



IASC Newsletter and Information February 2023

It's been a while since the club sent out a newsletter and now that we have moved over to Team Unify (TU) our general club news will be shared on the News Feed within TU. This therefore is likely to be the last newsletter in this format. As such, please read this through as it contains a lot of relevant information relating to the club and structure. This letter will provide you with an update on news from the committee and Head Coach.

We are so pleased with the progress of all our swimmers and just want to congratulate you all on your hard work and dedication - keep it up.



Squad Movements

First of all can we congratulate a number of swimmers who have just moved to A and B squad.

New A Squad Swimmers (from B) - Lewis, Tearlach, Eleanor, Rebecca and Olivia

New B Squad Swimmers (from C) - Bernhard, Yvie, Felix, Amy and Katie M

C Plus was introduced to allow swimmers who were progressing well in C Squad the chance to swim longer sessions and transition towards B squad. So far it has been a great success with a number of recent CPlus swimmers now moving to B Squad. Well done also to those swimmers who have just moved into C Plus. The club would also like to thank those parents/swimmers who helped run the last North District meet held here at Inverness. A number of you helped out even though you or your swimmer did not take part. THANK YOU



Team Unify Update

Team Unify (TU) has been up and running now for a few months and the transition with training fees has been pretty straightforward. It really helped that most parents set up their card details timeously, allowing for the system to work. If for any reason any card payments fail then the system will request further payments and if the requests are unsuccessful then Billing will contact the Member to advise them so it can be rectified. Club Training fees also incorporate your membership fees so the club requires these to be kept up to date. TU recognises when member cards expire so you will be contacted prior to billing to ensure that your card details are updated.

Meet entries and caps orders are now billed through Unify. Prior to billing, each member due any additional fees will be advised by email that a payment has been raised so invoices can be checked. Please check any invoices/charges when you receive notifications so if there are any queries they can be resolved prior to any billing date. Instructions were previously sent on how to check billing but below is a quick guide. Details can be checked via the On Deck App or the TU website. If you have not uploaded the On Deck app please consider this. On Deck is an invaluable communication tool the club can use to message members. If you sign up to On Deck **and allow for notifications on your phone**, then you will receive notifications of club messages immediately, rather than wait till you check emails. This can be so important for time critical messages and up to date session information, including unexpected cancellations. If you are uploading the On Deck App please ensure that you choose REGION UK to gain access.

How to check billing

Go Into My Account

Invoices and Payments

View your account

View current invoice summary

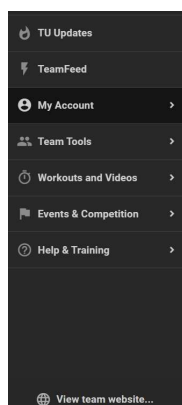
View Projected amount owed for the following billing month

Billing History

TU is our new system for our committee members and coaches. It has taken a bit of time for some of our volunteers to become familiar with the system, but thanks for bearing with us! It is our intention to make sure that emails you receive are relevant to you. If you have perhaps received an email recently that was not relevant to your swimmer, or more than one email regarding the same subject - then we hope that going forward all these little issues will be resolved and members will only receive emails relevant to them. This may be a bit harder with some meets as we have a varied age of swimmers through the three squads, but we will continue to work on this.

Can we ask all members to continue to engage with the Members Section of TU. This is where you can keep up to date with Team News, Events and Volunteer Vacancies. Within this section you can find old club newsletters, View Coach and Committee details and contact information, C Squad Hall of Fame and we hope to add a Meet News Report 2022, which will include photos from the Club Championships along with any other

General Information. Team News can be viewed via On Deck and the Website. Members Page can be viewed fully on the website, (not On Deck). If you are using your phone and log into your account you can view directly on the Website Home Page. If you are logging into your account then you can access the website page at the bottom.



We have a large number of new swimmers in C Squad and we really need new parents to get involved with the running of the club. Please check the vacancies section - the club cannot run without parent participation. Swimming is a very interactive sport for family members and for your swimmer to compete, we need parents/carers and family members to be actively involved in the running of the club and to also become timekeepers.

All club contact details are on Unify, but as a reminder, if for any reason your swimmer cannot attend sessions then please contact the coaching team on their email address - please **do not report** this on the What's App page.



IASC WhatsApp Group

This is a chat group for parent/carers to ask general questions, swap and sell items and to engage with each other. It is not an official IASC page and is simply a means of communication for those within. As mentioned above, can we please ask any parents who are currently using this for reporting absences to sessions to contact the coaches via email for non attendance. If you would like to join the WhatsApp Group please text the club phone, **07310982093**, with your name and the name of your swimmer. If you wish to be removed or leave the club you will be removed as soon as possible. Please don't text this phone with any other club enquiries **unless** you are advised it is being used at a meet. It is not regularly monitored, so please email the relevant club email.

The club also sets up a What'sApp Group for some away meets. If you have already registered you will be automatically added to an upcoming meet if your swimmer is attending. If you are not registered you will be contacted prior to a meet your swimmer is attending.



Meet News/Information

All meet information can be found on the TU home page or under the Event Section of TU. We also update the News Page with any photos or news from meets the club has attended.

The coaching team are finalising the competition calendar for the remainder of the season. Awaiting some dates and venues to be confirmed however the most up to date information will be circulated as soon as possible. The meet entry process and competition guide will be circulated to all members over the next couple weeks. The competition pathway builds on the level of competition swimmers should target. When planning which competitions to enter, the coaching team considers the type of meet aimed at different swimmers, the level of the meet, the purpose and the events on offer.

As a general guide, the following is a brief description of the main types of competition swimmers will participate in

Mini Meets: Introduces racing experience and are generally aimed at swimmers 8-12 years. Events on offer are usually 25m, 50m, some 100m events along with relays. No times are set for entry, and non-accredited times can be used

Graded Meets: Builds racing experience for developing swimmers. Times set for entry are 'slower than' times, giving less experienced swimmers the opportunity to race with others at a similar level. Some clubs present 'speeding tickets', where a swimmer has raced a time faster than the entry time. A certificate is often presented. Events on offer are usually 50m, 100m, 200m and sometimes 400m events.

Age Group Meets/ Club Open Meets: Building on racing experience for swimmers, some may cap age groups attending. Consideration times are often set, where swimmers need to be faster than the time to enter, times most often need to be accredited from other competitions. All events can be on offer from 50m to 1500m

North District Championships: Racing experiences for swimmers from age 11 years, times to achieve qualification are challenging. All events can be on offer from 50m to 1500m

National Meets: For more experienced and development swimmers from age 11 years and upwards. National meets include Scottish National Age Groups, Scottish Short Course Championships, Scottish National Championships and Scottish Summer Meet. From here experienced swimmers can achieve qualification to British Championships.

National Meets are entered as Highland Swim Team (HST), this composite team is formed with swimmers and coaches from Inverness, Lochaber, Nairn, Tain, Thurso and Wick. HST gives swimmers access to additional training opportunities and for competitions to attend as part of a larger team. IASC have a number of swimmers working towards Scottish National Age Groups and will be part of the HST team for this event

Upcoming Meets/Billing Dates

3/5 February 2023 – North District and Midland Championship, Part 1, Aberdeen – Registration closed - Billed 1 February 2023

18/19 February 2023 – Elgin Spring Meet – Registration closed - Billed 1 February 2023

3/5 March 2023 - North District and Midland Championship, Part 2, Aberdeen – *This meet is for swimmers with eligible qualifying times only*, see Events section - Registration now closed - Billing 1 March 2023

1 April 2023 – Inverness Graded Meet – *Our annual graded meet for swimmers with slower than times Aged 8 to 14* - Registration Closes - 19th March 2023 - Billing 1 April 2023



SAVE THE DATE - IASC GRADED MEET - 1 April 2023

The club will be running our Graded Meet on 1 April 2023. This is a great event which allows a large number of our swimmers to take part. This meet is suitable for swimmers aged 8 years to 14 years and entry times need to be 'slower than', so is a brilliant and fun competition for our younger and also inexperienced swimmers along with swimmers that may not have competed for some time. If during this meet your swimmer achieves a faster time than the actual set time then they win a speeding cap - which they can then model at swimming sessions with pride!

For this meet we hope that any swimmers eligible will compete. We need as much parent help as possible at this meet as it is a huge fundraiser for the club and if anyone has any fundraising ideas for the day, please let the committee know. This is a local event which is great fun for all the swimmers and is great for the team ethos. Look out for the relays - lots of shouting and screaming - take your earplugs!!

If you Marshall or are considering Marshalling for our Graded Meet then please contact our WPO Joyce asap as this is now a regulated role.

Meet Information can be found on TU home page or events or click below ND link



Club Championships

We absolutely loved the club championships and it was such a delight to have them back! Many thanks to all the parents/coaches/volunteers for arranging the event so quickly. Thanks also to all the volunteers that helped out both weeks. Without you all this event would never have taken place. It was brilliant for all the swimmers to compete with their teammates and especially for our younger or less experienced swimmers who have never competed before. Lots of happy faces over both nights.

The club will be arranging an awards ceremony in some format, but we are in the process of reviewing this. Please allow a bit of time for the committee to look at options.

Coach News

Thank you to all members for your patience whilst we moved onto TeamUnify for competition entries. This has been a learning process for the club as well as for the members. We aim to continue smoothing out details so you only receive information relevant to your child's squad. Your feedback has been most helpful in allowing us to see where things can be streamlined.

The coaching team continues to work through a framework across the season, focusing on skill development and furthering technique efficiencies. These are important for swimmers of all levels to continue working on, consistency is key to all of this. Consistency in attendance where possible, and consistency in the amazing hard work we see from the swimmers session after session.

Swimming is a fantastic sport but it is also complex in its organisation. If you have questions or feel you would benefit from understanding more about certain areas of the sport please contact the coaching team and we will do our best to support you. Sport is a learning pathway for the swimmers, also for the families and supporters.

COMMITTEE MEMBER NEWS

Membership News

SASA membership is due for renewal in March. Emma, our membership secretary recently sent out emails with renewal information, please read this email asap for instructions. **The deadline for payment is 10th March 2022.** If you do not renew your swimmers SASA they cannot swim as they will not be insured to train or compete.

STO News

Our STO is in the process of arranging Timekeeping Courses. Please check Team News and any upcoming emails for information. If you have any queries about Technical Official roles or your timekeeping/judges cards or documents please contact the STO.

WPO (Welfare Protection Officer) News

All volunteers in a regulated role are required to complete the online Child Welfare & Protection in Sport Course or be booked on a course by 1st April 2023. Any queries please contact our WPO's.

Log in to Scottish Swimming website

Click on Events & Courses

Click on Learning & Development box

Click on Wellbeing & Protection box

Click on an available date and follow registration instructions.

There is no cost to volunteers. £20 fee is met by SS



CWPS & CWPO

It is a requirement for all members in regulated roles to have an up-to-date CWPS certificate. Please see the list below for our upcoming CPWS courses.

CWPS

February

Thursday 23rd 6pm
Friday 24th 6pm
Monday 27th 6pm

March

Sunday 5th 10am
Sunday 12th 2pm
Thursday 16th 6pm
Monday 20th 6pm
Thursday 23rd 6pm
Monday 27th 6pm
Tuesday 28th 6pm

April

Tuesday 18th 6pm
Monday 24th 6pm
Wednesday 26th 6pm
Thursday 27th 6pm

Other Member News -



A team of North District athletes aged 15 to 18 years were selected by the North District Swimming Committee to compete at the Dave McCullagh meet in Bangor, Northern Ireland. The competition will be held from Friday 24th to Sunday 26th February. Isla MacDonald was selected along with 15 other athletes across the North District, they are among the strongest in their age group in the District. Isla's hard work and recent improvements secured her place on the team and she will be racing in multiple events over the 3 day competition. A fantastic achievement, Isla says "I'm really excited and looking forward to the opportunity to swim with the North District team and out with Scotland".

If anyone has any good news stories about members they would like added to the Team News please contact Stuart our General Secretary. Team News is restricted to Member Access only.



Club Shop

The recent order of named caps arrived and there were lots of happy faces for some swimmers seeing their names on their cap. They arrived on time for some of the swimmers to proudly wear them at the Garioch Mini Meet. If you are looking for unnamed caps please contact Natasha at the shop email. Cap orders will be billed via Unify. You can order any club kit from Klasklothing. Details and links to the website are on TU. Klas would like to thank all members that have supported them and made orders to support a local business.



VOLUNTEERING AND BEING A TECHNICAL OFFICIAL

Firstly a welcome to two new Committee Volunteers who have become involved in working committee roles within the club.

Gillian, a C Squad parent, has two girls who joined the club at the end of 2021. The girls are super keen and enter as many competitions as they can. We are delighted that Gillian will be working alongside Joyce as a Welfare Protection Officer.

Anna, a C Squad parent, has one daughter in the club who joined the club at the end of 2021. The family are a great asset to the club, with both Anna and her daughter regularly seen helping out at home meets whether competing or not. Anna will be working alongside the Treasurer role and assisting with TU billing.

The Club is wholly reliant on parent volunteers. We require all families to have at least one member working in one of the volunteer roles for the Club. The committee needs more members to ensure the club continues to run. The club has a strong complement of C Squad swimmers now and we need new parents to volunteer to get involved to allow the club to continue.

The truth is the club cannot run without parent volunteers and we are also in desperate need of a fundraising committee. If the club does not fundraise then as pool fees increase the club will have to increase training fees. A fundraising committee would be a great chance for a number of volunteers to get together, socialise and look at fun ways to make money that could involve all club members.

The committee are a friendly bunch and just want to ensure that all the swimmers have a club to come to every week. All parents were advised that you needed to contribute when your swimmer joined the club. We are asking if you can now look at how you can help and put yourself forward. Matty and Fiona will be looking to have a get together soon with all parents that have joined recently to talk about the roles and see where you can help. With any role you will receive lots of support from the committee and a lot of roles can be shared too.

If you are interested in helping the committee please get in touch with the Chair or Secretary.

TREASURER- There is a volunteer vacancy for a treasurer. Emma, our current treasurer, is stepping down from the role and we are keen to find a replacement for Emma asap. With the club moving to Unify, the Treasurer's role will be greatly reduced as we have another member overseeing Training Fees and Unify Billing. The Treasurer's main role will be to arrange any payments on behalf of the club through the Clubs Bank Account and to oversee the Treasurer email account.

BOOKKEEPER - We are also looking for a bookkeeper to oversee the accounts. This is temporarily being covered by another parent but needs to be filled as soon as possible. If a volunteer is not found then the club will need to return to paying a Bookkeeper which is an extra cost to the club.

MEET CONVENOR - We are looking for one or two parents to work alongside Jayne our Meet Convenor to assist with the running of our Inverness Meets and the North District Meets. We currently host two IASC meets per year and we host on average about 3/4 North District Meets per year, though this changes with each yearly swim calendar. The role involves organising the dry-side of the meets along with a working group of parents. These roles would suit parents who cannot commit to a regular role.

MEET SECRETARY/SECRETARIES- The club has a volunteer vacancy for a Mini Meet Secretary, although if we could find more than one meet secretary that would be fantastic. Our Meet Secretaries have committed a number of years to the club and cover various roles so it would be great if we can start training others to learn and share the role. We have a large number of new C Squad Parents that could be around for a number of years. Please consider this role.

FUNDRAISING GROUP - To put together a fundraising plan for the club to help raise funds for long course training trips, kit etc. We are looking for a group of parents who could work together to look at fundraising ideas for the club.

CLUB SHOP: This is a role that would suit a parent/carer that cannot commit too much time but will allow to have some involvement. There is very little time required as the role is only required to order coaches kit as and when it is required. There are also options via Klas to add other types of kit to the club shop, if a new parent wanted to look into this.

We would also be interested in any parents getting involved with the website/media side of the club or helping to arrange transport to meets. The club would like to look at obtaining sponsorship to allow us to get funding towards Events i.e. Club Championships, Extra Training, Team Bonding Events. If you think you could help the club out in any way please get in touch.

TECHNICAL OFFICIAL AND POOLSIDE ROLES

TIMEKEEPER

We require each family to provide a member as a Timekeeper so swimmers can attend competitions. If your swimmer is competing then we need parents to volunteer to help. Parents need to attend meets with their swimmer so why not spend part of the session helping your swimmer and the club. Swimming clubs are obligated to provide Technical Officials at competitions so if the club do not have timekeepers then the club can be fined or worse case the swimmers can't compete. We cannot rely on the same volunteers to do this each time, and as a club we should be supporting and helping each other, especially the swimmers.

Time Keepers are a great way to have a poolside seat at Meets when your children are taking part. You can volunteer for a full or half day when being a TK at Meets and events. There's a training course to be a timekeeper, but if you can work a stopwatch you'll be great.

MARSHALLS

When we host events we need Marshalls to ensure that all swimmers attend timeously at race point and are allocated lanes correctly. This is now classed as a regulated role which requires each marshal to undertake the CWP course and be PVG checked. CWPS course is done online and paid for by Scottish Swimming.

POOLSIDE HELPER

Our poolside helpers assist coaches to deliver training sessions. Training is provided.

COACH

Maybe you were a swimmer when you were younger, or you have an interest in sports? There are courses available and coaching is the perfect way to be there for your children in their activities. Most of our coaches give their time when their children are already swimming in the pool. You'll be here anyway ... why not help out?

JUDGES

Have any current timekeepers considered Judging. The club NEEDS new judges so we can continue to attend away meets. There is training available.

EVENT VOLUNTEERING

All our own Meets require a number of volunteers to help plan and run the event on the day. If your child is competing then we would expect a family member to volunteer at the event. This can involve a few hours on the info desk helping parents from other Clubs when they arrive, to running the raffle etc. These events are essential fund-raising opportunities for the Club.



Contact Information

All contact details for committee and coaches can be found on the Team Unify Website or On Deck

If your swimmer cannot attend sessions please contact the coaching team by email - please **do not report** this on the What's App page.

Coaches - iasccoaches1@gmail.com - Please email any non attendance for sessions
Head Coach - iascheadcoach@gmail.com
Chair - chairiasc@gmail.com
Secretary - iassgensec@gmail.com - Please send any general enquiries to this email
Treasurer/Billing - iasctreasurer99@gmail.com
Membership - iascmembers@gmail.com
Meet Secretaries - iascmeet@gmail.com
WPO - iascwpo@gmail.com
Shop - iascshop1@gmail.com
STO - iascsto@gmail.com
Club Funding - iascfunds@gmail.com
Meet Convenor - iasconvenor@gmail.com

Team News - If anyone has any good news stories that you would like added to the TU Team news, please send information and any photos to Stuart our secretary iassgensec@gmail.com so it can be added to the Members News Page.