merit.

1. It is mandatory for both swimmers and parents/guardians to show respect for the coaches at all times. Confrontation with the coaches is not permitted at any time.
2. A minimum of 90% attendance is expected of all swimmers by the coaching staff. Failure to meet this target may result in a swimmer being moved back to their previous squad. This is to protect the welfare of the swimmer.
3. **ALL SWIMMERS MUST:**  
   \* Be on pool side a minimum 10 minutes before start of swim session to Perform Stretching / Band / Roller, routine before start of all swim sessions .  
     
   \*  Cut off time of five minutes after the start of the swim sessions. Any swimmer more than 5 mins late will be not allowed into the pool. There may be allowances made for exceptional circumstances caused by weather or traffic, in these cases the parent must inform the coach about the reason for being late.

**Persistent lateness is not acceptable and will result in swimmer being moved to another squad.**   
  
\*  All swimmers should be wearing their Squad training hat/goggles and ready to enter water at start time.

\* Any swimmer who wishes to leave early for any reason must inform their Coach before the commencement of the session.

1. Appropriate time will be made available on request to discuss your child’s swimming progress with the relevant coach. Appointments can be made through the club secretary (contact: [sharksecretary@gmail.com](mailto:sharksecretary@gmail.com) or 087 6604495) . A committee member may also be present at the meeting if requested by the coach.
2. Parents are not allowed on poolside during training unless specifically requested. This must be adhered to without exception.
3. It is a membership requirement that all parents and guardians contribute time and effort towards the daily running of the club and to the club duties at swimming galas. You will automatically be added to the duty roster of the particular squad your child swims in.
4. It is mandatory that all parents undertake their parent on duty responsibility regarding pool supervision. The rota will be circulated periodically by email and will also be available on the club website. It is your responsibility to find a replacement if you are unavailable to supervise a particular session.

It is the expectation of the club that both club swimmers and their parents/guardians at all times do not act in a manner that might bring the club into disrepute. It is not possible to list every eventuality here. If you have any queries as to what is acceptable behaviour in this regard please email the club secretary at: [sharksecretary@gmail.com](mailto:sharksecretary@gmail.com)

**Information on Fees**

There are three terms in the swimming season, September to December, January to Easter, Post Easter to end of June. There will be an additional charge for the special training that is organized for those swimmers who have qualified for the Division 2 and Division 1 championships. This additional charge will be advised when the special training schedule and the number of qualified swimmers is known.

Term fees must be paid on time at the commencement of each term or swimmers will not be permitted to train or take part in competition. Shark Swimming Club has a no fee, no swim policy. This policy is unfortunately essential for the club because there are potential insurance issues if non-fully paid up members swim. There are no reductions in term fees due to lack of attendance.

If a swimmer **cannot complete** the term due to long term illness or injury they must put their case in writing to the committee together with supporting documentation, medical certificate(s), etc. Each case will be considered individually, and a possible outcome would be a compensating reduction allowed for the subsequent term fees.

At the start of the season, in addition to the club fees, all swimmers are required to pay a Swim Ireland annual registration fee as outlined in the table.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **SQUAD** | **POOL SESSIONS** | **No of hours in the pool** | **LAND TRAINING** | **YOGA** | **Strength &**  **Conditioning\*** | **TERM FEE \*\*** | **Annual Swim Ireland Fee\*\*\***  **September only** |
| Orange C | 1 | 1 | 0 | 0 | 0 | €145 | €45 |
| Orange B | 1 | 1 | 0 | 0 | 0 | €145 | €45 |
| Orange B | (If 2 sessions) | 2.5 | 0 | 0 | 0 | €230 | €45 |
| Orange A | 2 | 3 | 0 | 0 | 0 | €260 | €45 |
| Yellow | 3 | 4.5 | 0 | 0 | 0 | €305 | €45 |
| Fit For Life | 1 | 1.5 | 0 | 0 | 0 | €185 | €27 |
| White | 4 | 6 | 0 | 0 | 0 | €350 | €45 |
| Blue | 4 | 6 | 1 | 1 every 2nd week | 0 | €390 | €45 |
| Silver | 5 | 8 | 1 | 1 every 2nd week | 0 | €430 | €45 |
| Black | 6 | 10 | 1 | 1 every 2nd week | 0 | €485 | €45 |
| Black X \* | 7 | 11.5 | 0 | 1 every 2nd week | 1 | €500 | €45 |

\*Black X will have an extra S&C session which will be charged at €120 per term in addition to the above fee as per last year.

\*\* For the term fee - a discount of 10% can be applied to the total family term fee where there are 3 swimmers in a family.

\*\*\* Annual Swim Ireland Fee - a discount can be applied if a family have more than one member in Swim Ireland, as follows:

All swimmers aged 9 and over (or if the swimmer will be 9 by Dec 31st, 2019) and in competitive squads i.e. other than Fit for Life, must pay the competitive fee.

|  |  |  |  |
| --- | --- | --- | --- |
| **Swim Ireland Competitive Member Fees** |  | **Swim Ireland Non - Competitive Member Fees** |  |
| First Family Member Fee = €45.00 |  | First Family Member Fee = €27 |  |
| Second Family Member = €38.00 |  | Second Family Member = €23 |  |
| Third and additional family members = €34.00 |  | Third and additional family members = €20 |  |

**Parent/Guardian Pool Supervision duty**

In order to fulfil our obligations to the welfare of our children and as a club affiliated with Swim Ireland we must have a parental pool supervision system in place, this is referred to as ‘Parent in Attendance’. This system consists of a rota by which the parents/guardians of the swimmers in a squad take it in turns to supervise the training sessions and, from time to time, to aid the coach on duty when requested.

You will receive emails from [piasharksc@gmail.com](mailto:piasharksc@gmail.com) regarding the dates and times for which you are scheduled for a parent in attendance role. It is your responsibility to complete your supervision duty. If you are unable to make a session that you are scheduled to supervise, you may organise with another parent/guardian within your squad to cover for you on that occasion, but it is your responsibility to ensure that the particular session is covered.

**If there is no parent on duty the session may be cancelled by the coach.**

***Duties***

1. Arrive 15 minutes before the start of the training session to allow time for the swimmers to change..

2. Take the squad list folder from the pool lifeguard position or pool reception.

3. Sign the register and tick of the names of the swimmers attending the session as they arrive.

1. Make yourself known to the coach on duty at the start of the session.
2. Sit in a position clearly visible to the coach and where the coach can easily access you for the purpose of communication. You should also have clear sight of the pool.
3. If a swimmer needs to leave the pool before the end of the session and/or your assistance is required, the coach will inform you. You must **not** go unaccompanied to the changing area with a swimmer. A swimmer leaving the pool early should dress and sit with the parent on duty until collected by their parent/guardian or until the session is over.
4. You may be required to go poolside and contact the swimmer’s parent if a swimmer becomes ill.
5. On occasion you may be requested by the coach to assist in the running of the session. This assistance could typically be aiding the coach in the timing of swimmers for trial/progress-monitoring purposes. To be prepared for this eventuality it is advisable to wear appropriate clothing and footwear in case you are needed on the poolside by the coach.
6. The pool supervision ‘parent on duty’ rota is published on the club’s website and is also circulated periodically by email. **If there is no parent present at the start of a training session it will be cancelled.**

**Information on Gala Entries**

The Shark Swimming Club Gala Secretary is your point of contact for all competition entries. The contact details for the Shark Swimming Club Gala Secretary are listed on the Shark Swimming Club website at: <http://www.sharkswimmingclub.ie/committee-members.html>. The email contact for the Gala Secretary is: galasharksc@gmail.com.

The following information is a guide for those who are new to swimming competitions and a reminder for all others.

***Please note the following:***

1. Details of any upcoming competitions will be displayed on the club website at: <http://www.sharkswimmingclub.ie> and on the club facebook page at: <https://www.facebook.com/SHARKSWIMMINGCLUB> – so keep checking. Your child’s swimming coach will also speak to swimmers about upcoming galas.
2. Once the coach has recommended swims for a swimmer, an email will go out from the Club Secretary listing swims recommended and advising of the registration date/time.
3. Either parent calls to the registration desk at the time stipulated and hands over the exact money in an envelope with swimmer’s name, events and gala listed on the outside of the envelope – sometimes we are collecting for more than one gala on the same night.
4. Strictly no late entries will be accepted, and no entries will be accepted by phone, text or email.
5. If either parent can’t make it to registration time, then they should request another parent to register on their behalf....again with exact money in an envelope and with swimmer’s name and events and gala listed on the outside.

**IMPORTANT:**

To help make swimming galas run smoothly and successfully the club is often required at galas to provide volunteers to undertake various specified duties. It is a requirement at Connacht and national competitions, as well as many other events that the club provide timekeepers, turn judges, stroke judges, call stewards etc., and rosters for these duties are issued in the lead up to these competitions. **If your child is swimming in a competition, then your services will often be needed to take a duty on the roster which will be circulated in advance of the competition. Please volunteer and please help out if asked to do so.**

# *Swim Ireland Codes of Conduct:*

# *Safeguarding Children Policies & Procedures 2010*

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# The Code for Young People

# CLUB: Shark Swimming Club

As an athlete you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Club Children’s Officer to explain them.

This is your Code, whatever your ability or wherever you take part and you should encourage others to follow it.

In your sport you should

Be happy, have fun and enjoy taking part and being involved in your sport

Be treated fairly by everyone, adults and other athletes

Feel safe and secure when you are taking part in your sport

Be listened to and allowed to reply

Be treated with dignity, sensitivity and respect

Have a voice in the decisions that affect you within the Club and Swim Ireland

Say no to something which makes you feel uncomfortable

Train and compete at a level that is suitable for your age, development and ability

Know that any details that are about you are treated with confidentiality

Your responsibilities are to

Treat Leaders who may be teachers, coaches, team managers, officials or other parents with respect

Be fair at all times, do your best to achieve your goals; be gracious if you do not achieved your goals

Respect other athletes and your opponents

Be part of the team and respect and support other team members both when they do well and when things go wrong;

Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults

Keep to rules and guidelines set by Swim Ireland, the Region and your Club and make sure you understand the rules e.g. if you play a team sport what contact is allowed; as a swimmer in competitions what togs are allowed

Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat

Listen to and respect decisions made by others; if you feel unjustly treated you can talk to your Club Children’s Officer or your parents;

Behave in a manner that is respectful towards Swim Ireland, your region and your club

Never use violence or bad language; do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry

Talk with your Coach, Team Captain, Club Children’s Officer or a trusted Swim Ireland member if you have any difficulties or do not understand something; you should never keep secrets about any person who may have caused you harm or has made you feel upset

Understand sport can be hard work and requires discipline to achieve your goals; you should understand the commitment and attendance needed – set at a level for what you want to achieve; talk through any worries or concerns with your parent and/or your Club Children’s Officer

Do not, or allow others to make you, try or take banned substances to improve your performance. Swimmers under 18 should not use sports supplements unless identified by a sports physician / a doctor or sport nutritionist (see Swim Ireland’s Sports Supplement policy).

Members of Shark Swimming Club will not...

* Consume or possess tobacco products, alcohol or illegal drugs at any time on any premises the Club use or at any Club or Swim Ireland event
* Use tobacco, alcohol and/or illegal drugs in conjunction with athletic preparation or events.
* View or share any content / internet content of an inappropriate nature to others or to fellow Club or Swim Ireland Members.
* Present themselves in any way on social media that brings into question the high-performance attitude of me or fellow Club or Swim Ireland Members. This includes, but is not limited to, posting offensive or inappropriate material on social media for example; photos, videos, comments or posts depicting personal use of alcohol or drugs; violent or illegal activities; content that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity.

END

# Description: Description: G:\BRANDING\SI Logos\corporate logo\Swim Ireland Logo.jpg

# The Code for Parents/Guardians

# CLUB: Shark Swimming Club

You should help and support the implementation of best practise policies in your child’s/children’s Club by following the code below.

Become members of the Club and contribute your time and effort in the daily running of the Club; no club can operate successfully and safely without the help of volunteers

Understand and ensure your child/children abide by **The Code for Young People**

Be available for specified duties if and when required; some duties are mandatory and form part of the procedures for safeguarding your children; some will be at the request of the Club.

Have an awareness of and respect for Leaders and other adults and their roles within the Club

Respect and abide by the decisions made by the Committee and other Leaders, these should be made in the best interests of the children in the Club

Understand the complaints process and follow the proper procedure if you feel unjustly treated, with the knowledge that any complaint will be dealt with effectively and confidentially

Know your child’s training and/or competitive programme, and accept it is your responsibility for delivering and collecting your child/children. Parents/guardians should ensure they do not leave their child/children waiting unsupervised at any time

Ensure the environment is safe and enjoyable for your child/children

Promote fair play and the positive aspects of sport

Be a role model for your children and young people by maintaining the highest standards of personal conduct and respectful behaviour in any activity related to the Club or Swim Ireland.

Allow your child to focus their efforts and success in terms of their goals rather than winning being the main objective

Promote participation for children that is fun, safe and in the spirit of fair play

Ensure appropriate leaders are informed regarding any absenteeism, medical conditions or other relevant matters concerning your child

Arrange an appropriate time and place for discussing any matter with leaders and coaches; communication should not take place whilst leaders and coaches are in a position of supervision or responsible for other young people

You should have the opportunity to put forward suggestions and comments

Provide the Club and your child with emergency contact information and to be reasonably available in case of emergency

Abide by the procedures and policies in this document especially with regard to the use of mobile phones, any type of camera and videoing equipment.

Be aware and abide by the Code of Ethics, this document, the rules and constitution of Swim Ireland and the rules and constitution of your own Club.

END

**Annual Declaration & Medical Consent Shark Swimming Club Year 2019/2020 PAGE 1 OF 2**



Swimmer Account #

I have read, understood and agree to abide by the Swim Ireland Code of Conduct for young people and the rules of Swim Ireland and Shark Swimming Club.

Swimmers Name Swimmer’s Signature Date

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**Parent / Guardian:**

I give my child as listed above permission to participate in the activities of Shark Swimming Club.

I have read, understood and agree to abide by the Swim Ireland Code of Conduct for parents/guardians of Shark Swimming Club.

I am witnessing that my child as listed above has read, understood and agrees to abide by the Code of Conduct for young people and the rules of Swim Ireland and Shark Swimming Club.

I give Shark Swimming Club permission to photograph and/or record video footage for the 2019/2020 season, and to display photographs of my child as listed above on their notice board, Website/Facebook/Twitter feeds & local newspaper.

I give Shark Swimming Club permission to display details of gala results and other achievements of my child on their notice board and website.

I understand that I am responsible for my child at all times except when they are on deck or in the land training hall. I understand that no supervision will be provided before or after sessions.

I understand that Shark SC will enter all contact details onto the Swim Ireland online database (this assists with Swim Ireland registration). Swim Ireland Head Office will treat this information in accordance with the Data Protection Acts, 1988 - 2018 and the GDPR. I understand that Shark Swimming Club will share contact information between parents and coaches for operational reasons.

I understand that as a parent I have a responsibility to check the Parent on Duty rota (available on the website and notice boards) and supervise my allotted sessions. If I am unavailable, I must swap with another parent. The committee or coaches will not arrange cover. I understand that if the allotted parent is not present to supervise then the session will be cancelled.

As a parent / guardian of an athlete who is a member of Shark SC, there are a certain number of mandatory duties that must be completed throughout the season, including – (1) **Parent on Duty**; (2**) Performing an official duty at a regional or national competition** – if your child is in these competitions, you will be included on the roster for duties at the competition; (3) **Fundraising duties** – parents are expected to assist in our fundraising duties.

**Parent / Guardian Name [please print]:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Parent / Guardian Signature:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Annual Declaration & Medical Consent Shark Swimming Club Year 2019/2020 PAGE 2 OF 2**

The following information is for parents to help us make your lesson a safe and enjoyable experience.

IT IS IMPORTANT TO COMMUNICATE WITH THE COACH AND/OR CLUB SECRETARY AND ALL COMMUNICATION WILL BE HELD IN CONFIDENCE.

* You notify us of any medical conditions or injuries short term or long term, as they may affect your child’s swimming. It is important these details are kept up to date.
* Your child does not attend swimming if they have an open wound, are unwell, have a fever, sore throat and/or cold/ flu like symptoms, including illness such as infectious diarrhoea.
* Medication for medical conditions such as Inhalers for Asthma or EpiPen for severe allergies should always be brought to the session with your child.
* Parents are encouraged to discuss any issues with our Swim Coaches that are relevant to their child’s swimming, behaviour or emotional state. Any of these issues may be relevant to any special care they need.

Does your child have any specific medical conditions requiring medical treatment and/or medication? Yes / No If yes, please give details.

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Does your child have any food, drug or other allergies? Yes / No If yes, please give details.

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Does your child have any specific dietary needs? Yes / No If yes, please give details

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other relevant Medical History

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**CONSENT FOR MEDICAL ATTENTION:** In the event of a medical emergency, I consent for my child to receive medical attention.

Name of G.P.:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel No:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I also agree to inform the club if my child’s medical circumstances change which may impact on their safety while swimming.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent / Guardian Signature Date

***NEW MEMBERS ONLY TO COMPLETE THIS FORM:***

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*Shark Swimming Club Membership Form* ***(NEW members ONLY) PAGE 1 OF 1***

**Membership of the Club places a legal responsibility on parents/guardians to pay fees owed by their child. The obligation still applies even if the swimmer leaves the club with accrued debts.**

Name of Swimmer:

Swim Ireland Number:

Address:

Swimmers Date of Birth:

Male/Female:

Name of Parent/Guardian:

Phone No. of Parent/Guardian:

Email Address (Please Print):

**I**  **agree to pay all Club and related fees incurred by the above whilst a member of the Shark Swimming Club.**

**Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Parent/Guardian) Date: \_\_\_\_\_\_\_\_\_\_\_\_\_**

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***Swim Ireland Membership Form - Only for those who were NOT members of Swim Ireland last year PAGE 1 OF 2***



***Club: Shark Swimming Club***

|  |  |  |  |
| --- | --- | --- | --- |
| First Name: |  | Surname: |  |
| Date of Birth: |  | Gender | Female Male |
| Phone: |  | Mobile: |  |
| E Mail Address |  | | |
| Address: |  | | |
|  |  | | |

**Category of Membership: Competitors only (Please tick discipline)**

|  |  |  |  |
| --- | --- | --- | --- |
| **Swimming: X** | **Water Polo** | **Masters** | **Diving** |

PAGE 2 OF 2

Answer YES or NO to the following questions: Circle as YES / NO as appropriate:

|  |  |
| --- | --- |
| Do you agree to abide by the Safeguarding Children Policies and Procedures and rules of Swim Ireland and Club? | YES/NO |
| Do you agree to abide by the code of conduct as laid out by Swim Ireland and Club? | YES/NO |
| Have you ever been asked to leave a sporting organisation? (If you have answered yes, we will contact you in confidence) | YES/NO |
| Have you ever been convicted of a criminal offence or been the subject of a caution; a Bound Over Order, or are you at present the subject of criminal investigation? | YES/NO |

Applicant's Signature: Date: (If the Application is for an under 18 then the parent must also sign)

Parent's Signature:

*By signing this form you give your club secretary permission to enter your details onto the Swim Ireland online database. Please remember that the information you are sending to Swim Ireland Head Office through this form is personal data and must be treated in accordance with the Data Protection Acts, 1988 and 2003. Please read your club’s data protection policy for further information.*

**Declaration of Club Secretary:**

As the Club Secretary I confirm that the above named has been accepted and is involved as a member of the club, and I have verified their date of birth.

Club Secretary: Signature: Name: .

**For all NEW members this form must be printed, signed and the hard copy kept by the club for official records.**

**\*Please note evidence that the club are holding these forms in a safe and secure location will form part of the**

**Club Mark process.**

*It is your responsibility as club secretary for ensuring the accuracy and validity of the information that you submit using this form and Swim Ireland accept no responsibility whatsoever for any errors or omissions that you may make.*

***APPENDIX 1 – Information on Squads and Selection Criteria:***

**NOTE: Gym and other land training sessions – exact days and times to be decided.**

**BLACK X HATS**

|  |  |  |
| --- | --- | --- |
| **Hat Colour** | Black with gold Shark inscription |  |
| **Lead Coach** | Trevor Collins |  |
| **Selection Criteria** | Irish SC Qualified, Irish LC Champs Qualified, Irish Summer Championships – Minimum 3 events.  \*\*Swimmers must apply to Head Coach to be considered for selection. |  |
| **Minimum Attendance requirements to maintain squad membership** | 90% over 8 week cycles |  |
| **Minimum Age** | 15 years |  |
| **Target** | Achieve National Squad qualifying times/Win Medals at National Meets/Achieve selection for International Meets – represent Shark/Connacht and Ireland |  |
| **Training** | 7 Coached Swim sessions + 1 individual session  2 Gym |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles (large & finger), snorkel, band, water bottle, Fins, roller. |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **BLACK X TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM | Swim | REST | Swim | Swim |  |  | Swim |
| PM |  | REST |  | Swim | Swim | Swim | REST |

**BLACK HATS**

|  |  |  |
| --- | --- | --- |
| **Hat Colour** | Black with white Shark inscription |  |
| **Lead Coach** | Trevor Collins |  |
| **Selection Criteria** | 1. Demonstrate stroke counting; 2. Demonstrate awareness of pacing; 3. Demonstrate ability to take own heart rate; 4. Show Lane & Clock discipline;   Irish SC Qualified/ Irish Div 1 Qualified – Minimum 2 events. |  |
| **Minimum Attendance requirements to maintain squad membership** | 90% over 8 week cycles |  |
| **Target** | Achieve Irish LC Qualifying Times/Achieve Connacht Squad Selection/Qualify for finals and win medals at Division 1 |  |
| **Training** | 6 Coached Swim sessions  1.5 Land Training |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles (large & finger), snorkel, band, water bottle, Fins, roller. |  |

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| **BLACK TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM | Swim | REST | Swim | REST | REST |  | Swim |
| PM | REST | REST |  | Swim | Swim | Swim | REST |

**SILVER HATS**

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| **Hat Colour** | Silver with black Shark inscription |  |
| **Lead Coach** | Trevor Collins |  |
| **Selection Criteria** | 1. Demonstrate stroke counting; 2. Demonstrate awareness of pacing; 3. Demonstrate ability to take own heart rate; 4. Show Lane & Clock discipline;   Div 2 Qualified – Minimum 2 events*.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 90% over 8 week cycles |  |
| **Target** | Achieve Irish SC & LC Championship qualifying times/ Qualify for Division 1 Finals, Achieve Connacht Squad Selection |  |
| **Training** | 5 Coached Swim sessions  1.5 Land Training |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles (large & finger), snorkel, band, water bottle, Fins, roller. |  |
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| **SILVER TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM | REST | REST | Swim | REST | REST | Swim | Swim |
| PM | REST | REST |  | Swim | Swim | Gym | REST |

**FIT FOR LIFE**

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| **Hat Colour** | Green with black Shark inscription |  |
| **Selection Criteria** | 1. Demonstrate stroke counting; 2. Demonstrate awareness of pacing; 3. Demonstrate ability to take own heart rate; 4. Show Lane & Clock discipline; 5. Achieved Blue Hat standard.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 75% over 8 week cycles |  |
| **Target** | Maintain fitness for general health, possible return to competitive swimming, lifesaving, water polo or other sports. |  |
| **Training** | 1 Coached Swim session |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles, water bottle, Fins. |  |

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| **FFL TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM |  |  |  |  |  |  | Swim |
| PM |  |  |  |  |  |  |  |

**BLUE HATS**

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| **Hat Colour** | Blue with black Shark inscription |  |
| **Lead Coach** | Brendan Kelly |  |
| **Selection Criteria** | 1. Demonstrate stroke counting; 2. Demonstrate awareness of pacing; 3. Demonstrate ability to take own heart rate; 4. Show Lane & Clock discipline; 5. Regional Championships SC & LC Qualified – Minimum 3 events.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 90% over 8 week cycles |  |
| **Target** | Medals at Division 2, Qualify for Division 1, Achieve Connacht Skills Squad Selection |  |
| **Training** | 4 Coached Swim sessions  1.5 Land Training |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles, snorkel, water bottle, Fins, roller. |  |
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| **BLUE TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM | Swim | REST | Swim | REST | REST | Swim |  |
| PM |  | REST |  | REST | Swim | Gym |  |

**WHITE HATS**

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| **Hat Colour** | White with black Shark inscription |  |
| **Lead Coach** | Brendan Kelly |  |
| **Selection Criteria** | 1. Demonstrate 5m competition turns with streamlining; 2. Show Lane & Clock discipline; 3. Know difference between sprint, fast, steady & slow; 4. Demonstrate stroke counting; 5. Demonstrate ability to take own heart rate; 6. A times – Minimum 3 events.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 80% over 8 week cycles |  |
| **Target** | 1. Know difference between sprint, fast, steady & slow; 2. Demonstrate stroke counting; 3. Demonstrate ability to take own heart rate; 4. Qualify for SC & LC Regional Championships; 5. Qualify for Division 2 |  |
| **Training:** | Four coached swim sessions |  |
| **Equipment** | Kickboard, Pull buoy, Hand paddles, water bottle, Fins. |  |

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| **WHITE TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM | Swim |  |  |  |  |  | Swim |
| PM |  |  |  |  | Swim | Swim |  |

**YELLOW HATS**

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| **Hat Colour** | Yellow with black Shark inscription |  |
| **Lead Coach** | Noel Barrett |  |
| **Selection Criteria** | 1. Minimum B times – 4 events; 2. Demonstrate   5m competition turns with streamlining;   1. Show Lane & Clock discipline; 2. Know competition rules; 3. Know difference between sprint, fast, steady & slow; 4. Demonstrate stroke counting.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 80% over 8 week cycles |  |
| **Target** | 1. Demonstrate 5m competition turns with streamlining; 2. Show Lane & Clock discipline; 3. Learn and understand stroke counting; 4. Know competition rules; 5. A Times in minimum 3 events. |  |
| **Equipment** | Kickboard, Pull buoy, water bottle, Fins. |  |

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| **YELLOW TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM |  |  |  |  |  |  | Swim |
| PM |  | Swim |  |  |  | Swim |  |

**ORANGE A HATS**

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| **Hat Colour** | Orange with black Shark inscription |  |
| **Lead Coach** | Roisin Lally |  |
| **Selection Criteria** | 1. Demonstrate sculling front & back; 2. Swim 25m U/w dolphin kick on Front & on Back; 3. Swim 50m BF; 4. Know Swimming Competition Rules; 5. Demonstrate competition starts; 6. Demonstrate 5m competition turns; 7. B times in 2 events in development meets.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 80% over 8 week cycles |  |
| **Target** | B Times in all events |  |
| **Equipment** | Kickboard, Pull buoy, water bottle, Fins. |  |

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| **ORANGE A TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM |  |  |  |  |  |  |  |
| PM | Swim - GROUP 1 | Swim -GROUP 2 |  |  |  | Swim -GROUP 1 & 2 |  |

**ORANGE B HATS**

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| **Hat Colour** | Orange with black Shark inscription |  |
| **Lead Coach** | Lorraine Copely |  |
| **Selection Criteria** | 1. Demonstrate 12.5m U/w dolphin kick off wall; 2. Swim 25m BF; 3. Demonstrate knowledge of pace clock; 4. Demonstrate sculling front & back; 5. Demonstrate 5m competition turns; 6. C times in minimum 2 events at development meets.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 80% over 8 week cycles |  |
| **Target** | 1. Demonstrate sculling front & back; 2. Swim 25m U/w dolphin kick on Front & on Back; 3. Swim 50m BF; 4. Know Swimming Competition Rules; 5. Demonstrate competition starts; 6. Demonstrate 5m competition turns 7. Learn relays; 8. B times in 3 events in development meets |  |
| **Equipment** | Kickboard, Pull buoy, water bottle, Fins. |  |

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| **ORANGE B TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM |  |  |  |  |  |  |  |
| PM | Swim (8) |  |  |  |  | Swim |  |

**ORANGE C HATS**

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| **Hat Colour** | Orange with black Shark inscription |  |
| **Lead Coach** | Lorraine Copley |  |
| **Selection Criteria** | Entry based on skills   1. Demonstrate Dive; 2. Demonstrate front somersault from standing position; 3. Swim 25m FS; 4. Swim 25m BC; 5. Swim 25 BRS; 6. Swim 15m BF; 7. Tread Water for 30sec.   *Swimmer Recommended by Lead Coach/Approved by Head Coach.* |  |
| **Minimum Attendance requirements to maintain squad membership** | 80% over 8 week cycles |  |
| **Target** | 1. Learn sculling – Front & Back; 2. Swim 12.5m U/w dolphin kick on Front & on Back; 3. Swim 25m BF; 4. Learn Swimming Competition Rules; 5. Learn competition turns; 6. Learn how to use clock; 7. C times in minimum 2 events at development meets. |  |
| **Equipment** | Kickboard, Pull buoy, water bottle, Fins. |  |

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| **ORANGE C**  **TIMETABLE** | **Mon** | **Tues** | **Wed** | **Thurs** | **Fri** | **Sat** | **Sun** |
| AM |  |  |  |  |  |  |  |
| PM |  |  |  |  |  | Swim |  |