



Nottingham Northern Swimming Club
Beechdale Swimming Centre
Beechdale Road
Bilborough
Nottingham
NG8 3LL
www.northernsc.co.uk

MEMBERS
WELCOME PACK



Accredited



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Welcome to Nottingham Northern Swimming Club.

We hope your child will really enjoy and look forward to coming and that you will all make new friends with us.

Nottingham Northern is one of the longest established swimming clubs in the country and we celebrated our centenary in 2008.

We are a competitive swimming club which welcomes swimmers of all abilities from the age of five years old.

We provide a supportive and encouraging atmosphere where all swimmers can improve their technique and stamina enabling them to swim the very best they are able. This may involve swimming at club level, at Notts ASA galas, at County Galas and beyond.

We are a family friendly club. As all swimmers swim at the same time and place in different lanes and tanks, our club allows children within the same family to come together.

All coaches and officials are CRB checked and the club is Swim 21 accredited.

This welcome pack provides you with all the information you should need to know about what is involved in being a member of Northern.

All information including swimmers times, galas and pool closures are kept up to date on our website, please do visit it at

www.northernsc.co.uk

Our main notice board is at Beechdale Swimming Baths.

We produce a two monthly newsletter which we email to everyone in the club. Please make sure the membership secretary has your correct email address. The newsletter is also put on our notice board.

Alternatively please put any questions you have to one of the coaches at the beginning or end of the session or committee member during the sessions.

Clare Soar
President of Nottingham Northern Swimming Club

JOINING THE CLUB

Membership of the club is open to anyone from the age of 5.

Swimmers

For those that can swim, they may join at any time of the year. Anyone who is interested should contact the club coach, Sharon Hodgkinson on 0115 939 3265 to arrange a trial.

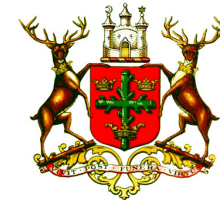
Non Swimmers

There are a limited number of places available for non swimmers to join the club, usually at the age of 5, when we teach them to swim. The club operates a waiting list for these lessons and under 5s can join the waiting list.

Anyone who is interested should contact club membership secretary Diane Williams at DianeWilliams44@aol.com

Committee Members 2010

President*	Clare Soar
Chair	Katie Rhodes
Treasurer*	Gill Salsbury
Secretary*	Diane Williams
Officials & fixtures secretary*	Calvin Houldsworth
Open Gala secretary*	David Anderson
Membership secretary	Liz Towlson
Welfare/ Health & Safety officer	Joanne Smith
Newsletter editor	Sarah Kay
Other members	Gina Taylor Martin Judson



PERSONNEL

Head Coach

Sharon Hodgkinson - - tel: 0115 939 3265

Other Coaches

Tony Alvey
David Booth
Marianne Grech
Nick Hodgkinson
Tracie Homer
Tony Penwarden
Clare Soar
Christina Smith
Hannah Soar
Tracy Stanley
Diane Williams

SWIMWEAR AND SWIMMING EQUIPMENT

The club runs a shop where members can buy Northern swimwear and swimming equipment. This is currently being run by Rachael and David Beaton. There is a list of equipment prices on the notice board at Beechdale swimming Pool. You can speak to them at most training session.

TIMETABLE OF TRAINING SESSIONS

Day	Pool	Time	Type of training
Sunday	Beechdale	1.00pm - 2.00pm	
Monday	Ken Martin	7.00pm - 8.30pm	Lane swimming only (First Lane 7-8pm)
Thursday	Nottingham Boys High School	7.00pm - 8.00pm	Lane swimming only
Friday	Beechdale	8.00pm - 9.15pm	

Members will be advised which sessions are appropriate for which swimmers on ability.

Notes

- 1. There is no session at Nottingham Boys High School during Goose Fair.*
- 2. There is a Summer Break in August.*
- 3. Other closures will be notified via the club newsletter, the club notice board or on the website.*

FEES

Annual membership

There is an annual ASA membership fee that all members have to pay which covers insurance and membership of the ASA. Membership runs from 1 January to 31 December. The annual cost of this is currently £26 each for the first two members of the family and a discounted rate of £13 each for subsequent members of the same immediate family.

There is an additional cost of £16 for those who are nationally registered which enables the swimmer to compete in designated open meets and county championships. Such swimmers will be advised when this becomes applicable.

For club helpers there is an annual membership fee of £1.50 which covers insurance.

For those joining part way through the year, the membership fee payable is calculated on a pro rata basis. Membership fees are normally set annually at the club AGM.

Alternatively this can be done at an extraordinary meeting, if required.

Team managers

Team managers manage the team that the club fields at galas. Two helpers are required for each gala and it is their responsibility to make sure swimmers are at the correct end of the pool two events prior to their event as well as to keep swimmers quiet at the beginning of each race. Contact Sharon Hodgkinson if you would like to help.

Gala Officials

The club requires a number of people to help to officiate at galas (as outlined in section 5 - gala information). This includes judges, referees, starters and time keepers. Training for this is available that the club will organise for you. For further details, contact David Anderson, Gala fixtures

Notes

- 1. Whilst the club is prepared to fund the cost of training, should the individual who has benefited from the training decide to leave the club within 2 years from the end of the training, they will be obliged to pay back a percentage of the cost of the training to the club.*
- 2. All those who help out poolside need to undergo police checks.*

Teaching/Coaching

Opportunities exist for parents/guardians who are interested in becoming involved in teaching/coaching at the club.

They can assist either in the main pool helping swimmers in a lane to follow a programme set by the club coach or in the learner pool to help beginners to gain water confidence or learn basic swimming strokes. Teaching/coaching is open to swimmers and non-swimmers and training is available. The club will pay for the training courses in return for a commitment to help for 2 years. For further information contact the chief coach, Sharon Hodgkinson.

Lifeguards

The club requires lifeguards to provide cover at each pool at every training session. The pools can provide these but at a cost therefore it is better financially if the club can provide them. Whilst some of our coaches are trained as lifeguards they cannot perform both roles at the same time but this can be overcome if there is a separate spotter poolside who would alert the lifeguard to any swimmer experiencing difficulties. Parents can act as spotters or lifeguards. Training is provided for lifeguards. For further information about either of these roles, contact the club health & safety officer, Joanne Smith

Monthly fees

The level of monthly fees varies according to sessions members attend as follows:

Session	Venue	Day and time	Monthly payment
½ hour in small pool	- Beechdale	Sunday - 1.00pm Friday - 8.00pm	£11.00 (or £9.00 when paid by SO)
	- Beechdale	Sunday - 1.30pm Friday - 8.30pm	£11.00 (or £9.00 when paid by SO)
½ hour in diving tank/boom pool	- Beechdale	Sunday - 1.00pm Friday - 8.00pm	£11.00 (or £9.00 when paid by SO)
	- Beechdale	Sunday - 1.30pm Friday - 8.30pm	£11.00 (or £9.00 when paid by SO)
Hour groups	- Beechdale - Ken Martin - High School - Beechdale	Sunday - 1.00pm Monday - 7.30pm Thursday - 7.00pm Friday - 8.00pm	£19.00 (or £17.00 when paid by SO)

Notes

1. Fees can be paid by standing order (SO), with 12 equal monthly payments to be made the first day of each month. This represents a discount on paying monthly by cash or cheque.
2. For those paying monthly in cash or by cheque, payments must be made with 7 days of the beginning of the month.
3. There is no fee payable in August when paying monthly in cash or by cheque when the club breaks for the summer.
4. Those swimming in the main pool can attend as many training sessions as they like for their monthly fee.
5. Those in their 17th year and/or in year 11 taking GCSEs may pay £2.50 per session.
6. If any member is in arrears by a month, they will not be allowed to swim.

POOLSIDE RULES & GUIDELINES

Please ensure that all equipment is named as the club accepts no responsibility for any items lost at training sessions or galas.

Time trials

At certain times of the year when times are required for some open galas, the swimmers may be timed in races. The swimmers will be aware that this is happening, and notice will be given to swimmers. This is in order to see how swimmers have improved and to have up to date times to enter in galas.

PARENTAL INVOLVEMENT

The club is run by volunteers so it relies heavily on the support of parents/guardians for it to operate. There are a number of ways in which they can become involved.

Committee

The club is run by a committee that meets on the first Wednesday of each month. The members are elected each year at the club's AGM that takes place in November or December. Notification of the AGM is sent out to all members and includes an invitation to those who may be interested in standing for election onto the committee. If you are interested in standing please have a word with Katie Rhodes (Tim, Alice and Emily Venkatesans Mum)

Nottingham Northern Junior Open Meet

This is organised every year by the club and represents a major fund raising opportunity. It is open to anyone in the country of the following ages: 10, 11, 12, 13, and 14 year old swimmers. We especially want to encourage our members to get involved.

All events are 50 meter races for each of the four strokes. There is also an individual medley in each age group. Trophies are presented to the top six swimmers in each race for each age category.

Club Championships

The club also organises its own championships each year. These take place in November/December with events for all members - seven and under, up to 15/16 and open races.

Trophies are presented to the top three swimmers in each race for each category as well as to the highest scoring swimmers over all strokes for the 7s and under and the 8/9 year olds. Trophies are presented at the presentation evening. For those over 15, vouchers are presented instead of trophies. Swimmers who are 12 and under and take part in the championships also receive a certificate with their recorded times.

Training sessions

1. All members are to be respectful at all times.
2. Children remain the responsibility of their parents/guardians throughout training sessions and therefore must not be dropped off and left. However if this is unavoidable another adult must be nominated to be the responsible adult during the session and the coach informed.
3. All members must arrive in time for the warm up. This is to reduce the risk of injury and enable the swimmer to get the best from the session. Swimmers who arrive late maybe refused entry to the session.
4. Main pool swimmers should have the following equipment: non fizzy drink in a non breakable container, kick float, flippers and pull buoy, goggles and swimming hat (for those with longer hair).

Galas

1. Children remain the responsibility of their parents/guardians during galas and therefore must not be dropped off and left. However if this is unavoidable another adult must be nominated to be the responsible adult during the session and the coach informed.

2. Requests to swim in galas will be sent by email wherever possible or by slips handed out to members or their parents/guardians. If for any reason a member is unable to swim in a gala, they should notify the club coach as soon as possible.
3. All swimmers are to remain poolside with the rest of the team under the supervision of the team manager. Parents must remain in the spectator area throughout galas.

Health & safety

1. No parents are allowed poolside unless they have been police checked through the club and are acting in an official capacity.
2. No mobile phones are allowed to be used poolside, in the changing rooms or in the spectator area. This is an ASA guideline because of the potential use of mobiles with cameras and child protection issues.
3. Swimmers must wear one piece swimwear and Bermuda type shorts are not allowed.
4. No dangly earrings must be worn during training session.

GALA INFORMATION

The club coach selects swimmers for galas. As we are a competitive club, the fastest swimmers in each age category required for the gala are the first choice but if they are not available, another swimmer will be asked to swim.

For more details on Galas please ask for our gala information on the notice board or on the website.

CALENDAR OF EVENTS

Month	Event
June	NNSC Junior Open Meet
July/August	Club Picnic
November/December	Club AGM
November/December	Club Championships
November/December	Presentation evening