

**Information Pack**  
**For**  
**Aberdeen Amateur Swimming Club**  
**&**  
**Aberdeen Learn to Swim**  
**Parents & Swimmers**



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## Introduction

The Club was formed in 1980 and became a Limited Company in 2005, the year of the Club's 25<sup>th</sup> anniversary. In the past, the Club has trained swimmers to compete at a very high level, for example the Olympic and Commonwealth Games. We hope that this information pack will help you to understand more about the LTS and the club. However, if you still have questions, please ask a member of the committee. The Newsletter has contact details for all committee members and for people with a role within the Club.

### **Aim of the Club**

The aim of the Club and its associated LTS is to provide a structured, integrated pathway from non-swimmers to international swimmers. It is recognised that all swimmers have a different potential in swimming and the coaches and teachers encourage all swimmers to fulfil their potential and not to compare themselves to others. The Club is a competitive swimming club and swimmers are expected to be committed to their training and racing.



# Aberdeen ASC Learn to Swim

## Introduction

The Club's associated Learn to Swim went into partnership with RGU:SPORT in July 2005. The LTS moved from its previous locations at Hilton Pool, Robert Gordon's College and Oakbank School to the new facilities at RGU's Sports Centre on Garthdee Road. These facilities are state of the art and provide an excellent environment in which the swimmers can learn to swim. This section is administered jointly by RGU and Aberdeen ASC. The Club also uses some Local Authority pools for LTS. Some are teaching pools and provide an ideal pool for non-confident swimmers. This section of the LTS is administered exclusively by the Club. In July 2009, the LTS became affiliated to Scottish Swimming, as a Swim School.

The LTS has 2 main aims. Firstly it is there to teach swimmers the basics of the strokes so that the swimmers benefit through improved health and increased self-confidence. It is acknowledged that swimming is a life skill which every child should have.

The second aim is to prepare swimmers for entry into competitive swimming, if this is their wish. The Club needs new, young swimmers coming up from the LTS to keep the Club balanced. Swimmers would also be skilled to participate in other aquatic disciplines, such as diving, water-polo and synchronised swimming.

Aberdeen Amateur Swimming Club is an independent Club and it has the tremendous advantage that the LTS can be tailored so that the swimmers develop all the basic skills required for competitive swimming.

## Swimmers

Children are invited to join the LTS at any age from 4 years. All swimmers who are not beginners are assessed by the Head Teacher and allocated to a Level according to their ability. Swimmers come from all areas of the city and even travel from well outside the city. Most recruitment is by word of mouth and we rely on swimmers bringing friends into the scheme. At present we have a waiting list for the first 2 levels.

All swimmers in the LTS are expected to wear a LTS or Improvers cap and at Levels 6 & 7, the swimmers are expected to purchase their own equipment. This can be done through the Club shop. Level 6 & 7 swimmers are encouraged to buy Club swimwear and boys should not wear shorts.

The Club gives guidance through the teachers on basic Health & Safety issues and all swimmers are expected to follow the guidelines. The teachers must have the confidence that swimmers will follow their instructions immediately and without questioning, as the swimming pool can be a dangerous environment and swimmers must appreciate this.

At RGU, the minimum teacher:swimmer ratios are as follow:

### Widths

Level 1	1:6	Plus 2 assistants in the water
Level 2	1:6	Plus 2 assistants in the water
Level 3	1:8	Plus 2 assistants in the water
Level 4	1:9	
Level 5	1:9	

### Lengths

Level 6	1:18
Level 7	1:18



## Teachers

Many of the teachers in the scheme are present or past Club members, who have derived much from the Club in the past and who wish to contribute something back into the Club.

The teachers all have the UKCC Level 1 qualification as a minimum and are encouraged to progress to a higher qualification as they gain experience. Our aim is for all teachers to be qualified to Level 2 standard.

Teachers must be familiar with the Club Code of Conduct and they agree to work under written terms and conditions. All teachers must go through Disclosure Scotland and are expected to have a SportsCoach UK Good Practice in Child Protection certificate. A new voluntary licensing scheme for teachers and coaches has been introduced by Scottish Swimming and teachers must apply for a licence.

## Syllabus

The LTS is built around a structure of 7 levels of ability, from non-swimmers to pre-competition swimmers. There is a syllabus for each level and swimmers must achieve certain criteria to move from one level to the next. These criteria are listed in Appendix I and a brief outline of work done at each level is listed below:

Level 1	Water Confidence and Body Position
Level 2	Introduction to Front Crawl and Back Crawl Kick
Level 3	Introduction to arm action and breathing in Front Crawl Introduction to arm action in Back Crawl Introduction to Breast Stroke and Butterfly kick
Level 4	Development of strokes
Level 5	Further development of all 4 strokes
Level 6	Introduction to length swimming
Level 7	Development of all strokes Development of endurance Preparation for competitive swimming

When a swimmer achieves all the relevant criteria, they are promoted to the next level and receive a certificate. The reverse side of the certificates details the achievements of the swimmer and outlines the next step. The swimmers are continuously assessed by their teacher and a tick sheet is used to record progress. Movement between classes takes place at the end of each term. All swimmers who are not promoted receive a report of their progress, showing what has been achieved and what still has to be achieved for promotion.

The lessons start at 1 x 30 minutes lesson/week for Levels 1-5, increasing to 1 x 1 hour session/week. As the swimmers move through the classes, they increase the distance they swim each lesson, thus building up some stamina.

One of the most difficult skills for a swimmer to learn is Breast Stroke kick. We offer additional, specific Breast Stroke classes to swimmers who have fulfilled all the criteria for promotion from Level 3 to Level 4 apart from the Breast Stroke part. These focused classes are extremely successful, with the swimmers progressing more quickly in this more intensive environment.

There are a limited number of one-to-one lessons and swimmers are encouraged to take these if they have a particular problem which is holding them back from being promoted.

All enquiries relating to swimmers progress should be directed to the Head Teacher.



## Administration

The LTS scheme is overseen by a committee comprising:

President  
Vice-President  
Treasurer  
Secretary  
Child Protection Officer  
Trustee  
Head Teacher  
LTS Administrator

All enquiries for regarding new swimmers, fees or time of class should be directed to the LTS Administrator.

In the first instance, children who cannot swim are assigned to a level 1 class. Swimmers, who can already swim, are invited to come for an assessment with the LTS Head Teacher. This allows the child and parents to view the LTS in operation, and for the assessor to confirm the swimmer's ability in the water.

Following the assessment, the LTS administrator and the parents can work out a suitable day, where there are vacancies at the appropriate level and the new swimmer can start in their class. Where possible, siblings will always be allocated the same time of class, despite differing levels of ability.

There are over 600 swimmers in the scheme at present. Classes are available as outlined in Appendix II and the cost is outlined in Appendix III.

Fee notices are sent out towards the end of each term for the following term. Any swimmer whose fees have not been paid by the stipulated date will forfeit their place in the class and swimmers on the waiting list will be offered a place. All parents are encouraged to fill out a Gift Aid forms. This allows the LTS scheme to claim back tax. Swimmers are also required to pay a nominal annual membership fee, which covers the cost of insurance. The annual membership fee and lesson costs are set annually by the members at the LTS AGM.

Children are continuously assessed during the term, resulting in some of them being promoted to the next level which they will move to at the beginning of the next term. In most cases, all children will be invited to continue their lessons at the same time as their existing class. If any change to their time is necessary (either because they are being promoted to Level 6 or the next level is already full) the administrator will always call or e-mail parents in order to confirm the change.

At the end of every term, each child should expect to receive either a colour coded certificate showing they have completed a level of LTS, or a progress report indicating the areas which have been completed, and those which still require some work.

The criteria which have to be met in order to move to the next level are shown in Appendix 1 and on the notice boards at RGU.

A timetable for the dates of the lessons each term is displayed on the notice boards at RGU and on the back of the term's invoice. At present we run 2 terms/year.

It is a rule of the LTS that Aberdeen swim caps are worn by all swimmers in the programme. These are available on the poolside at a cost of £4.00 each. .

The LTS regularly runs a swimming school during the summer holidays and these now include a basic diving class. This is normally done in conjunction with teacher training.



## **Preparation and Promotion to the Club**

Swimmers in the Level 7 class are prepared for movement into the competitive club by increasing the volume of work undertaken during each session, by introducing skills required for racing and by low-key time-trials at the end of term. The coaches and the Level 7 teacher meet to discuss promotions towards the end of each term and any swimmers considered ready for promotion receive a letter inviting them to join the Club. The swimmers also are given details of the type of work undertaken in the 1<sup>st</sup> squad and the commitment expected from them. A taster training session with A Squad is arranged for the potential squad swimmers and after that, if a swimmer wishes to join the Club, they are sent further details. Swimmers will only be offered promotion to the squads twice and swimmers must be 11 years old or under to move from the LTS to the Club. Swimmers who are 12 years old in Level 7 will not be invited to return for lessons the following term.



## Health & Safety

The Committee members, especially the Head Teacher, the teachers and the assistants are all aware that the health & safety of the swimmers is paramount. The following areas are covered in this respect:

- Qualified lifeguard cover at all LTS sessions
- Child Protection Officer appointed and trained for the Club
- All teachers complete a Disclosure Scotland form
- All teachers ASA qualified
- Teacher/swimmer ratios well within National guidelines
- Teachers and Assistants supplied with the safety documents of the pool
- Swimmers are educated in the following areas:
  - Importance of showering and toileting before entering the pool
  - Awareness of shallow and deep end
  - No running on poolside
  - Caps must be worn by all swimmers
  - No jewellery allowed in the water
  - Staying above the water and holding on to the side when not swimming
  - Listening to instructions and following them
  - Diving only into deep water

The teachers are aware of the Emergency Action Plan of the pools and in the case of an emergency; they will follow the directions of the lifeguards. At RGU, parents should not attempt to come down to the pool area if there is an emergency or if the pool area has to be evacuated, but should follow the directions of the RGU staff.

Parents are asked not to congregate at the changing room doors during lessons, as this is a safety risk, however they are most welcome to view from the upstairs or downstairs viewing areas.

## Future Developments

The LTS management is continually looking at ways to improve the LTS scheme and a development plan is followed, to focus on areas which can be improved on. All ideas for improvements are welcome.

## Parents

Parents are asked to ensure that swimmers arrive in time for their lessons and they should be encouraged to go to the toilet and shower before they come on poolside.

If parents are interested in helping with the LTS, they should speak to a member of the committee.



# Aberdeen Amateur Swimming Club

## Squads/Swimmers

At present, there are 3 competitive squads in the Club; A Squad, AA Squad and AAA Squad., with each squad having around 24 members. At present, A Squad is divided into 2 smaller squads. The swimmers train at RGU, Linksfield, Kincorth and the Grammar pools. Appendix IV lists the current training times. As the swimmers progress through the Club, the number of sessions, the length of sessions, the volume of work and the intensity of work increases. In addition to the regular training, the Club has training sessions at the 50 metre pool at Stirling University.

Swimmers are expected to be on poolside in time to start the session promptly. Swimmers arriving late disrupt the warm-up for other swimmers and will not be allowed into the water. All jewellery and make-up must be removed before training.

As the swimmers progress through the squad structure, they are expected to take on more responsibility for their training and their general lifestyle. Awards are presented monthly for the swimmer in each squad who had attended most sessions and there is also a scheme for recording the training metres completed by each swimmer. Certificates and awards are presented to swimmers when they reach certain distances. In recognition of their commitment to the Club, swimmers receive an award annually, presented at social events.

Each swimmer has a log book and they are expected to refer to this and to keep this up to date. Swimmers are expected to let their coach know if they will not be at training and they are expected to provide the coach with information when requested. e.g. test set results, goals for meets.

Minor incidents of misbehaviour will be dealt with by the Squad Coach or Head Coach, but serious incidences will be dealt with according to the Club's policy.

## Coaches

The Club has a Head Coach who is responsible for all coaching matters in the Club. Each squad has a main coach and there may also be assistant coaches. The coaches meet monthly to discuss coaching and squad matters and a report of the meeting is distributed to the committee. The coaches endeavour to be at all the sessions, but they may occasionally have other commitments. In these instances, the assistant or another coach will run the session, which will be prepared by the coach. Likewise, the coaches try to attend the meets at which their swimmers are racing, but it is not always possible, especially if there are 2 meets on the same day.

The coaches are encouraged to attend seminars to keep up to date with new ideas and practices.

## Good Practice and Child Protection

The Club has a trained Child Protection Officer (CPO). All coaches and regular helpers are required to complete Disclosure Scotland check. Any other adult who has regular contact with swimmers is also expected to obtain a certificate. The coaches adhere to a Code of Conduct and are expected to regularly attend SportsCoach UK Good Practice in Child Protection courses.

The Club has a Good Practice and Child Protection policy which follows national guidelines.



## Syllabus

The syllabus is designed to accommodate the age of the swimmer and their swimming experience. The work in A Squad is still primarily based on stroke and racing technique and in AA Squad this is supplemented with basic aerobic training and some speed work. When swimmers are in AAA Squad, there is more emphasis on developing all the energy systems, therefore there are speed sets, aerobic sets, anaerobic lactic sets and anaerobic alactic sets. Test sets are incorporated into the syllabus so that coaches can monitor the progress of the swimmers. Appendix V briefly outlines the syllabus and the requirements for promotion to the next squad.

The swimmers in AA Squad and AAA Squad have 1 hour of land training/week. The main emphasis is on core stability and aerobic conditioning. Specialist coaches are invited to run sessions and there are also occasional theory sessions to help educate the swimmers on subjects like goal setting and nutrition.

## Competitions

As the Club is a competitive Club, all swimmers are expected to compete at competitions. A competition calendar is distributed at the start of the season, so that swimmers can plan for attending competitions. As the season progresses, there are minor changes to the calendar.

Swimmers usually start by attending mini-meets. Mini-meets are for younger swimmers, where the races are over short distances. They can be graded or not and the length of time at the meet tends to be shorter than for other meets. It is vital that swimmers are introduced to competitions at a young age, so that they can experience a wide range of situations and learn to cope with them. Young swimmers also tend to improve rapidly, so their confidence is built up.

The majority of graded meets are for more experienced swimmers and the distances can exceed 200 metres, so these require some stamina. These meets are for swimmers of all ages and swimmers must be slower than a set time to enter the events.

Some meets have no set times and other meets have a "faster than" time. These meets can be age banded, or not. If they are not age-banded, they are called Open Meets.

Swimmers in AA Squad aim to race at District level meets and the swimmers in AAA Squad aim to be accepted for the Scottish National Championships.

If a swimmer betters their present personal best (PB) for an event, the new time is recorded onto the PB sheets, kept by the Club. This time is then used for entry into future meets. Sometimes meet entries have to be made before this PB is achieved and the swimmer is ranked on the program according to their entered time, not their new PB. If a meet is of a certain standard, with the required number of technical officials, the meet is designated as being accredited. PB's gained at these meets are marked accordingly, as entry to some meets must be made with accredited times.

Appendix VI shows the Club's procedure for meet entries. Note that entry fees should be paid before the meet. If a swimmer is not accepted for a swim, their fee is returned to the Club and will be credited to the swimmer.

Racing can be great fun but there can be lows as well as highs. Providing a swimmer has attended training and has raced as they have been asked to, that is all the coach expects. Very few swimmers stand on the blocks with a mind not to do their best. When a swimmer does not swim as well as they expected to, they are very disappointed and they must not be given negative feedback, but rather praised for what they did well.

Swimmers are given guidelines for competitions in their logbook. At competitions, swimmers are under the care of the coaches during the sessions and parents are asked not to coach their children, as they can give conflicting advice and this places the swimmer in a difficult situation.



The Club runs an annual Club Championship and organises an invitational meet annually.

## **Swimming Kit/Equipment**

Swimmers are expected to bring all their equipment to all sessions unless told otherwise. The log book lists the equipment required at different levels. Most of the equipment can be purchased through the Club's shop, as can the Club kit. Prices are shown in Appendix VII

At competitions, swimmers are expected to wear the Club tracksuit or polo-shirt and black shorts/tracksuit bottoms on poolside and for medal presentations. Swimmers attending District and National Meets are expected to wear the Club tracksuit. Swimmers are also required to wear pool shoes, for health and safety reasons. Swimmers who have been selected to swim in a relay must wear black Club swimwear.

For land training, swimmers are expected to wear their Club kit.

## **Administration**

The Club is affiliated to the Scottish Amateur Swimming Association, the National Governing Body for swimming. It is also affiliated to the SASA North District, the Aberdeen Sports Council and the Aberdeenshire Sports Council. There is a Board of Trustees which forms the Management Committee, with the addition of a parent representative from each of the 3 squads. The Club runs according to the Memorandum and Articles of Association and the Club Constitution. The Board comprises:

President  
Vice-President  
Treasurer  
Secretary  
Child Protection Officer  
Head Coach  
Trustee

All swimmers must be members of the Club and be registered with Scottish Swimming. This ensures that the swimmers are insured. At least 1 parent must also be a Club member and registered with Scottish Swimming. The membership is renewed on an annual basis.

Training fees are paid by standing order on a monthly basis, with 12 payments being made each year. The fees are set at the AGM, with proposals submitted by the Treasurer and discussed then agreed by the members present.

Currents fees are shown in Appendix VIII.



## Social Events

The Club has a Social Committee and this committee is responsible for organising evening functions with a fun aspect.

## Fundraising and Sponsorship

Swimming is a relatively expensive sport. There are membership fees, training fees, equipment costs, competition entry costs and travel/accommodation costs. In order to reduce the burden on parents, the Club has a Fundraising and Sponsorship Committee, which is very successful at attracting sponsorship money. The committee organises fund-raising events within the Club and also tries to obtain sponsorship through parents and by approaching local companies.

## Communication

The Coaches and the Management Committee endeavour to keep all the swimmers and parents informed with what is happening in the Club. The Committee realises that communication is very important, so if parents feel they are not receiving enough information, they should contact a member of the coaching staff or a Committee member. The following methods of communication are used:

- E-mails
- Newsletter
- Notice Boards
- Website
- Letters
- Telephone Calls
- Meetings

All parents are asked for a contact e-mail address and the swimmers in AAA Squad are also asked for an e-mail address. Each squad has a squad administrator who has a copy of these addresses and the majority of the day to day information is communicated by e-mail. It is vital that any changes are notified to the administrator.

The Club produces a regular newsletter, distributed by e-mail. There is an article by the President, outlining any recent changes and giving details of anything planned for the future and an article by the Head Coach detailing recent successes or containing useful training/competition information. Social events and fundraising events are also noted. All members of the Club are invited to contribute to the Newsletter.

The Club has a notice board at RGU and the LTS has a separate notice board at RGU. Long –term information is posted on the boards but, as they are locked, there is no opportunity to use these to display sign-up sheets. It is therefore vital that e-mails are checked regularly.

The Club also has a website: [www.aberdeenasc.org.uk](http://www.aberdeenasc.org.uk)

Occasionally letters are sent out to the members. These tend to be limited to very important documents, as there is a cost implication involved in using this method.

If there is an emergency at the pool or if training is cancelled at very short notice, the Club will endeavour to call the parents. In the case of pool closure at short notice, the Head Coach or a member of the Committee will be contacted and they will contact the Squad Administrator. An e-mail will be sent out and telephone calls will be made. Unfortunately, it is not always possible to contact everyone, but an attempt is always made. Again, it is vital that the details held by the Club are current. So, please let us know when you move, when you change your e-mail address or when you change your mobile number.



Occasionally, a meeting is arranged for the parents or swimmers, sometimes for a particular squad. If a group of parents feel they need more information, they are welcome to ask for a meeting to be organised.

## **Parents' Role**

Although the swimmers do all the training and competing, the parents' support is a vital part of the Club's success. Parents should support their children by being positive towards their training, competition results and ensuring they have a healthy lifestyle.

Parents can help the Club by volunteering to take on a supportive role within the Club. There are numerous roles and these are detailed in the newsletter. Parents with specific relevant skills are asked to contact a committee member if they are willing to support the Club. One parent of each swimmer in the squads is expected to become a technical official.

## **Technical Officials**

At meets, technical officials are required as timekeepers, recorders, judges, starters and referees. There is training and sometimes exams for these roles and all parents are invited to become a technical official. When a swimmer joins the squads, one parent must become a technical official. The path to becoming a referee takes many years to travel along and it is important that the Club has at least 1 referee. You may not wish to go that far, but we do need a constant supply of judges. At North District Meets, the Club must provide a minimum number of officials, related to the number of Club swimmers racing. Unfortunately, this task often falls on the same willing people.

## **SwiMark**

The Club was one of the first Club's in Scotland to be awarded SwiMark accreditation and we have applied to start working towards the new SwiMark. This will ensure that the administration and coaching is of a very high standard. Full details can be found on the Scottish Swimming website: [www.scottishswimming.com](http://www.scottishswimming.com)

## **Swimming Excellence**

The main emphasis of Aberdeen Amateur Swimming Club and the associated LTS is on looking after the swimmer as a whole person. We aim to enable the swimmer to grow up with practical swimming skills and knowledge of how to lead a healthy, purposeful life. Competitive swimming is a very demanding sport and it requires the skill of time management, mental toughness and self-discipline. In the last 3 years, the teaching and coaching has been skill based and this has borne fruit, with the number of swimmers competing at National level rising from 5 to 20 swimmers.

The road to success is long and hard, but we aim to support our swimmers along the path.



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## Appendix I - Aberdeen LTS Promotion Criteria

Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
<b>Main Theme – water confidence, horizontal body position</b>	<b>Main Theme – flutter kick</b>	<b>Main Theme – FC breathing, Brs kick</b>	<b>Main Theme – full stroke</b>	<b>Main Theme – introduce endurance</b>	<b>Main Theme - Fly</b>	<b>Main Theme – preparation for competitive swimming</b>
Safe entry & exit using steps	Enter & exit shallow water from the side, showing swivel entry	Jump into water and exit at side	Jump into deep water showing various body positions	Perform a sitting and crouch dive	Perform a standing dive from the side	Perform a grab start off the blocks
Enter & exit shallow water from the side, showing swivel entry	Jump into water and exit at side	Push and glide on front	Push & glide & kick 15m in streamlined position, on front	Straddle entry and tread water for 1min	Swim 10m, surface dive and swim 5m under water through hoops	
Turn an egg flip 4 times	Perform 8 slow, controlled bobs	Pencil float on front (10 seconds)	Push & glide and kick 15m streamlined on back	Push & glide into a forward roll	Perform a FC tumble turn	
Perform 4 slow, controlled bobs	Mushroom float for 3 seconds	Pencil float on back (10 seconds)	Demonstrate a stationary scull	Pencil float and roll from prone to supine on horizontal axis	Body rotation on 3 axis	
Submerge with eyes open	Star float on front (5 seconds), without aids	Star float on front and back (10 seconds) without aids	Scull 15m head first (no paddling)	Scull 15m head first and feet first	Scull 25m head first, 10m feet first	Scull 15m in 4 ways
Star float on front (3 seconds), with aids	Star float on back (5 seconds), without aids	Swim 10m FC showing Br/blow (1 arm) with buoyancy aid	Swim 10m FC with no breathing and 15m as Br/blow for unilateral breathing with buoyancy aid	Kick 15m FC, swim 15m FC showing unilateral breathing	Swim 25m FC, bilateral breathing and maintaining stroke	Swim 50 FC with tumble turn, holding technique
Star float on back (3 seconds), with aids	Kick 10m on front without aids, alternating kick	Swim 10m BC single arm showing correct movement	Swim 10m BC showing correct technique, head still	Kick 15m BC, swim 15m BC	Swim 25m BC with continuous arm action, head still	Swim 50m BC with legal turn, holding technique
	Kick 10m on back without aids, alternating kick	Attempt 5m Fly wiggles	Kick 15m Fly on front or back, showing continuous action	Attempt 10m Fly	Kick 25m Fly, swim 10m Fly	Swim 25m Fly with fins
	Kick Brs legs, on poolside, showing circles and feet everted and dorsi-flexed	Kick 5m Brs with legal kick on front or back, with a buoyancy aid	Swim 15m Brs with legal kick and circling arms	Kick 15m Brs, swim 15m legal Brs	Kick 25m Brs, swim 25m legal Brs	Swim 50m Brs with legal turn and stroke



## Appendix II - Aberdeen LTS Lesson Timetable

Day	Venue	Levels	Time
Monday	RGU	1-5	4.30-5.30pm
Tuesday	RGU	6-7	4.30-5.30pm
Thursday	Linksfild	1-2	5.30-6.30pm
Friday	RGU	1-5	4.30-6.00pm
Saturday	RGU	1-5, breast stroke class, diving class	9.00-11.00am
Sunday	Kincorth	1-3, breast stroke class, private lessons	11.00-12.00noon
Sunday	RGU	6-7	6.00-7.00pm

## Appendix III - Aberdeen LTS Lesson Costs

Type of Lesson	Cost
30 minute class lesson (Levels 1-5)	£3.50/lesson
60 minute class lesson (Levels 6-7)	£4.75/lesson
30 minute one-to-one lesson	£10/lesson
Annual Membership (Due on joining and every August)	£10/year



## Appendix IV - AASC Squad Training Times

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>A Squad</b>							
<b>Pool</b>							
	Grammar 5.15-6.15pm				Linksfield A 5.30-6.30pm S 6.30-7.30pm	RGU 1.00- 2.00pm	
<b>Landwork</b>							
<b>AA Squad</b>							
<b>Pool</b>			RGU 6.00-7.30am				
		Linksfield 5.30-6.30pm		RGU 7.00-8.00pm	Linksfield 5.30-7.30pm		Grammar 3.45-5.45pm
<b>Landwork</b>				RGU 6.00-7.00pm			
<b>AAA Squad</b>							
<b>Pool</b>	RGU 6.00-7.30am				RGU 6.00-7.30am		
		Linksfield 5.30-6.30pm	RGU 7.00-9.00pm	Linksfield 4.30-6.30pm	RGU 6.00-8.00pm		Kincorth 12.00- 2.00pm
<b>Landwork</b>					RGU 5.00-6.00pm		



## Appendix V – Training & Promotion Criteria for Swimmers

### A Squad                      Stroke Development

- 1            Stroke technique, primarily using drills, for the 4 competitive strokes, coach controlled single lengths
- 2            Legal and competent starts, turns and finishes for all events
- 3            Sculling – no rowing and water agility skills (water polo, synchro swimming)
- 4            200m+ kick sets
- 5            Use of the pace clock for setting off times and rest
- 6            Lane discipline
- 7            Introduction to FINA rules
- 8            Regular time trials
- 9            **Punctual starts for all sessions, with all equipment available \*1**
- 10          **Attendance starts at 2 sessions/week, increasing to 3 sessions/week before promotion to AA squad**

#### Time in Squad

Around 2 years

#### Age

7-11 years

### Criteria for Promotion to AA Squad

- 1            Competent 200m FC with tumble turns and bilateral breathing
- 2            100m BC with tumble turns and bent arm pulling action
- 3            100m Brs with legal underwater pullout
- 4            25m Fly with fins
- 5            100m IM
- 6            Grab start
- 7            **Agree to attend 1 morning session and at least 3 other sessions/week (4/5)**
- 8            **History of submitting training metres**
- 9            **History of participating at meets**
- 10          **Maintain sustained attendance at >80%**
- 11          **If attendance drops before a meet, the coach has the discretion to WD the swimmer, at the swimmers cost**



## **AA Squad                      Training Development**

- 1        Develop technique for the 4 strokes
- 2        Understand and select drills for the 4 strokes
- 3        Test sets:
  - 400 Kick test
  - T20
  - 800/1500m timed swim
  - 10x100 FC on 2.15
  - 8x100 IM on 2.50
- 4        Aerobic endurance sets
- 5        Speed sets
- 6        400m+ kick sets
- 7        Learn to pace swimming
- 8        Legal and efficient starts, turns and finishes
- 9        Use of pace clock for timing repetitions and Heart Rate
- 10      Knowledge of the basic FINA rules
- 11      **Punctual starts for all sessions, with all equipment available\*1**
- 12      **Attendance starts at 4 sessions/week, increasing to 5 sessions/week before promotion to AAA Squad**

### **Time in Squad**

2 years

### **Age**

9-13 years

### **Criteria for Promotion to AAA**

- 1        10x100 FC on 2.15, holding technique
- 2        8x100 IM on 2.50, holding technique
- 3        Legal 200 IM
- 4        **Agree to attend 1 land work session/week**
- 5        **Agree to attend 2 morning sessions and at least 4 other sessions/week (6/7), progressing to 7/7 sessions when 14yrs and over**
- 6        **Agree to participate at North District and National Meets and log results**
- 7        **Agree to start goal setting**
- 8        **History of submitting training metres**



- 9 History of attending meets
- 9 History of sustained attendance at >80%
- 10 If attendance drops before a meet, the coach has the discretion to WD the swimmer at the swimmers cost



## **AAA Squad                      Competition Development**

- 1            Complex stroke drill progressions
- 2            Test sets:
  - 7x200 Step Test
  - 400 Kick Test
  - T30
  - Basic Speed Test SetResults must be sent to coach
- 3            Training sets:
  - Aerobic
  - Anaerobic
  - Lactate
  - Speed
  - 600m+ kick sets
- 4            Equal amount of pull and kick
- 5            Speed work
- 6            Learn the use of pace and stroke count
- 7            Formal goal setting
- 8            **Log training metres**
- 9            **Compete at all District and National level competitions to which swimmer qualifies**
- 10           **Learn all PB's**
- 11           **Punctual starts for all sessions, with all equipment available**
- 12           **Attendance starts at 6 sessions/week, increasing to 7 sessions/week when 14 years old**
- 13           **Attend all land training sessions**

### **Time in Squad**

No limit

### **Age**

12+ years



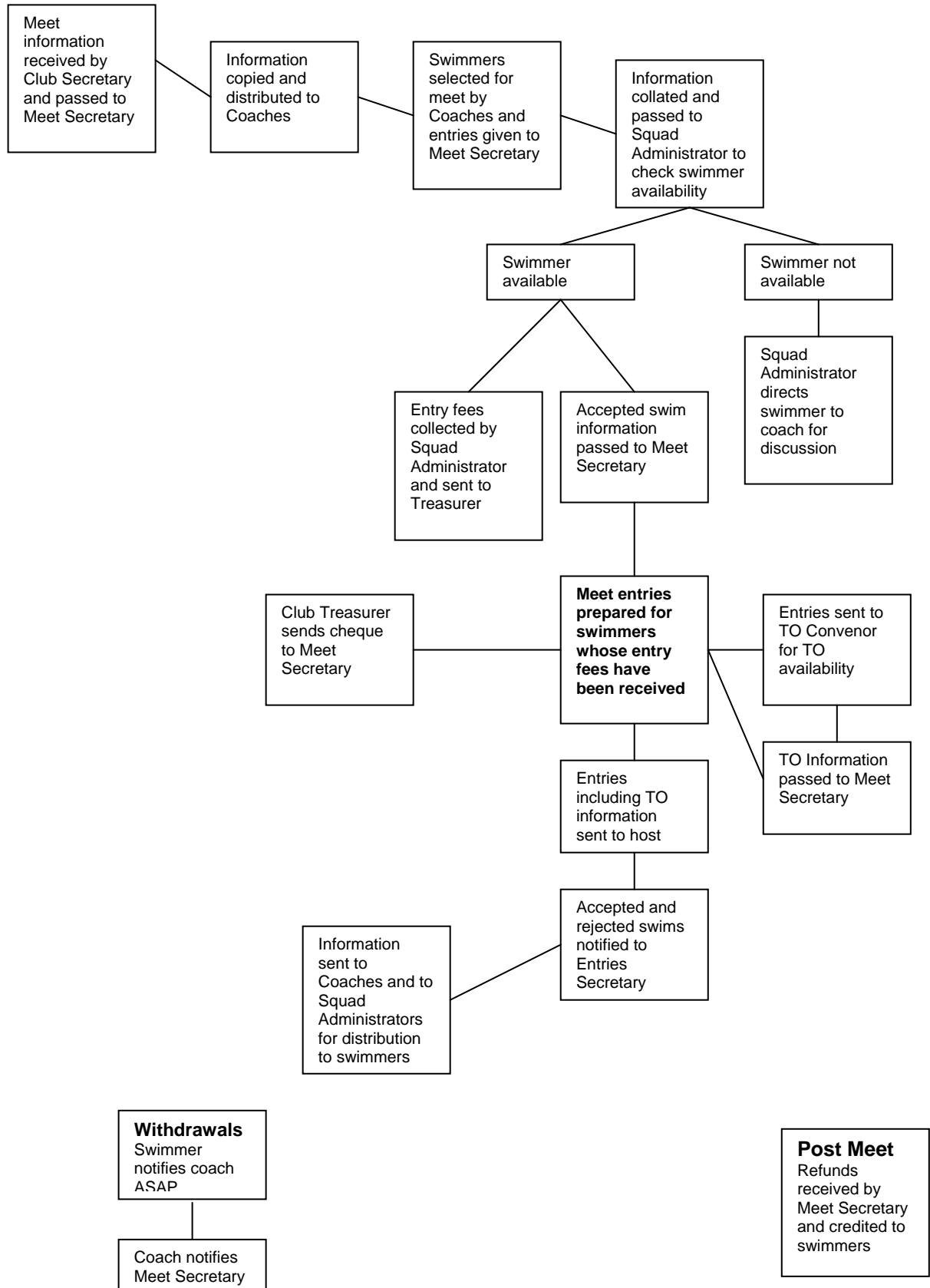
## **Criteria for Promotion to National Squad**

- 1 Agree to join RGU:SPORT, paying by direct debit. The club will reimburse half the cost if commitment is kept up
- 2 Agree to compete at District and National Championships and other meets as discussed with coach
- 3 Agree to attend AAA sessions plus 2 extra land training sessions at RGU and at least 2 extra pool sessions at RGU
- 4 Agree to notify the coach if not going to attend any session
- 5 Agree to maintain a log book as directed by the coach
- 6 Agree to log training results
- 7 Agree to attend LC training when invited





## Appendix VI – Procedure for Meet Entries





## Appendix VII – Club Shop Prices

Polo Shirts (Black, Red, White)		£15.00
Club Shorts		£15.00
Boys Trunks	Size: 26	£10.00
	Size: 28-34	£12.00
Girls Costumes		
Endurance	Size: 26-32	£15.00
	Size: 34 -36	£17.00
Lycra	Size: 26-32	£16.00
	Size: 34 -36	£18.00
Swim Caps	Squads	£4.00
Club Backpacks		£22.00
Pull Buoy		£4.00
Kickboards		£8.00
T-Fins (Squads)		£15.00
Mesh Bags		£4.00
Win Fins	11/13(31/32)	£9.00
(Improvers)	1/2 (33/34)	£9.50
	3/4 (35/36)	£10.00
	5/6 (37/38)	£11.00
	6/7 (39/40)	£12.00
	7/8 (41/42)	£12.50
	9/10 (43/44)	£13.00
Finger Paddles		£2.00
Speedo Black Hand Paddles		£6.00
Skipping Ropes		£4.00
Speedo Speedsocket Goggles		£15.00
Snorkels		£25.00



## Appendix VIII- AASC Fees

Category	Cost	Notes
A Squad Training Fees	£38/month	
AA Squad Training Fees	£54/month	
AAA Squad Training Fees	£68/month	
Junior Competitive Swimmers Annual Membership, including SASA Membership	£40	Under 11
Competitive Swimmer Annual Membership, including SASA Membership	£48	
Adult Membership, including SASA Membership	£27	Only 1 payment if both parents are Technical Officials





## Appendix X – Contact Information

Position	Name	Telephone	Mobile	e-mail
President	David Sutherland	01224 311146	07866 582565	<a href="mailto:davidsinlaw@aol.com">davidsinlaw@aol.com</a>
Vice-President	Kim Larsen	01224 867917	07707 663913	<a href="mailto:swimkim2005@yahoo.com">swimkim2005@yahoo.com</a>
Head Coach/Head Teacher	Alison Low	01224 322348	07967 199276	<a href="mailto:alisonjlow@btinternet.com">alisonjlow@btinternet.com</a>
Secretary				
Treasurer	Trish Freak	01358 742184	07986 325229	<a href="mailto:trish.freak@btopenworld.com">trish.freak@btopenworld.com</a>
Trustee/TO's	Joan Gomes	01224 315063	07951 531399	<a href="mailto:joangomes@btinternet.com">joangomes@btinternet.com</a>
Child Protection Officer	Amanda Powe	01224 647247	07799 075432	<a href="mailto:amanda.powe@nhs24.scot.nhs.uk">amanda.powe@nhs24.scot.nhs.uk</a>
AAA Squad Coach	Alison Low	01224 322348	07967 199276	<a href="mailto:alisonjlow@btinternet.com">alisonjlow@btinternet.com</a>
AAA Squad Administrator	Gwen Sutherland	01224 311146	07912 220248	<a href="mailto:gwenesutherland@aol.com">gwenesutherland@aol.com</a>
AA Squad Coach	Ian Benzie		07779 252118	<a href="mailto:ibservices@btinternet.com">ibservices@btinternet.com</a>
AA Squad Administrator	Phillipa Holden	01224 584894	07976 122902	<a href="mailto:PhillipaHolden@aol.com">PhillipaHolden@aol.com</a>
A(S) Squad Coach	Sarah Sutherland	01224 311146	07894 572586	<a href="mailto:sarahs_88@hotmail.com">sarahs_88@hotmail.com</a>
A(S) Squad Administrator	Susan Armour	01358 720827	07882 315178	<a href="mailto:glennarmour@tiscali.co.uk">glennarmour@tiscali.co.uk</a>
A(A) Squad Coach	Alan Benzie		07870 366685	<a href="mailto:abenzie89@hotmail.com">abenzie89@hotmail.com</a>
A(A) Squad Administrator	Jo Bonner	01569 731530		<a href="mailto:joandduncan@aol.co.uk">joandduncan@aol.co.uk</a>
LTS Administrator	Shona Butt	01224 319004		<a href="mailto:aberdeenlts@googlemail.com">aberdeenlts@googlemail.com</a>
Fundraising /Sponsorship				
Meet Entries /PB Sheets	Alison Sinclair	01224 705001	07989 617825	<a href="mailto:aws21@btopenworld.com">aws21@btopenworld.com</a>
Metre League	Heather Bush	01224 317502	07982 064818	<a href="mailto:heatherannbush@hotmail.com">heatherannbush@hotmail.com</a>
Shop	Paulene McEwan	01569 766019	07734 212873	<a href="mailto:aasc.swimshop@hotmail.co.uk">aasc.swimshop@hotmail.co.uk</a>
Social Events	Graham Martin	01224 868523	07949 200083	<a href="mailto:jmartin.cults@btinternet.com">jmartin.cults@btinternet.com</a>
Website	Tom Liversedge	01224 312883		<a href="mailto:Tom@Liversedge.freereserve.co.uk">Tom@Liversedge.freereserve.co.uk</a>

