



[www.biddulphasc.co.uk](http://www.biddulphasc.co.uk)



## FAQs

### Who runs the club?

A full list of the club officer, committee members and coaches can be found on the website. Below is a list of some of those officers for your information.

<b>Website</b>	<a href="http://www.biddulphasc.co.uk">www.biddulphasc.co.uk</a>	
<b>Facebook group – Like it</b>	Biddulph Amateur Swimming Club-BASC	
<b>Chairman</b>	Paul Barber	paulandjoy@talktalk.net
<b>Secretary</b>	Jane Brocklehurst	fionajanebrocklehurst42@googlemail.com
<b>Treasurer</b>	Mark Mellor	mamym1975@me.com
<b>Membership Secretary</b>	Janet Matthews	membership@biddulphasc.co.uk
<b>Welfare Officer (Male)</b>	Chris Thomas	welfareofficer@biddulphasc.co.uk
<b>Welfare Officer (Female)</b>		
<b>Competition Secretary</b>	Zena Dawson	competitions@biddulphasc.co.uk
<b>Director Of Coaching</b>	Peter Abbott	peteratthelodge@hotmail.co.uk

### Coaches

Director Of Swimming	Peter Abbott
Senior Squad Coaches	Darren Seabridge
Squad Coaches	Andrew Beech Sophie Pyatt
Coaches	Holly Jones
	Dave Lacey
	Andrea Beech
	Aimee Seabridge
	Jennie Cook
	Natasha Capes

### Club website & Facebook page

[www.biddulphasc.co.uk](http://www.biddulphasc.co.uk)

### Facebook - Biddulph Amateur Swimming Club-BASC

The club website will help you stay informed and up-to-date with.

club news	announcements and events	'Coaches Corner'
Diary of target galas and meet details	coaching team, volume of swimming, coaching info	training tips
Membership cost and fees	There is also an area for members to review their swimming times, as well as club records, and rankings	Welfare
Squad Structure	Where in When we train	Useful links and more



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## What is Swim 21? (Now SwimMark Essential)

We are a Swim21 club and follow the guidance in Wavepower for child safeguarding, the ASA Code of Ethics and Codes of Conduct.

While we hope your child will be happy and content at the club sometimes questions, concerns or issues may arise.

If you have a question regarding coaching you should in the first instance approach your child's coach. Do so at a time convenient to you both and please do not go on poolside and interrupt training. The coaches will be happy to arrange a time before or after training to discuss any training issues.

If you have a question or concern regarding child welfare the club welfare officer should be informed. Alternatively there is a dedicated helpline for anyone wishing to raise a safeguarding or welfare concern directly to the ASA called Swimline - a Swimline poster with contact details can be found on the club notice board or website.

Our club is committed to providing good child safeguarding practice for all our young members and we have adopted the ASA Safeguarding Policy - Wavepower which can be viewed and downloaded from [www.swimming.org](http://www.swimming.org). Our club is one where we accept that good safeguarding and fair play is paramount for all our young members.

Your child(ren) will be assessed as to what level they are currently achieving to place them in the appropriate training lane and competition level, which is outlined below with other helpful information.

The following details are on the website/notice board.

- Coaches list.
- Details of training times.
- Details of competitions.
- Academy squad members

Details of the decision making and procedure by which any parent can question the decision i.e. they should approach the coach/team manager or whoever in the first instance.



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## What are the Benefits of competitive swimming?

Participants in Biddulph ASC are taught the fundamentals of competitive swimming including the further development and perfection of stroke skills (far in advance of that provided by a non-competitive club), as well as sportsmanship and teamwork. In addition, swimmers get to meet and interact with others from different clubs and schools while enjoying the health benefits of regular physical activity. Not everyone will perform to the same level, but the benefits that competition brings: self-discipline; goal setting; self-motivation; honesty; self-confidence; team camaraderie; experience of success and how to deal with defeat; academic structure and strength; physical fitness and development, and friends, can all be viewed as valuable life skills. Ultimately though, competitive swimming is a fun team sport where everyone participates & everyone wins through individual & team accomplishments.

## What Equipment do we need?

Compared with some sports, the equipment required for competitive swimming is a relatively low investment, with the only regular expenditure being the replacement of goggles and costumes. Standard equipment for both the training and competitive swimming are outlined in the following list:

• Swimming costume/s (no bikinis)	• Kit bag
• Goggles x2	• Hand paddles
• Kick board	• Poolside towel & shower towel
• Swimming flippers	• Swimming hat
• Drinks bottles	• Club Top for Galas
• Mesh kit bag	

Please note that you can purchase club swim hats, club tops, and some swimming equipment from the club shop available at a number of sessions. Club branded shirts, hoodies, tracksuit tops and bags are available to order.

## What Competitions do we do?

Biddulph ASC is a highly competitive Club. We work on improving technique which will only be achieved through attending regular sessions. We follow training programmes as prescribed by the ASA in their Long Term Athlete Development Plan.

Every member should be competing, especially new younger members. The standard of swimmer that we accept is high with around one in three not being accepted.

Our coaches are committed to delivering the best sessions possible. We expect the same commitment from swimmers parents to get swimmers to sessions on time, and our swimmers in terms of attitude to training and behaviour when attending training sessions or representing our Club at events.

Biddulph ASC takes part in a wide range of events meaning that all swimmers will get the opportunity to race for the club at some point. We take part in,

• Beginners gala	• North West Arena League – Oct, Nov, Dec
• Club Open Gala – July	• Club Championships - November
• Open meets – club targeted meets in diary	• County Championships - February
• Regional Championships - May and National Championships – July/August	• Representing the County or Region

The aims of the galas are to gain experience and recognised ASA qualifying times for county and regional championships. This will help swimmers follow a Swimming long term development pathway from development through to elite swimming. More details are on the ASA website.

Please speak to a coach or a committee member if you would like some advice about competitions.



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## Where and when we Train

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Junior</b>				BVLC 6.30pm- 7.30pm	Horizons 6.30pm- 8.00pm		BVLC 5.00pm- 6.15pm
<b>Development</b>		BVLC 6am-8am  BVLC 7.30pm-9pm	New Horizons 6am-8am	BVLC 6am-8am BVLC 7.30pm-9pm	New Horizons 6am-8am  New Horizons 6.30pm- 8.00pm		BVLC 6.15pm- 8.15pm
<b>Club Group</b>		BVLC 7.30pm-9pm		BVLC 7.30pm-9pm			
<b>Academy</b>	New Horizons 6pm – 8pm	BVLC 6am-8am BVLC 7.30pm-9pm	New Horizons 6am-8am	BVLC 6am-8am  BVLC 7.30pm-9pm	New Horizons 6am-8am  Chesterton 6.30pm- 8.30pm	BVLC 7am-9.15am	Chesterton 6.50am-9am  BVLC 6.15pm- 8.15pm

As at September 2017

## What Squads do we have and what are the Training Structure and Objectives

### 1. Junior Group

This is our transitional group taking from swimmers who have graduated from lessons, and wish to progress their swimming. Open to swimmers 7 years and over, the focus here is to develop good stroke technique along with more advanced skills such as starts, tumble turns and stream lining. There is also an emphasis on fitness, and we would prepare these swimmers to compete in galas. This group can swim 2 to 3 times a week.

### 2. Development Group

The focus in this group is to concentrate on technique and an introduction to competitive galas. Open to swimmers 10 years and over, the training is based on medley work. This means working on all four strokes with a strong emphasis on technique and practicing swim drills. This group can swim up to 10 hours a week.

### 3. Club Group

Open to swimmers 14 years and over just wanting to do a couple of sessions per week.

### 4. Academy Squad

For swimmers 12 years and over, these swimmers compete at County, Region & National level. In line with Swim England best practice, the training revolves around fitness, technique, medley work and preparation for selected competitions throughout the year. Academy swimmers have over 20 swimming hours a week available.

Assessment of swimmers for each squad will be made by the Director of Swimming (Peter Abbott)



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## What is the Coaching Philosophy @ Biddulph A.S.C.?

The club is growing so fast at the moment with a lot of new members.

I thought it would be a good idea to give parents and swimmers information regarding the coaching philosophy and how children progress through the groups and tips for good training habits.

The training programme at the club is based on medley work which means working all four strokes with a strong emphasis on technique and practicing certain drills. All the groups work on the same drills whether you are seven or seventeen, so that there is continuity when moving from one group to another. This is one of the main reasons why we are so successful in producing so many of our own swimmers to a very high standard.

Every session your child does whichever group they are in is planned, recorded and evaluated so that there is variety in the programme with certain test sets that swimmers complete. If any parent would like to see the sessions their child does they are welcome, please have a word with me. Attendance is also recorded for each child.

As your child moves through the different groups at the club the long term development of the swimmer is the main concern making sure that swimmers are assessed properly and are moved up at the right time. This is not done on age but is my decision based on experience as to when I think it is right. That is why I coach the young swimmers as well as the senior swimmers so that I am aware and involved in what is going on in every group throughout the Club. The coaching of the youngest section at the between 7 years and 12 years is very important as this is when a coach can make the biggest impact on their future development.

The Academy Squad is the top group at the Club and is open to any swimmer 12 years and upwards who will be given an opportunity if they want to commit. This is different to most other Clubs who insist on swimmers achieving certain times to go in the top group. The philosophy at Biddulph is different as from my experience of coaching during the last thirty years I have seen swimmers who take their opportunity can improve very quickly and we have quite a number of swimmers in the Academy Squad at the moment who are proof of this.

## TOP TIPS FOR PARENTS SQUAD / DEVELOPMENT SWIMMERS

1. Consistency in attendance is by far the biggest factor in a swimmers improvement- i.e. you can be on the best training programme in the country but if you only attend 50 % of the sessions you will not reach your full potential.
2. Try and include as many morning sessions in your training as possible as you get older- morning training is essential if you are aiming to compete at a high level.
- 3 Always take responsibility for your own actions in the sessions for example on starts, turns, drills – what you do in training is what you will do when you compete – i.e. sloppy streamlining in training usually means the same in racing – there are seven turns in 200m swims !!!
4. Always work at the right intensity heart rate level on main sets i.e. if you turn up for training but do not work at the right level you will not benefit from the session.
5. Set yourself achievable targets and goals short term and long term in training and for competitions i.e. to achieve a certain time or position within a period of time or aim to be selected for the County Team.
6. Do not compare yourself to other swimmers who have a different physical make up i.e. a good 5 foot 8 INS 13 year old boy will more than likely beat a good 5 foot 3 ins 13 year old boy - not because he is better but stronger at that particular moment in time.
7. Age Group swimmers will not keep swimming personal best times every time they swim – sometimes it can be for physical reasons i.e. growth spurt or adapting to an increase in training due to moving up a group.
8. Do not do too many competitions – always discuss with your coach to make sure that you have prepared for that event.

Peter Abbott

Director of Swimming - October 2017



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## We need Volunteers!

### **Committee**

We are always looking for parental help to run the club. Please make any offers of help to a committee member; a member of the committee may approach you to see if you are able to assist with some of the events and coaching challenges. We are predominantly a voluntary run club and appreciate all the help parents can give us, however small.

### **Judges**

We need to have two qualified officials from BASC at the galas we take part in. We offer structured training for any parents who would like to become a poolside official. (Judge or timekeepers etc.)

We have a parent's code of conduct, which goes alongside similar codes for the coaches, officers and swimmers. You will be asked to read and sign the parent's code of conduct and countersign that of your child / children.

## What Social events do we do?

Biddulph has an active social calendar, with participation actively encouraged. Over the course of the year there are popular events such as the summer BBQ, Xmas Party & the club presentation evening. Swimmers and parents have been involved in a number of fund raising social events.



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## How much does it cost? 2017 Finances – Information

The committee have agreed a number of changes for 2017 covering monthly swim fees and more ad-hoc activities, for example galas. Any questions on anything detailed below please speak to any member of the committee, (a list of members can be found on the notice board), or email [fionajanebrocklehurst42@googlemail.com](mailto:fionajanebrocklehurst42@googlemail.com).

### Monthly Swim Fees

For 2017 we will maintain the monthly swim fees at the same level for the entire year, i.e. 12 equal payments, no reduced payment in August. The fees for each group, along with siblings discount are shown in the table below:

Group	Monthly Fee (1 <sup>st</sup> swimmer)	Monthly Fee – sibling discount (2 or more swimmers)	Hours p/w
Junior Group	£33	£29.70	3.5
Development Group	£57	£51.30	10
Academy Squad	£70	£63	20
Club Group	£31	£27.90	4
Dual Club	£16 or £28	N/A	2 or 4

The fees for all groups have been reviewed and set at a level that we believe to be competitive with other clubs in the area, considering available pool time, and importantly at a level that covers our costs. For clarity any sibling discount will apply to any siblings joining the club and their fees. The discount cannot be applied to the first swimmer in any family group who joined the club; typically this swimmer would be paying the highest fee.

### Annual Membership

The annual membership, payable by 28th February 2017, will be set at the same level as 2016, details below:

Group	Single Membership	Family Membership	ASA Fee*	ASA Region Fee
Junior Group	£45 a single swimmer	£75 two or more swimmers	£8.90	£7.70
Development Group			£25.50	£7.70
Academy Squad			£25.50	£7.70
Club Group			£25.50	£7.70

\* Membership forms will provide a full breakdown of ASA fees

For example a single swimmer in the Junior Group would pay £45 + £8.90 + £7.70 = £61.60. The ASA fees are paid direct to the ASA, the Membership fee supports the club. Once a swimmer begins to compete in Open meets an upgrade fee of £16.80 is payable to the ASA



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### **Financial Management**

The club has significant outgoings, with pool hire and coaching fees costing in excess of £60,000 per year. It is very important that all fees are paid on time to reduce the work required from our volunteers. Unfortunately on a number of occasions through 2016 the club has been owed over £1000, at a point in time, in outstanding fees. This puts our committee members (who are volunteers) in an uncomfortable position having to chase, on occasion repeatedly, outstanding monies.

For 2017 we will adopt a different approach:

- For gala entries where a completed entry form and full payment have not been received by the closing date the swimmer will not be entered
- Club membership forms not returned with full payment by 28th February 2017 will mean a swimmers membership is not renewed and they will not be allowed to train
- Items ordered through the shop, e.g. t-bags and or caps and not paid for at the point the order is placed will not be ordered
- If monthly swim fees are in arrears over 2 months no gala entries will be accepted and any monies paid for a gala will be used to offset the arrears
- If monthly swim fees are in arrears over 4 months the swimmer will be asked not to swim until all arrears are cleared

In previous years we have renewed memberships for swimmers who have left, ordered kit, branded with a swimmers name only for them to leave and repeatedly have to chase payment for galas. As a committee we do recognise that swimming is not a cheap sport but it simply isn't fair on the majority when a minority abuse the flexibility and good nature of the club.

If for whatever reason you are not able to make a payment that is due please speak to the desk, (Margaret, Jane or Zena) in the first instance. However any member of the club executive committee, Jane Brocklehurst, Paul Barber, Mark Mellor will be happy to have a conversation in confidence.

As a club we need volunteers, e.g. officials at the galas, fund raising, managing the club finances or supporting the swimmers at galas on pool side. Without volunteers the club simply can't run. If you are interested in getting involved with the running of the club please speak to any of the committee members.





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## Fee Payment

### Monthly Squad Fees:

- All monthly fees will need to be paid directly into the clubs bank account electronically (standing order or bank transfer)
- Payments can be made on any day in the month
- Please ensure you have a unique reference number to identify your payment (the desk will provide)

### All other fees:

- **Bank transfer** - Ideally should be paid electronically, using your unique reference number, please specify what the payment is for if not monthly fees
- **Cheque** - Can be paid via the desk by cheque – payable to **BASC**
- **Cash** - No cash payments above £10 will be accepted by the desk, cheque or electronic payment only if the value is above £10

### How can a make a payment?

- Ask for a standing order form.
- Please request the club bank details from the desk. You'll just need to send the payment with the Club bank details below e.g.

*Electronic Payment Details (example):*

**Sort Code:**090155

**Account:**49754806

**Reference:** "your unique ref provided by the desk"

### Why are we making these changes?

- Reduce the amount of cash and cheques collected by the desk.
- Reduce processing time ensure payments are correctly accounted for and paid into the bank.
- Paying electronically and cheque will significantly reduce this workload whilst also reducing the opportunity for errors.

If you are unable to pay the monthly fees electronically please speak to Paul Barber (Chairman) or Mark Mellor (Treasurer) or Jane Brocklehurst (Secretary) in confidence.