

A GUIDE TO OUR CLUB



A Clubmark quality awarded Swim Ireland affiliated club



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esbswimming

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SWIMMER & PARENTS GUIDE

COMPETITIVE SWIMMING

ESB SWIMMING CLUB

Version: 7th September 2019



WELCOME

ESB Swimming Club is a volunteer run competitive club. It aims to develop swimmers from their first splashes to the highest level of competitive swimming at national, international level and Olympic.



Swimming is a team sport which requires swimmers, parents and coaches to work together to succeed. Together they create a club that develops crucial life skills for children and young adults.

THE CLUB

Swimming in the club has three main stages designed to develop swimmers to the best of their potential:

- **Learn to Swim program**
- **Development Squad**
- **Competitive Squads**

Swimmers may start in the Learn to Swim program from the age of 4 years and progress to the Development squad once they can swim 25 m in all strokes. Progress to the Competitive squads is determined by the Coaches with the best interest of the swimmer in mind.

There are three Competitive Squads; Junior, Intermediate and National. They take part in competitions at Club, Regional, National and even International level.

TRAINING & COACHING

Training and coaching are provided by a dedicated and qualified team, many of whom are former competitive swimmers. They provide expert teaching and coach in the techniques required to develop rounded competitors.

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LEARN TO SWIM PROGRAM:

The Learn to Swim Program is held in the ESB SportsCo pool. The 1 hour classes are at the following times:

Saturday: 10 to 11.00 a.m.
Saturday: 11 a.m. to 12 noon
Sunday: 5 to 6.00 p.m.

Classes are run in 10 week blocks and cost
€75 for SportsCo members
€90 for non-members

THE SWIMMING SEASON

The Club's training programs run from September until the end of July. This is to allow competitive swimmers prepare for the competitive swimming season which starts in October every year. Galas take place in 25 meter pools (short course) from October to December while galas in 50 meter pools (long course) take place from January/February. The season culminates with National finals in July. For swimmers taking part in National events in July, parents should be aware that holidays before this may affect performances.



MEMBERSHIP & REGISTRATION

New members to the Club are welcomed and encouraged. Swimmers are required to register with the ESB Swimming Club through its website – see homepage on the following link - www.esbswimmingclub.com

The Club registers all swimmers in competitive squads (on an annual basis) with Swim Ireland as the governing body of the sport. All swimmers registered with Swim Ireland are given a Swim Ireland membership number and are set up on the 'GoMembership' database.



MEMBERSHIP FEES

Training fees for swimmers are kept as low as possible to cover the costs of the Club. They are charged to swimmers based on the budgeted training cost of their squad for the year and nominal capacity. These are fixed rate fees per squad and refunds or reductions in cases of absence are not possible. Swimming fees can be paid in full, quarterly or on a monthly basis through the on-line 'Way to Pay' system used by the club **Way to Pay**. Text and email alerts are issued by the Way to Pay system.

The fees and other fund raising where possible is used toward the rental cost of pools for training, Swim Ireland insurance, registration, official training and coaching costs. Every effort is made by the committee and the coaches to minimise the costs. Small rises in fees from one season to the next are to be expected if pool hire costs increase.

Fees for galas are not included in the annual training fees. These are charged to swimmers separately before entry to each gala.

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Note that refunds are not given by gala organisers if swimmers do not/cannot attend.

ESB SWIMMING CLUB 2019/2020 TIMETABLE

	Develop Squad	Junior	InterM	National
Mon				19-21 WW
Tue			20-21 SC	19-21 SC
Wed	19-20 M	19-20 M	19-20 SC	19-21 SC
Thur	19-20 M	19-21 SC	19-21 SC	
Fri			19-20 SC	18-20 SC
Sat		7-9 SC	7-9 SC	7-9 UCD 12-15 SC
Sun			8-11 SC	8-10 SC

WW- WestWood

SC- SportsCo,

SCL- SportsCo Land

UCD Sports Centre

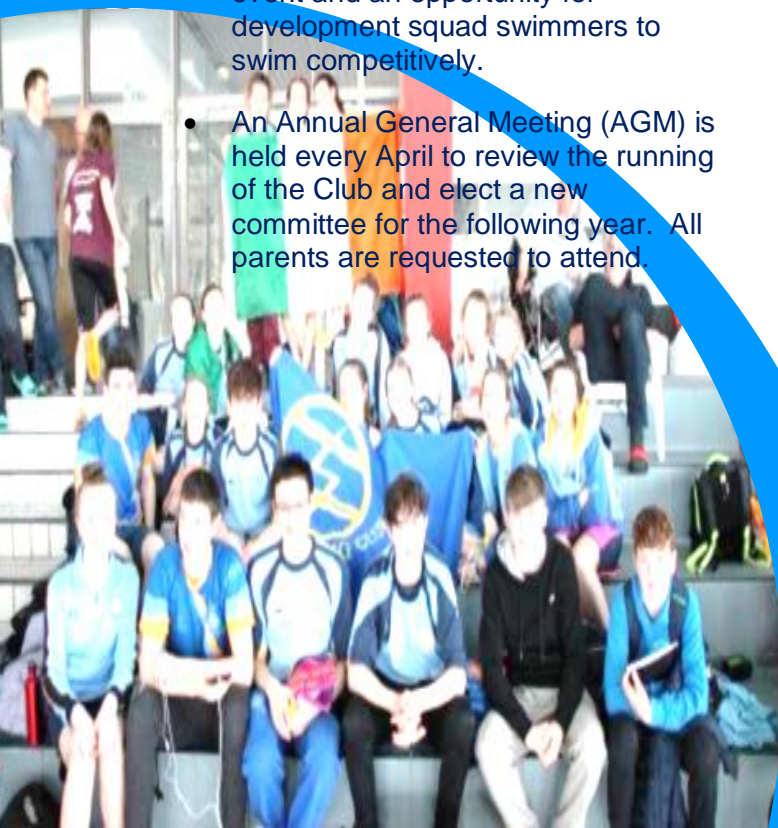
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CLUB EVENTS

The Club organises five key events each year as follows:

- Registration/Opening Day
- A Sea Swim which is held at the start of the new season. It is a great event and occasion for a barbecue.
- A Club Gala (Leinster Level 3). Funds raised help to subsidise training fees and other Club activities. All parents are requested to actively assist with the running of this event to ensure its success.
- A Christmas Gala which is a fun Club event and an opportunity for development squad swimmers to swim competitively.
- An Annual General Meeting (AGM) is held every April to review the running of the Club and elect a new committee for the following year. All parents are requested to attend.



PARENT SUPERVISION ROLE

It is a mandatory requirement by Swim Ireland that every training session is supervised by a parent for child safeguarding reasons. A supervision roster is prepared every month by the Children's Officers. This is issued by email on a frequent basis. As a voluntary Club parent participation and co-operation is vital to the running of the Club and your children's enjoyment. It is a small obligation once every few weeks and a good time to catch up on that book! Where a parent is unable to cover a pool duty it is their responsibility to organise a swap.

A WhatsApp  parents group has been set up and is used by parents for this purpose.

Contact Fiona on 087 115 8381 to be included in this group. Please note this is not an official communication channel managed by the Club or on its behalf.

At the ESB SportsCo pool there is a sign-in register (located in the Club Noticeboard) which must be signed by the Parent-on-Duty.



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ATTENDANCE

Competitive Swimming is one of the most technically challenging sports in the world and requires a high level of commitment to training hours to be successful. It is expected that swimmers aim to partake in the maximum training hours available to them each week. This will ensure that each squad and the club as a whole, move together along a development pathway. Swimming can be a demanding sport and as such requires a significant level of personal discipline.

CODE OF CONDUCT

Swimmers and parents are required to behave in a manner that is respectful to the Club, all other swimmers, the coaches and themselves. There is a lengthy code of conduct on the Club's website with which both swimmers and parents must familiarise themselves.

In short;

- **Enjoy yourself**
- **Listen to your coach**
- **Strive to achieve**
- **Support your team**
- **Be happy!**

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COMPETITIONS & GALAS

Throughout the season the Club participates in a range of galas. A calendar for the season is circulated to competitive squads in September and available on the club website. Swimmers are entered into suitable galas by their coach.

All gala organisers require entrance fees to be paid in advance. The Club makes a bulk payment for each gala and each participating swimmer is billed in advance of the gala. (Events in a gala cost between €7 and €10).

Suitable National and International galas may also be attended by the Club. These may be run as parent-led events which requires a parent to travel with each swimmer or they

may be run as a Club event in which case the swimmers travel as a team with only a small number of parents required to assist. These shall be decided on a case-by-case basis.

Once gala entries are entered by the Gala Secretary parents will be informed by email. This information can also be accessed from the OnDeck app. It will be the parents' responsibility to 'accept' or 'decline' the entry of their swimmer. If an entry is not actioned by a parent this will result in your swimmer being unable to take part in the gala. There will be a closing date by which parents must 'accept' or 'decline'. It is imperative that parents respond before this date as each gala also has a closing date by which the gala secretary must submit all ESB entries.

WHAT TO BRING TO GALAS

Most galas will last a full day, sometimes two and on occasions up to 4 days for National events. It is important to pack the appropriate kit for each event.

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Swimmers should bring:

- Swimming Club hat (and a spare hat)
- Goggles (2 pairs recommended)
- Togs (at least 2 pairs)
- Towels (at least 2)
- Club Kit (Shorts, t-shirt)
- Flip flops or suitable footwear (mandatory).
- Plenty of water
- Light snacks

All swimmers must take responsibility for their own kit!

CLUB KIT

For galas all swimmers must have as a minimum the ESB Club T-shirt and shorts.



These can be purchased by swimmers/parents directly when needed from Swimkit at www.swimkit.ie/esb-1/



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GALA OFFICIAL DUTIES


At Regional and National galas every Club must also fulfil some of the official duties such as timekeeping and turn judge. The Club will arrange for parents to receive training for these roles throughout the year.

Please be aware that if the Club does not undertake these duties the Club will not be permitted to enter further galas according to Swim Ireland rules. Parent involvement is a requirement set out by the rules of Swim Ireland in order to ensure events are run safely and at the minimum cost.



USEFUL APPS/RESOURCES

Parent On Deck App  is a free app that is linked to the ESB Club database and used by the Club to record swimmers training attendance, event times and manage gala entries. Once parents have registered through the Club website this can be accessed by swimmers and parents to view best times, standards and other information.

Meet Mobile app  is an independent app that links to the most common system (Hi-Tek) that is used at all galas to schedule events and record times. It is a paid for app (approx. €6) and provides up to the minute schedules and times for galas.



<https://www.swimireland.ie>



See link on Swim Ireland homepage

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HOW THE CLUB IS RUN

Parent participation and involvement is vital to the successful running and motivation of the Club. A volunteer committee of parents is required to assist the coaches in running the Club each year. The committee consists of;

Chairperson
Vice Chair / Education officer
Secretary
Treasurer
Gala secretary
Children's Officer
Head Coach
Membership secretary
Committee Members (3 to 4)

All parents are encouraged to get involved in the running of the Club and attend the annual AGM and opening registration day.

CONTACT DETAILS

esbswimmingclub@gmail.com

secretary@esbswimmingclub.com

gala@esbswimmingclub.com

membership@esbswimmingclub.com

