

Bellshill Sharks Amateur
Swimming Club

Welcome Pack



Welcome to the Club

The following guide is provided for members of the Bellshill Sharks Amateur Swimming Club to explain how your club functions from week to week. It also provides important information on the requirements made on all members and their parents / guardians to ensure the continuing success of your Club. Bellshill Sharks Amateur Swimming Club has been in existence since 1968 and aims to promote and develop the swimming ability of all its members. The club is affiliated to the Scottish Amateur Swimming Association (SASA), as members of SASA West District.

Mission Statement

Each session I do will Shape, Strengthen and Empower me to reach my full potential

The Committee

We have over 90 swimmers which generates a number of tasks to ensure the smooth operation of the Club. Parental assistance is an absolute necessity to guarantee our future existence; you can assist in many ways like: door duty, time keeping at time trials & competitions or by becoming a committee member. No matter how small your help is it is always greatly appreciated, especially by the few who work hard on a regular basis to keep things going! The Club is run by a committee of parents/guardians and coaches elected at the Annual General Meeting held each year. A list of the current Committee members can be found on the club website. If you have any questions, issues, complaints etc feel free to approach any member of the committee at any time, if they cannot answer or deal with it there and then they will bring in to the committee for discussion and hopefully resolution.

Child Protection

The club has appointed Child Protection Officers who ensures that all Adults working directly with the swimmers do so in accordance to the Child Protection Act and have been checked by Disclosure Scotland.

Photographic Equipment

No photographic equipment (cameras, video, mobile camera phones, tablets etc) should be used within any changing areas and can only be used at the poolside with written permission being obtained prior, this ruling also applies to competitions in accordance with the Child Protection regulations of Scottish Swimming Association.

Mobile Phones

As it is difficult to ascertain which mobile phones have a camera option available, it was agreed by the Committee that there will be a total ban on the use of Mobile Phones within the changing area and poolside of our club, should you need to use your phone please do so in the main foyer. The acceptable use of mobile phone policy, which is issued by Scottish Swimming, should be completed

by the swimmer and returned to a member of the committee as soon as possible. Should you have any concerns regarding Child Protection, please do not hesitate to contact our Child Protection Officer, their name & contact number can be found on the club website.

The Squads

The swimmers are divided into 'Squads' (National, Age Group, Development and Foundation) depending on their swimming ability and technique. Swimmers will progress from 'Foundation' to 'National' squads as their ability improves. Each Squad has a qualified coach. The Head Coach produces the training programme, which is implemented at each training session. It is the coach that has the responsibility for monitoring the progress of each swimmer. When appropriate the Head Coach/Squad Coach will put swimmers forward for any competitions which suit their level of swimming ability.

Squad criteria and expectations including training days/times will be available in detail at the end of this pack.

Coaching Structure

Head Coach: Lynsay Murray - predominantly works with the current National Squad, but oversees and may be seen working with all squads.

Squad Coach: Jason Rooney - as well as being the clubs Welfare and Protection Officer, Jason is an experienced coach who works across all squads.

National Squad - Lynsay Murray

Junior Age Group Squad - Thomas Donald

Junior Development Squad - Millie Boyd and Jack Murphy

Junior Foundation Squad - Ceri Sinnett and Katie Brennan

All coaches may work across all squads at different times.

Time Trials

On certain sessions (usually a Sunday/Wednesday) National, Age Group, Development and Foundation Squads come together for time trials in the main pool. The swimmers are divided by age group / ability and will swim in a competition like setting; the swimmers are NOT racing against each other but against their own individual time. These times are used by the head coach to determine when swimmers have attained a level / speed to enable them to enter competitions.

Competitions

As previously stated, entering competitions across all squads is an expectation. We do not expect swimmers to enter every competition as we appreciate swimmers and families have other commitments.

Competitions for each squad can be submitted via the Sports Engine App.

Swimmers/parents/guardians choose the swims they would like to enter and any entry queries should be emailed to entriesbellshillsharksasc@gmail.com

Coaches are always happy to advise on swims, and may contact parents if they believe there are other swims more beneficial to the individual swimmer.

The club then send the entries off and the host club will process the entries and send back accepted swims and a programme for the meet. These will then be posted on the WhatsApp groups.

We are also expected to provide technical officials to each gala we attend. This is then returned when we too are hosting events ourselves. Timekeeping courses will be ran throughout the year and we encourage as many parents / guardians to participate as this is a vital part of the running and representation of our Club.

Withdrawing from competitions

Withdrawing from a competition should only be made in exceptional circumstances. We fully understand circumstances may change from the time of entering a competition to the day of the event. However, caution should be taken to limit this where possible.

Entries at most competitions can be highly oversubscribed, meaning several swimmers may not get to swim. A swimmer who has entered the meet, got an accepted swim and then withdraws, is preventing another swimmer from competing.

Caution should also be taken with the number of swims swimmers are entering in a meet. Please do not enter too many swims and then withdraw if accepted in all events due to the number of events being too much for the swimmer. Coaches will be happy to advise on events prior to entry where necessary. Once a swimmer enters, it is the expectation that they will swim that event.

If a swimmer needs to withdraw from an event after accepted entries are published, parents/guardians are liable for entry fees. The club do not get refunds for swimmers who do not compete once accepted entries are received by the club.

Withdrawals should only be made in cases of injury, illness or a change in circumstances prior to the event.

Withdrawals should be notified to the squad coach in the first instance, and then emailed to entriesbellshillsharksasc@gmail.com

Morning Training

Morning sessions are part of the training programme for swimmers in National, Junior Age Group and Junior Development Squads. It is an expectation across squads that swimmers attempt at least one morning session per week.

Morning training prepares swimmers more for competing at events as they are already used to being in the pool early morning. This is particularly beneficial for swimmers competing at events involving heats and finals. It also helps develop skills of organisation, timekeeping etc. Morning sessions are

essential to swimmers as they develop and become more involved in competing. Missing morning sessions, is missing several hours of training time.

Morning training is included into the criteria of selected squads.

Swimmers may leave early from a morning session to allow them to make school or parents/guardians to make work on time. Where possible, we ask swimmers to leave at either 7.10am or 7.30am to keep movement in and out of the pool to a minimum. However, we understand there are some situations where this is not possible.

Where swimmers are unable to attend morning training during school time, we ask that swimmers try to attend during school holidays.

Swimwear

Can parents/guardians please ensure suitable swimwear is worn appropriately at all times.

We would advise swimmers with long hair to wear a cap during training as this can become a safety issue with several swimmers in the lane and can also impact a swimmers technical development.

It is advisable for boys to wear the tighter fitting jammer type shorts rather than baggy sports shorts as this will reduce the drag felt by the swimmer and help aid development and technical improvement.

We strongly advise that race suits, particularly those classed as 'Tech suits' (generally ones costing in excess of £80) should not be worn in training. These suits are not designed to be durable for training and will quickly become worn out. These suits should be kept for race days only. Wearing these suits in training, will reduce the benefits of these in competition.

No jewellery should be worn during training sessions. This includes the use of sports watches.

Swim Shop

We have a Swim Shop offering Swim Caps, T-Shirts and Sweat Shirts and other clothing containing the Club name & logo can also be ordered to size. These items are sold at very competitive prices and are available for purchase at the club on a Wednesday evening from a Committee Member. Although these items are not a compulsory kit it does help to generate a team spirit within the Club and when members swim at competitions it helps to strengthen our Club identity.

Cancellation Procedure

From time-to-time training may have to be cancelled or venue changed due to events out with the Sharks control. All information will be posted on our WhatsApp groups and where possible an email generated via the Sports Engine App, can we ask that you please check this on a regular basis.

Joining/Membership Fee

Yearly membership fees are required to be paid in September of each year. New members will be required to pay a joining fee of £30 per person, this will reduce if joining part way through a year.

SASA Membership

All swimmers in Scotland are required to be members of SASA (Scottish Amateur Swimming Association) who are based at the University of Stirling. This membership offers insurance cover for each swimmer whilst training and at competitions. This payment is made to Scottish Swimming in April of each year, therefore is collected by the Members Secretary during March. Without this insurance cover the swimmer cannot be allowed to be in the pool in case of accident or injury, to either themselves or another swimmer.

Squad Fees

Squad Fees are due monthly by standing order.

Swim Entry Fees should be paid into the bank account once swims have been confirmed and invoiced.

National Squad - £55

Junior Age Group Squad - £40

Junior Development Squad - £22

Junior Foundation Squad - £10

**Sibling rates will apply if applicable at a 10% discount on the lower fee.

A North Lanarkshire Membership must be obtained from reception, this is currently set by NL Active and may increase on a yearly basis.

Should fees not be made in a timely manner, no more than 6 weeks in arrears, then the Committee reserve the right to suspend the swimmer concerned until all fees outstanding have been fully paid. Should a swimmer be absent for an extended period (3 weeks or more) depending on illness or disability, please inform the Club so that fees can be suspended for the relevant weeks. The swimmers' position in the Club will be reserved until they are fit to return to training.

Memberships

It is essential that all swimmers in the club have both a Scottish Swimming membership and membership through North Lanarkshire.

The Scottish Swimming membership acts as an insurance for the club and swimmers, and is necessary for swimmers to train and compete with an affiliated club.

The North Lanarkshire membership covers part of the clubs monthly fees, but also provides the same benefits as taking out a membership outwith the club. Swimmers can access pools across NL outwith their training times, can access the gym within the NL guidelines/restrictions, and have the opportunity to access other activities included within the membership.

Memberships can be organised at the club desk on the balcony on a Wednesday evening.

Fundraising

The club will organise fundraising events during the course of the year and this may take the form of bag packing for a couple of hours at the local supermarket, bonus ball and sponsored events etc. This is to assist with the cost of the Club Championships and any other special events that may be organised during the year for the swimmers to enjoy. If a parent does not want to help with fund raising, please let the Committee know but this may result in not receiving any discounts on any activities the Club may be participating in.

General Behaviour

Just a reminder to swimmers to display respectful behaviour at all times to coaches, fellow team mates and competitors from other teams. Swimmers should be aware of the language they are using at training, in the changing rooms and at competitions. Foul language paints the club in a bad light and will not be tolerated. Should a swimmer encounter any issues during training/competition, please encourage them to speak to a coach.

As always, we encourage the swimmers to be inclusive and supportive of one another.

Long Course (50m) Training

This is available to swimmers in the National Squad on specified dates across the year.

We are hoping to extend this to our Junior Age Group Squad over the coming months.

Availability of long course training is scarce and we would encourage swimmers to take every opportunity of attending long course training where possible.

Parents

We fully encourage parents to be involved and encouraging in every aspect of their child's swimming. However, can we please ask that parents do not enter poolside during a training session. This becomes disruptive to the session.

We would also discourage parents from coaching from the sidelines. This can reduce the swimmers likelihood to take on feedback from their squad coach, and become distracting at training and competition. The coach should always be the first person a swimmer speaks to after a swim at a competition. This will help the swimmers development.

We encourage parents to watch training sessions from the balcony and always be there to encourage and support at competitions, but please trust the coaches to do their job!

If you have any questions or concerns, please send an email to the relevant email address in the first instance, and if necessary a meeting can be set up from there.

Please do not stop a coach before, during or after a training session unless it is urgent. The coach is unlikely to be in the best position to answer your question.

Thank you for your understanding.

Contacts

The Sports Engine App as well as the WhatsApp groups should remain the main point of contact at the present time for general queries or for receiving information.

The Head Coach email should solely be used for questions directed to the coaches or queries related to training. Questions/ queries will then be directed to the relevant coach.

For all other queries, the relevant email listed below should be used.

Coaching queries - headcoachbellshillsharksasc@gmail.com

Competition entries - entriesbellshillsharksasc@gmail.com

General enquiries - infobellshillsharksasc@gmail.com

Finance/fees - treasurerbellshillsharksasc@gmail.com

Child Wellbeing and Protection Officer – cwpobellshillsharksasc@gmail.com

Check out our WEB page www.bellshillsharksasc.co.uk

Which includes our latest news, handy tips from tech suit regulations to our Swimming A to Z guide

Follow us on Facebook @Bellshill Sharks ASC both the closed group and public page

Twitter @AscSharks

Instagram bellshill_sharks_a.s.c

Updated November 2023

Squad Structure

Squads:

National Squad

Junior Age Group

Junior Development

Junior Foundation

National, Junior Age Group and Junior Development squads will form the clubs competition programme. Swimmers in these squads will compete at events of various levels across the year. It is an expectation that swimmers in these squads enter competitions on a regular basis.

Junior Foundation Squad will focus on introducing and developing the swimmers experience of 'club level' swimming. This squad will focus on developing swimmers skills, technique and race skills. Swimmers in this squad will be given opportunities to enter competitions to gain some competition experience. Swimmers will also regularly take part in time trials within their club training session. Competitions will be early level competitions and perfect for getting our young Sharks some competitive experience!

Squad Expectations/Criteria

Learn to Swim into Club

General

- Swim 50m-100m FC/BC/BR with good technique.
- Swim 25m Fly with full arm recovery.

Frontcrawl

- Flat body position
- Good kick
- Breathing to the side.
- Bi-lateral breathing- breathe every 3 and hold consistent breathing pattern.
- Ability to attempt tumble turns.

Backstroke

- Flat body position
- Good kick
- Long arms

Breaststroke

- Technique of kick (no screw kick)
- Breathing every stroke
- Reasonable timing

Butterfly

- Legs together on kick
- Arms fully recovering over surface for at least 15m

Skills

- Confident to attempt dive from blocks.
- Tumble turns.
- Streamlining.

Junior Foundation Squad

Training Times:

Monday: 6-7pm @ Sir Matt Busby, Bellshill

Tuesday: 7.15-8.15pm @ Time Capsule, Coatbridge

Wednesday: 6.30-7.30pm @ Sir Matt Busby, Bellshill

Aims:-

- Developing technique across all 4 strokes.
- Developing speed and power of kick.
- Early speed work.
- Training at distances up to 100m and 200m.
- Introduce and develop the underwater phases of all 4 strokes.
- Introduce and develop IM including turns.
- Develop starts and turns
- Early introduction to competition.

Criteria/ Expectations:-

- Attend at least one/two sessions weekly.
- Begin to enter competitions such as FVJL and Mini/ Development meets.
- Showing good techniques across all 4 strokes:

Frontcrawl

- Good body position
- High elbow recovery
- Strong kick.
- Breathing every 3 without pause on breath.
- Consistently doing tumble turns.
- Streamline and 3 fly kicks on underwater phase.
- Swim 200m easy showing good technique.
- Swim 100m at speed maintaining technique.

Backstroke

- Flat body position.
- Strong kick- visible on surface.
- Long arms- thumb exit/pinky entry.
- Confident attempting turns.
- Streamline and 3 fly kicks on underwater phase.
- Swim 200m easy with good technique.
- Swim 100m at speed maintaining technique.

- Breaststroke
- Flat body position.
- Good technique on kick- feet turned out.
- Breathing at the start of the stroke.
- Arms staying chest length on pull with long recovery holding glide.
- Pull, breathe, kick, glide timing.
- 2 handed turns.
- Demonstrate the underwater phase.
- Swim 200m with correct technique and turns.

Butterfly

- Kick from the hips- knees and ankles together.
- Arms fully recovering over the surface.
- Breathing every 2.
- 2 kicks to 1 pull.
- Timing- head down before hands enter after breath.
- Swim 50m with good technique.
- 2 handed turns with streamline and 3 fly kicks on underwater.

IM

- Swim 100m IM with efficient technique and correct use of turns.

Skills

- Understand and perform a competition start- both dive and backstroke start.
- Understanding of correct use of turns and underwater phases.
- Tight streamlining.

KIT USAGE

Kickboard, Pull buoy, Fins

Junior Development Squad

Training Times:

Monday morning- 6-7.30am (Swimmers may leave early to meet school/work times)

Wednesday- 6.30-7.30pm

Friday morning- 6-7.30am

Friday evening 7-8.30pm

Sunday 5-6pm

We do not expect swimmers to attend both mornings

Aims:-

- Strong technique across all 4 strokes.
- Continue to develop speed/power of kick.
- Develop speed work.
- Develop endurance- increase distance and intensities.
- Introduction to training off times.
- Training at distances up to 400m/800m (swimmers dependent).
- Develop starts/ turns/ underwater phases.
- Development of IM work including turns.
- Introduce backstroke to breaststroke flip turn.
- Competing more regularly at events such as FVJL, age group and early introduction to open meets (technique/skills dependent).

Criteria/Expectations:

- Attending 3 out of 4 sessions weekly.
- Attempting morning training- even during school holidays.
- Regularly entering available competitions.
- Showing good technique across all 4 strokes.
- Hard working training ethic.
- Positive attitude.
- Takes on feedback.
- Can swim 400/800m FC with good technique.
- Can swim at least 5 x 200m FC under 4 mins.
- Good lane discipline.
- Entering events of 100/200m at competitions.
- Ability to work independently using the clock.

KIT USAGE

Kickboard, Pull buoy, Fins, Introduce snorkel, Paddles (minimum usage with caution).

Junior Age Group Squad

Training times:

Monday- 6-7.30am (swimmers can leave early to meet school work requirements).

Tuesday- 8.15-9.15pm (Time Capsule, Coatbridge)

Wednesday- 7.30-9pm

Thursday- 7-9pm

Friday- 6-7.30am

Sunday- 5-6pm- Land training

Sunday 6-8pm

Aims:-

- To continue to improve technique across all strokes.
- Develop aerobic endurance.
- Speed development.
- Increase power.
- Increase efficiency of starts, turns, underwater phases and break outs.
- Train across all distances.
- Developing independence at training off times.
- IM based- swimmers should be training and competing in all strokes.
- Aiming to qualify and compete at District events.
- Top end of squad aiming to qualify and compete at Scottish events such as the Scottish National Age Groups (age, technique and skill level dependent).
- Regularly entering available competitions.
- Aiming to achieve times for Scottish Swimming Junior Academy programme.

Criteria/ Expectations:-

- Attending a minimum of 4 out of 6 sessions weekly. 5 sessions ideally.
- Regular attendance at morning training- at least one morning per week.
- Regularly entering and competing at competitions.
- Regularly qualifying for and competing at West District events.
- Showing desire to learn and achieve.
- Hard working training ethic.
- Completing all sessions to the best of the swimmers ability.
- Positive attitude.
- Taking on and applying feedback both in training and competition.
- Competing in a range of events and distances.
- Team player.
- Undertake 10-15mins pre-pool stretching independently before every session.
- Regular attendance at land training.
- Able to complete 5 x 400m Free under 6 mins.

- Taking all opportunities available.

National Squad

Training times:

Monday- 6-7.30am

Monday- 7-9pm

Tuesday- 7-9pm

Wednesday- 6.45-7.30pm- Land training.

Wednesday- 7.30-9.30pm

Thursday- 7-9pm

Friday 6-7.30am

Saturday- 4.15-5pm- Long Course at East Kilbride (Specified dates only).

Sunday- 5-6pm- Land training

Sunday- 6-8pm.

Aims:-

- To enhance skills and techniques across all strokes.
- Aerobic endurance.
- Improving speed, power, agility etc.
- Increase power of starts.
- Increase efficiency and power of underwater and breakouts.
- Train across all distances.
- Develop race pace work.
- Event specialisation (older swimmers).
- Develop and increase knowledge of stroke mechanics.
- Develop and increase knowledge of stroke count and how this impacts performance.
- Develop race strategies.
- Increase knowledge of the physiological side of the sport.
- Goal setting.
- Education- how to get optimum performance (pre/post-pool, nutrition etc).
- Competing regularly at competitions.
- Qualifying and competing regularly at West Districts.
- Qualifying and regularly competing at National Events.
- Working towards achieving selection for National Squads.
- Preparing swimmers for future swimming careers e.g. University Programmes.

Criteria/Expectations:-

- Attending a minimum of 5/7 regular sessions per week. 6 sessions preferable.
- Regular attendance at morning training- at least one morning per week.
- Regular attendance at long course training.
- Regularly entering competitions.

- Striving to compete at National events and achieve times for National Squads.
- Hard working training ethic.
- Completing all sessions.
- Giving 100% effort at every session.
- Positive attitude with a willingness to learn and succeed.
- Asking questions to enhance swimming and taking on and applying feedback.
- Knowing PB's and being able to apply this where required in training sets e.g. during race pace work.
- Competing in a range of events
- Beginning to specialise in events and strokes.
- Undertaking pre-pool and post pool land warm ups.
- Taking on available opportunities.
- Undertaking and understanding the purpose and benefits of taper prior to big events.
- Developing the ability to analyse race performance.
- Knowledge of the mechanics of each stroke.
- Training between 4000m-8000m per session (variable).
- Regular attendance and commitment to land training.