

# SAST

SOUTH AYRSHIRE SWIM TEAM



Scottish  
Swimming



Aqua  
Mark 1

*south*  
**AYRSHIRE**  
COUNCIL

## SAST MEMBERS HANDBOOK VERSION UPDATE: DECEMBER 2025



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## 1. About the Club

South Ayrshire Swim Team (SAST) was created due to the amalgamation of Ayr, Prestwick and Troon Swimming Clubs in 2001. Working closely with South Ayrshire Council and Scottish Swimming, SAST is run by an elected Committee. The Club has two full-time Head Coaches (Senior and Junior) who oversee the full coaching team. Parental volunteers help within the club, and this is essential for the ongoing running and success of the club.

The objectives of SAST are best understood from the Club's Mission. The Club's Mission is as follows:

*Striving for excellence in swimming, allowing all swimmers to achieve their full potential.*

The Club's Mission is underpinned by the core values of Participation, Opportunity, Achievement, Respect and Inclusivity. These values are at the heart of everything the club does and ensure that effort, commitment, teamwork and performance are valued and rewarded in equal measure.

## 2. Club Affiliations

SAST is affiliated to Scottish Swimming, which is the national governing body for swimming in Scotland.

Scottish Swimming is divided into four districts; SAST is affiliated to the West District.

In March each year, the club must register every swimmer with Scottish Swimming. This registration provides every member with insurance to enable them to both train and compete. Registered members are issued with a personal Scottish Amateur Swimming Association (SASA) membership number, allowing them to compete in licensed meets.

You can log into your online Scottish Swimming membership portal here:

<https://scottishswimming.justgo.com/>

### 3. Charity Status

South Ayrshire Swim Team (SAST) has charitable status under the Charities and Trustee Investment (Scotland) Act 2005.

<b>Charity's registered name</b>	South Ayrshire Swim Team
<b>Charity number</b>	SC050025
<b>Type of charity</b>	Unincorporated association
<b>Charity registered on</b>	10 March 2020
<b>Charity's 'known as' name</b>	SAST
<b>Charity website</b>	<a href="http://www.sast.me">www.sast.me</a>
<b>Principal contact address</b>	c/o Prestwick Swimming Pool Bellevue Road, Prestwick, KA9 1NW
<b>Principle contact [as per OSCR] (as of July 2020)</b>	Louise Littlejohn
<b>Charity trustees [as per OSCR] (as of July 2020)</b>	Helen Dorrance Catherine Hardy Stephen Erentz
<b>Current SAST Charity trustees [as per SAST] (as of August 2025)</b>	Colin Haddow Louise Littlejohn Patrycja Bartkowiak
<b>Accounting reference date</b>	30 June

**The advantages of being a charity:** we can benefit from an increase in public recognition and trust (because we cannot use assets for any purpose other than the pursuit of charitable objectives); we can benefit from tax relief; we are now eligible for additional sources of funding.

**As a charity:** we need to ensure that we publicise that we are a charity in all communications; we are now eligible for gift aid; we have additional reporting responsibilities at the end of each financial year.

**What doesn't change:** we will continue to operate in the same way as we always have; our Constitution and annual accounts will continue to be available for anyone that would like to see them.

If you would like more information on the Office of the Scottish Charity Regulator (OSCR), please visit their website <https://www.oscr.org.uk/>

**Our charitable purpose is:**

The advancement of public participation in sport.

**Our charitable objects are (as per the Constitution):**

C2.1 The objectives of the Club are best understood from the Club's Mission and Values.

C2.2 The Club's Mission is:

*Striving for excellence in swimming, allowing all swimmers to achieve their full potential*

C2.3 The Club's Mission is underpinned by the core values of Participation, Opportunity, Achievement, Respect and Inclusivity. These values are at the heart of everything the club does and ensure that effort, commitment, teamwork and performance are valued and rewarded in equal measure.

C2.4 Taken together these allow the Club to advance the public participation in Aquatic Sports by promoting and managing the teaching, knowledge and practice of one or more Aquatic Sports, in accordance with paragraph C2.1 of the SASA Constitution.

## 4. Club Structure

### 4.1 Committee (including Executive Committee)

SAST is managed by an elected Committee comprising an Executive Committee (President, Vice President, Secretary and Treasurer) and up to ten Committee members. The role of the committee is to ensure the smooth running of the club and provide a safe environment for its members. The committee represents the views of the club's members and supports the coaching staff in the delivery of the program. Committee meetings are held, usually monthly, throughout the year and the Annual General Meeting is in August. Please refer to the website for an up-to-date list of the committee:

<https://uk.teamunify.com/team/sast/page/newsletter/committee>

### 4.2 Coaching Staff

The coaching team is made up of the Senior Head Coach, the Junior Head Coach, Lead Squad Coaches. The Senior and Junior Head Coaches also manage day-to-day club administrative duties, and are responsible for squad movements, competition planning, attendance at competitions and competition entries. Competition and Club Pathway squads have Lead Squad Coaches who are responsible for specific squads. Assistants may also support Lead Coaches at various sessions. Assistants can be parents wishing to contribute, swimmers from higher squads or young developing coaches gaining experience.

The current coaching team is as follows:

Squad	Lead Coach(es)	Contact details
British Development	Byron Stericker (Senior Head Coach)	<a href="mailto:byron@sast.me">byron@sast.me</a>
Scottish Development 1	Byron Stericker Brian Dalgleish	
Scottish Development 2	Brian Dalgleish (Junior Head Coach)	<a href="mailto:brian@sast.me">brian@sast.me</a>
District Development	Brian Dalgleish Louise Copeland	<a href="mailto:louise@sast.me">louise@sast.me</a>
Junior Competition	Lucy McNally	<a href="mailto:lucy@sast.me">lucy@sast.me</a>
Senior Club and Masters	Mike Boles	<a href="mailto:mike@sast.me">mike@sast.me</a>
Junior Club		
Para Squad		
Ayr Development	Stephanie Heslop	<a href="mailto:development@sast.me">development@sast.me</a>
Maybole Development	Sara Pieroni	
Prestwick Development	Louise Copeland	
Troon Development	Mike Boles / Jessica Murdoch	
Transition	Stephanie Heslop / Kirstin Heslop	

### 4.3 Training Fees (Season 2025/2026)

Squad	Monthly payments	SAC Membership
British Development Squad	£72.00	£12.50*
Scottish Development Squad 1	£60.00	£12.50*
Scottish Development Squad 2	£55.00	£12.50*
District Development Squad	£48.00	£12.50*
Junior Competition	£45.00	£12.50*
Senior Club & Masters Option #1 All sessions Option #2 One session per week	£27.00 £15.00	£12.50*
Junior Club	£22.00	£12.50*
Development Squad (Ayr/Prestwick/Troon/Maybole)	£23.00	£12.50*
Transition Squad	£16.00	N/A
Para Squad	£25.00	£12.50*

*\*This is a requirement of membership to SAST and will be paid directly by members to South Ayrshire Leisure via Direct Debit (payment is made separate to the SAST monthly fees).*

All monthly payments are processed through the Team Unify website. Registration details for the website are emailed to members when joining the club. Payment will be taken from your specified card on record on the first of every month. The process for adding a card to your account will be emailed to you once your website registration has been approved.

Please note that your account will require you to have a card selected for:

- Fees Associated with Your Account (monthly fee payments)
- On Demand Payments (other payments taken out with the monthly fee payments e.g. competition meet fees, kit order fees, Scottish Swimming membership fees etc.)

You can use the same card for both options or you can use two different cards, one for each option. However, both options must be associated with a card.

If you have a family of three or more swimmers, then you are entitled to a deduction of 5% from the total due for the family. This will automatically be set up on the system. Any issues with this or if you have any questions, please contact [finance@sast.me](mailto:finance@sast.me).

Should the payment options present financial difficulties, it may be possible to adjust over a longer period. Again, please contact [finance@sast.me](mailto:finance@sast.me) in strict confidence to discuss a more suitable payment plan.

## 5. SAST Pathway

### Competition Pathway

British Development Squad

Scottish Development Squad 1

Scottish Development Squad 2

District Development Squad

Junior Competition Squad

### Club Pathway

Senior Club  
Squad

Junior Club  
Squad

### Para Pathway

Senior  
Para Squad

Junior  
Para Squad

Development Squads  
Ayr, Maybole, Prestwick & Troon

South Ayrshire Swim Team Transition Groups  
South Ayrshire Council Learn to Swim

South Ayrshire  
Council Disability  
Learn to Swim



When joining the club, all swimmers will commence in either one of our Transition Squads or one of our Development Squad, depending on their ability to cope with the level of training required in each squad.

Swimmers can then continue along the Club Pathway route or progress into the Competition Pathway.

The Competition Pathway has an increased level of commitment as per our criteria outlined later. Swimmers can compete at various levels of competition based on their ability. We are a competitive swimming club and regularly compete across the year and aim to provide swimmers the opportunity to maximise their potential.

The Club Pathway is for swimmers who wish to attend or compete less and is a way for the club to retain swimmers in the club and the sport for fitness and/or social benefits even if they have other activities or sports which take priority.

SAST also have a Para Pathway, which allows athletes with a wide range of disabilities to train within a club environment. We aim to provide swimming for all within our pathways.

We are very proud of our pathway as it allows us to cater to all swimmers, and provide different options for different needs, ages, abilities, goals. The pathway grown and evolved over the last 10 years, and we will continue improving it for the benefit of all swimmers.

## 6. SAST Timetable [updated 7<sup>th</sup> December 2025]

SQUAD	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>British Development Squad</b>	5:45-7:30am - Citadel 4:30-5:30pm Citadel Land Training	5:45-7:30am - Citadel 4:30-6:30pm Citadel 6:30-6:45pm Post Pool	5:30-6:00pm Pre Pool 6:00-8:00pm Maybole	5:15-7:15pm Citadel 7:15-7:30pm Post Pool	5:45-7:15am - Prestwick 4:15-4:30pm Pre Pool 4:30-6:30pm Maybole	7:15-9:00am - Citadel Selected swimmers only 9:00-10:30am – Gym Selected swimmers only	
<b>Scottish Development Squad 1</b>	5:45-7:30am - Citadel 5:30-6:30pm Citadel Land Training	5:45-7:30am - Citadel 6:15-6:30pm Pre Pool 6:30-8:30pm Citadel	5:15-5:30pm Pre Pool 5:15pm-7:30pm Citadel		5:30-6:00pm Pre Pool 6:00-7:30pm Citadel	7:15-9.00am - Citadel	
<b>Scottish Development Squad 2</b>	5:45-7:15am Prestwick	4:30-6:30pm Citadel 6:30-7:00pm Post Pool		5:45-7:15am Citadel 5:15-7:15pm Citadel	5:30-6:00pm Pre Pool 6:00-7:30pm Citadel	7:15-9.00am - Citadel	
<b>District Development Squad</b>	7:00-8:30pm Citadel		5:45-7:15am Citadel	7:15-8:30pm Citadel	4:00-5:00pm Citadel 5:00-5:30pm Post Pool	7:00-9:00am Maybole	
<b>Junior Competition</b>	7:30-9:00pm Citadel		6:00-7:15am Prestwick		5:00-6:00pm Citadel		4:00-5:30pm Citadel
<b>Senior Club</b>	8:30-9:45pm Citadel		5:45-7:15am Citadel	7:30-8:30pm Prestwick			
<b>Junior Club</b>			8:00-9:00pm Prestwick	8:30-9:30pm Citadel			4:00-5:00pm Citadel
<b>Ayr Development</b>			4:30-5:30pm Citadel		6:00-7:15am Citadel  Combined Session		3:00-4:00pm Citadel
<b>Prestwick Development</b>	7:30-8:30pm Prestwick		7:00-8:00pm Prestwick				
<b>Troon Development</b>			7:30-8:30pm Citadel				3:00-4:00pm Citadel
<b>Maybole Development</b>	6.30-7.30pm Maybole		5.00-6.00pm Maybole				
<b>Transition</b>			6:00-7:00pm Prestwick		4.00-5.00pm Citadel		
<b>Junior Para</b>		7:30-8:00pm Prestwick					
<b>Senior Para</b>		7:30-9:30pm Prestwick		6:00-7:15am Prestwick	4:00-6:00pm Land + Swim Citadel		

## 7. Squad Criteria Outline

(A more detailed description is passed to swimmers when progressing into a squad)

<b>Squads</b> (+Available Spaces)	<b>Target Age Groups</b>	<b>Swimmers must attend the following weekly targets</b>	<b>Competition Targets</b>	<b>Entry Criteria</b>
British Development (16 swimmers)	13 years+	7-10 sessions as instructed by the squad coach. Land training is compulsory.	International, British, Scottish, District Champs & Open Meets (Swimmers must enter 12 competitions a year)	Squad Qualifying Times. Swimmers must be attending 6-7 sessions in their current squad.
Scottish Development 1 (18 Swimmers)		13/14yrs = 5-7 pool sessions 15yrs+ = 6-7 pool sessions Land training is compulsory	Scottish, District Champs, Open Meets & Graded Competitions. (Swimmers must enter 12 competitions a year)	Squad Qualifying Times & coach selection. Swimmers must be attending 4-5 sessions in their current squad.
Scottish Development 2 (21 swimmers)	14yrs & under	5-6 sessions weekly sessions as agreed with the coach. Attend a minimum of 2 weekly morning sessions.	Scottish, District Champs, Open Meets & Graded Competitions. (Swimmers must enter 12 competitions a year)	Squad Qualifying Times. Swimmers must be attending 4-5 sessions in their current squad.
District Development (24 Swimmers)		4-5 weekly sessions Attend a minimum of 1 weekly morning session.	District Champs, Open Meets, Graded Competitions, Club Champs & Time Trials (Swimmers must enter 10 competitions a year)	Coaches' selections and swimmers must be attending 3-4 sessions in their current squad
Junior Competition (24 Swimmers)	8-12yrs	3-4 sessions Wednesday morning is a compulsory	Open Meets, Graded Competitions, Club Champs & Time Trials. (Swimmers must enter 8 competitions a year)	Coaches' selections. Swimmers must be attending 2-3 sessions in their current squad
Senior Club Squad (30 swimmers)	16yrs +	2-3 weekly sessions	Competitions are optional	Coach selection / swimmers' choice
Junior Club Squad (24 swimmers)	12-16yrs	2-3 weekly sessions	Competitions are optional. Swimmers can either enter competitions or just train.	Coach selection / swimmers' choice
Development Squads (80 swimmers)	12yrs & under	2-3 weekly sessions Friday mornings (build the habit) Attend SAST Swim Clinics (3-4 times a year)	Graded Competitions, Club Champs, Internal Team events & Time Trials.	Coaches' selections of swimmers within transition squads or through club assessments.

The Head Coaches, in consultation with the team of coaches may at their discretion, authorise movements that do not comply strictly with the entry criteria for a particular squad to assist in the control of numbers and therefore provide greater opportunities for more swimmers. Movement prioritisation is by full qualification, partial qualification and those showing the greatest potential based on current performances, training, commitment, attendance records and attitude as determined by the Head Coaches. These will also be the considerations if squads are at maximum capacity. I.e. it will be the decision of the Head Coaches on squad allocation if numbers are at a maximum regardless of qualifying times achieved.

## 8. Training Kit Recommendations

### Training kit

Please see the table below for the kit requirement in each squad. Please note that as swimmers progress through the squads, new kit may be required, and this is highlighted in **BOLD** in the table.

SQUAD	Training kit required (new kit required in <b>BOLD</b> )
<b>British Development Squad</b>	Roller, Hockey Ball, Theraband, Skipping Rope, Paddles, Ankle Band, Snorkel, Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Scottish Development Squad 1</b>	<b>Roller, Hockey Ball, Skipping Rope, Paddles, Band,</b> Snorkel, Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Scottish Development Squad 2</b>	<b>Roller, Hockey Ball, Theraband, Skipping Rope, Hand Paddles, Finger Paddles, Ankle Band,</b> Snorkel, Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>District Development Squad</b>	Snorkel, Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Junior Competition</b>	<b>Snorkel,</b> Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Senior Club &amp; Masters</b>	<b>Snorkel (optional),</b> Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Junior Club</b>	<b>Snorkel (optional),</b> Kickboard, Pull Buoy, Fins, Kit Bag, Cap, Goggles and Water Bottle.
<b>Development Club</b>	<b>Kickboard, Pull Buoy, Fins, Kit Bag,</b> Cap, Goggles and Water Bottle.
<b>Transition Club</b>	Not required Will be provided
<b>Para Squad</b>	Cap, Goggles, Kickboard, Pull Buoy, Fins, Water Bottle, Kit Bag

### Spare kit

Please ensure that swimmers have spare **goggles, caps** and **swimwear** with them **always**, whether at training or a competition.

### Type of fins

Swimmers will require fins when joining the club. There are various types of fins available to purchase. We have outlined below our recommendations for the best type of fins to be used for training. If you have any questions, please speak to your coach for further information.

**Recommended  
(cheap option)**



*Short fins  
(various brands)*

**Recommended  
v1  
(dearer option)**



*TYR Hydroblade*

**Recommended  
v2  
(dearer option)**



*Arena Powerfin*

**NOT recommended  
due to length of fins**



*Long fins*

**NOT recommended  
due to poor  
flexibility**



*Speedo fins*

## Snorkels

Swimmers will require snorkels when progressing into the Competition Pathway (Junior Competition). We recommend purchasing a snorkel where the top points straight up, allowing it to be used for all strokes if required.

## Paddles and size of paddle

Swimmers will require paddles when progressing into Senior Competition (Competition Pathway) or to the Performance Pathway (Junior Performance and Senior Performance). We recommend the following size of paddle (please note that this may change when swimmers are older):



## Recommended websites for kit

We recommend the following websites for the kit outlined above.

Wright Sport	<a href="https://wrightsport.co.uk/">https://wrightsport.co.uk/</a>
ProSwimWear	<a href="https://www.proswimwear.co.uk/">https://www.proswimwear.co.uk/</a>
Simply Swim	<a href="https://www.simplyswim.com">https://www.simplyswim.com</a>
Sports Direct	<a href="https://www.sportsdirect.com/swimming">https://www.sportsdirect.com/swimming</a>
Amazon	<a href="https://www.amazon.co.uk/">https://www.amazon.co.uk/</a>

## 9. Club Kit

### General kit, on starting with the club...

Swimmers can purchase the follow SAST kit directly from the club:

- Yellow SAST swim cap (no name) – £7.00

To order a SAST cap, please complete the new online form, here:

<https://uk.gomotionapp.com/team/sast/page/newsletter/sast-caps>

We also sell yellow SAST swim caps with a personalised name added. These are £12.75 and a specific order is required via the manufacturer, and members will be emailed when this is available.

### SAST kit

SAST kit can be purchased here:

<https://teamwear.nxt-sports.com/shop/south-ayrshire-swim-team>

- The shop is open all year round and orders can be placed at anytime
- Items are despatched normally within 3-5 days

We have recently changed our supplier due to:

- Higher quality garments
- Wider range of clothing
- Improved website with better functionality and additional services i.e. order tracking

### Other kit

You may notice some of our older swimmers sporting a blue or black SAST cap in training or at competitions. Any swimmer who has represented the club at a Scottish national event is eligible to wear a blue cap and any swimmer who has represented the club at a British national event is eligible to wear a black cap.

Any other SAST cap colours are from specific training camps abroad and should not be worn in competition by swimmers.

## 10. Online presence

The club website can be found at:

[www.sast.me](http://www.sast.me)

You will also have access to the same information within an app. Please search for “SportsEngine Motion” and enjoy all the same information at your fingertips!

Please note that it is the same log in details for the SportsEngine Motion app as it is for the [www.sast.me](http://www.sast.me) site.

### **SOCIAL MEDIA**

The club has a public Facebook page which can be found here:

[SAST Facebook page](#)

The club also has a Twitter account which can be found here:

[@sastswim](#)

The club also has an Instagram account which can be found here:

[@sastswim](#)

The club also has a YouTube account which can be found here:

[SAST YouTube page](#)

## 11. When joining the club...

Your offer to join the club email should provide you with all information required on how to register your swimmer with the clubs Team Unify website and SportsEngine Motion app, how to join our Governing Body (Scottish Swimming) and how to become of member of South Ayrshire Council Leisure.

This all needs to be done just once; updating is only necessary if your circumstances change, for example changes in address or medical information.

Please note that previously we requested that parents returned forms to us (Code of Conduct, Medical Consent Form, Mobile Phone Policy, etc.). This is now completed through the Team Unify website.

And our Welcome Meeting should cover all other areas as well as allowing you to ask any questions. If you have any further queries following on from the Welcome Meeting, please contact us [brian@sast.me](mailto:brian@sast.me)

## 12. Squad Moves

All squad moves across SAST are at the coach's discretion and are discussed at coaches' meetings once every 12 weeks (approximately). Movements are based on coach recommendations that consider age, ability, and commitment. Most movements are regarding training abilities.

For squad qualification times for Senior Performance 1, Senior Performance 2 and Youth Competition 1, please refer to the following document:

[https://uk.teamunify.com/sast/UserFiles/File/sast-squad-qualification-times-l0-application-2023\\_045660.pdf](https://uk.teamunify.com/sast/UserFiles/File/sast-squad-qualification-times-l0-application-2023_045660.pdf)

Please note that there are no qualifying times for Junior Competition or Youth Competition 2 Squads.

The Senior and Junior Head Coaches, in consultation with the team of coaches, may at their discretion and with good reason authorise movements that do not comply strictly with the entry criteria for a particular squad. SAST can only accommodate a finite number of swimmers at any one time (age and ability depending). Please note that due to limited numbers, places within each squad will be taken by swimmers showing the greatest long-term potential based on current performances, training, commitment, attendance records and attitude.



### 13. Volunteering

The club is run by a group of volunteers, and we are always looking for new faces to support our hard-working and enthusiastic team.

Volunteering allows parents to engage with each other and as well as being able to feel fully connected to their children's swimming journey and understand a lot more about the sport and how we operate as a club.

We fully understand that everyone has busy lives and other commitments. As a club, the more people that we have available to help support us, the less everyone is required to do. The more that we can spread the load, the better it is for everyone involved.

Please remember that without our volunteers, the club will cease to function. An example of this was during Covid, when we were getting back into the pool. We were required to have a 'Covid Liaison Officer' at every session to ensure that we followed all relevant protocols and ensure everyone's safety. This would not have been possible had it not been for our fantastic parents stepping up to help every day, and the club would not be in the position that is today without the support of our volunteers.

Areas where the club require volunteering support are:

- The running of the club (committee)
- Fundraising (for club funds and additional opportunities for swimmers)
- Social events
- Club trips
- Team managing at meets
- Officiating at meets

You may have an occupation that would be useful in the overall running of the club. You may have some skills that would be useful in supporting us run certain events. Or you may just be willing to help in any way shape or form by giving up your time. We would appreciate help in any of areas outlined above.

We will always require support of parents when running our own meets in any capacity so your time and assistance would be greatly appreciated.

If you are interested in helping the club in any way, please contact us at [brian@sast.me](mailto:brian@sast.me)

## 14. Competitions

### 14.1 About Competitions

Please refer to the [SAST Calendar](#), which is regularly updated and shows competition dates and which squads are targeted to enter.

All competitions will also be available to view in advance on [www.sast.me](http://www.sast.me) (log in and go to Events & Competitions > Team Events) and the SportsEngine Motion app.

### 14.2 Entering Competitions

#### **When to Enter...**

Approximately 4–8 weeks prior to a competition, an entry portal will be opened and emailed out to members once it has been activated on the Team Unify website and SportsEngine Motion app, with information about the competition and instructions on how to enter. We would recommend that new members should only enter external competitions after experiencing an internal time trial or SAST gala.

#### **How to Enter...**

Refer to the event email sent out for a specific competition. That email should include information on the following:

- Information on the steps required to enter the meet
- The squads which are eligible to enter
- Dates, warm up and start times, location of meet
- Age groups and events
- Entry fee
- Information on what each squad is expected to enter event wise
- Any other relevant information

To enter the meet, click on Edit Commitment. On the next page, scroll down and click on your members (swimmers) name. On the following page, please read the Important Notes, as this is where we will specify what we expect each swimmer to enter at the meet. This will be based on what will be best to help develop a swimmer's experience and racing skills through various stimulus. For example, the Important Notes might ask that swimmers enter a minimum of four swims and include a specific event or group of events.

Next, click on the Declaration box, selecting YES. Once you have completed this, the events the member is eligible to enter will then appear below. Please take note of the days, sessions and events at this stage. Swimmers and parents should discuss and choose which events to enter; the Important Notes on what to enter is there to help. To select an event, click on

the box on the left-hand side of the page, bringing up a tick. Once all the events to be entered have been selected, click on Save Changes and your entries will be submitted. It is parent's responsibility to ensure that the submitted entries are accurate, as we will assume that this is the case when processing them.

**If you do not intend to enter the meet, we would still appreciate a response. Go through the process above, clicking on the Declaration box, selecting NO and then Save Changes.**

We will then check all entries in the lead up to our SAST closing date. We will Approve all entries prior to sending them to the host club. You will be able to see that this has been completed when **Approved** or ✓ **Approved** is next to your entries. This will be your confirmation that the entries will be submitted, again it is parent's responsibility to ensure that the approved entries are accurate.

In the rare case that an entry is not approved for any reason (almost in all instances, parents will not have followed what was outlined in the Important Notes), please contact us and we will let you know the reason.

Entries can be altered at any time up to the SAST closing date. NO LATE ENTRIES WILL BE ACCEPTED.

Please note that swimmers will only be allowed to declare for a meet if their squad has been specified for the meet. Entries will also be restricted to account holders with a card on file for On Demand payments.

Once the closing date has passed, we will approve any remaining entries and send off the entries to the meet host.

### **What Next...**

Competitions are restricted by the number of competitors they can accommodate and therefore swimmers with the fastest personal best times are prioritised. If a swimmer does not have a personal best time for an event, then one will be estimated for them by the SAST Head Coaches using previous results from time trials.

When the meet organisers have processed all the entries, they will circulate a swim list to the clubs. This is normally a couple of weeks prior to the competition date. The swim list will state which events the swimmers have been successful in qualifying for. The swim list will be emailed out and added to meet on Team Unify (click on the name and look for Forms / Documents).

If 'SCR' appears next to a swim it means that the swimmer has been scratched from that event due to so many swimmers entering with faster times.

If 'ALT' appears next to the swim it means that the swimmer is a reserve and will not know if they have a swim until the competition starts.

## **Graded Meets and Competitions with Qualifying Times / Standards**

Some of the competitions have entry times that swimmers must already be faster than or in the case of graded meets entry times that the swimmer must be slower than. If there are standards for a meet, then the event selection page outlined above will highlight this. It will indicate which events swimmers qualify for, and which they are able to enter. If a swimmer's time is in BLACK text, then they have a time that **IS** eligible to enter that event. If a swimmer's time is in RED text, then they have a time that **IS NOT** eligible to enter that event. If there is a **NT (No Time)** appearing, then the swimmer can enter and a time will be estimated for them (however, in this instance, please follow the Important Notes guidelines). Please note that the qualification time for each event is included in the column on the far right of the page.

## **Meet entry payments and refund information**

Once the swim lists have been received, payment will then be taken from your card for all accepted swims (scratched swims will not be charged).

Any swimmers who are 'ALT', the process is as follows:

- We will inform any 'ALT' swimmers if they are moved to an accepted swim prior to the day, as soon as we are aware
- If swimmers are still an 'ALT' on the day, they will need to attend the meet and session warm up. We will find out when the start lists are released if swimmers now have a swim
- If swimmers are still an 'ALT' on the release of the start lists, swimmers should report to marshalling in case another swimmer does not appear. Having reported to marshalling, the referee should be informed of the presence of 'ALT' swimmers, with swimmers potentially heading to the referee who will deal with the next steps
- If another swimmer does not appear in marshalling, then the 'ALT' swimmer will get their swim in the first available heat and lane
- If an 'ALT' swimmer does not get their swim, they will only be eligible for a refund if they have reported to marshalling. After each meet, the club receives a list of those swimmers eligible for a refund which will be processed shortly after the meet

Please note that if accepted swimmers withdraw from the meet, they will not be eligible for a refund at any point.

## **14.3 SAST Meets**

We run three meets annually at the Citadel, which allowed the club to raise funds and was an opportunity for swimmers to race in a familiar environment.

**The SAST Murdoch Mini Meet** (in memory of Bill Murdoch, longstanding SAST and Scottish Swimming volunteer). This meet is for 8-12-year-olds competing in the following events: 50m all strokes, 100 IM and 200 Free. The purpose of this meet is to allow younger swimmers the opportunity to gain experience in a variety of events.

**The SAST Sue McClure Graded Meet** (in member of Sue McClure, another longstanding SAST and Scottish Swimming volunteer). This meet is for 8-14+ years and has “slower than” times specified so that only certain swimmers can enter. The 8-9-year-olds compete in 50m events across all strokes and all other age groups compete in 100m events across all strokes as well as 100 IM.

**The SAST Open Meet** has the following age groups: 12&under, 13-14-years and 15&over, competing in the following events: 50m all strokes, 100m all strokes, 200m all strokes, 400m Freestyle and 400 IM. There is also some relay events included.

Please note that we also assist in organising the following Clyde Coast Mini League Final (we also must host one early round in this competition), and the Ayrshire Schools events (both Primary and Secondary Schools).

## 15. The development of an SAST swimmer

Throughout an athlete's time within SAST, we aim to provide them with a range of different experiences and challenges to help them develop as both a swimmer and a person, so that when they are older, they can develop into a well-rounded individual ready for the challenges that life will throw at them.

We would like athletes to **achieve** the following from their time within SAST:

- *The next step in their personal development*
- *Their full potential*
- *Long-term participation in sport for a healthy lifestyle*

We would like athletes to **learn** the following from their time within SAST:

<i>Discipline</i>	<i>Being resourceful</i>	<i>Being organised</i>	<i>Curious</i>
<i>Ownership</i>	<i>Communication</i>	<i>Personable</i>	<i>Planning</i>
<i>Prioritisation</i>	<i>Well-balanced</i>	<i>Resilience</i>	<i>Self-managed</i>
<i>Growth mindset</i>	<i>Professional</i>	<i>Driven</i>	<i>Respectful</i>

We would like athletes to **experience** the following from their time within SAST:

<i>Success</i>	<i>Failure</i>	<i>Winning</i>	<i>Losing</i>	<i>Confidence</i>
<i>Vulnerability</i>	<i>Nerves</i>	<i>Pressure</i>	<i>Challenges</i>	<i>Goal setting</i>
<i>Healthy lifestyle</i>	<i>Uncertainty</i>	<i>Decision making</i>		

The coaches plan on undertaking a presentation on the above topic every so often to allow (newer) parents a greater understanding of the information provided above. Dates and times will be communicated via email prior any presentation.

## 16. An introduction to mindset

Mindset is an area in which we all can influence positively for the long-term development of our athletes. Mindset is a belief about ability and where it comes from. Do you think that athletes are naturally talented, or that dedicated practice is key to success?

### Swimmers develop at different rates

All swimmers hit puberty at different times within their lives. Even if swimmers are the same chronological age, there may be a difference in their biological ages. Irrespective of chronological or biological ages, it is vitally important that ALL swimmers develop their technique and skills within the pool to allow them to be the best that they can be and take advantage of any growth spurts as and when they happen.

### It is a non-linear process



Throughout an athlete's time within SAST, there will be ups, downs and plateaus along the way – understanding that this is normal will help with motivation when a swimmer's rate of improvement slows down. Failure is part of the process. How you respond to it is always the most important thing. Response to a disappointment shows a lot about an individual's strength of character and mindset. Being able to learn from adversity is an important trait to develop.

### Behaviours are crucial to success

There are two types of mindsets – **fixed** and **growth** mindsets:

	More <b>fixed</b> mindset & what we see in swimmers who underachieve...	More <b>growth</b> mindset & what we see in swimmers who reach their potential...
Belief that...	...talent is something that you are born with, and you have it or you don't and therefore tend to...	...talent is a process of learning and is not set in stone and therefore you tend to...
Effort	...believe things will come easily if you have talent or that there are things you just can't do. The danger is you don't learn how to work hard, understand how to improve or just don't try.	...believe that anything is possible and see effort as the path to mastery. The key is to endeavour to <u>understand</u> the development process and where to focus that effort.

Challenges	...avoid challenges you struggle with that make you look less talented. This can lead you to developing weaknesses in key areas.	...embrace challenges as learning opportunities whether you can do them yet or not.
Set backs	...give up easily in areas you find difficult and stick with what you can do.	...persist following setbacks and see them as part of the development process and <u>not</u> as a way of defining your ability.
Negative feedback	...ignore useful negative feedback as it can undermine your talent.	...learn from criticism and see it as an important part of understanding how to improve.
Ownership	...feel it's not your fault if things don't work out.	...understand that you need to drive the process.

Nobody has a fully growth or fixed mindset. However, it is believed that the more growth-mindset elements you have, the more likely you are to progress over the long term and, therefore, achieve your own potential.



## 17. Swimming jargon

- **F.I.N.A.** – The world governing body for all swimming disciplines.
- **L.E.N.** – The European governing body for swimming disciplines.
- **British Swimming** – is the governing body of all swimming disciplines in Britain.
- **Scottish Swimming (S.A.S.A. or SS)** – Scottish Swimming is the corporate name for the Scottish Amateur Swimming Association and is the governing body of all swimming disciplines in Scotland.
- **West District** – S.A.S.A. is split into four districts, North, East, Midland and West. SAST is in the West District and competes at their district championships.
- **P.B.** – Personal Best, which indicates a swimmer's fastest time for a given event.
- **DQ** – Disqualification, which means that a swimmer has broken the rules of swimming.
- **ALT** – Alternate, meaning that a swimmer is a reserve for an event. They will only get a swim if a swimmer who has qualified is withdrawn.
- **SCR** – Scratched, meaning that a swimmer has been rejected for an event and will not be able to swim. They will be rejected if they are slower/faster than the required time or if the gala has been oversubscribed.
- **Entry time** – the time submitted by the club for a swimmer being entered in a gala. If entries are made well in advance, the entry time may not be the swimmers current P.B.
- **Consideration time** – the maximum entry time for a particular event that the organisers of a gala will consider. However, achieving this time does not guarantee acceptance of entry. The number and quality of other entries will determine this.
- **Qualifying time** – the time required to qualify outright for a particular event. This should lead to acceptance of entry but is only used for big national meets.
- **Accredited meet** – a gala where there is a sufficient number of technical officials to ensure that all swims are legal and therefore, accredited.
- **Accredited time** – a time that has been achieved at an accredited meet. These are required for bigger meets, for example the Scottish Championships.
- **Flyer** – a false start or an early take-over in a race.
- **Freestyle** – a competitive swimming stroke. Swimmers can choose to do any one of the four competitive strokes (see below) in an individual Freestyle race, with frontcrawl chosen as it is the fastest. In an I.M. or Medley relay swim, swimmers **must** swim frontcrawl.
- **Frontcrawl** – one of the four swimming strokes.
- **Backcrawl** – one of the four swimming strokes.
- **Breaststroke** – one of the four swimming strokes.
- **Butterfly** – one of the four swimming strokes.
- **I.M.** – Individual Medley, where the swimmer swims all four strokes in the order: Butterfly, Backstroke, Breaststroke and Freestyle (Frontcrawl).
- **Medley Relay** – four swimmers each swim a different stroke where the order is: Backstroke, Breaststroke, Butterfly and Freestyle (Frontcrawl).

- **Heat Declared Winner (HDW)** – no final is swum and the positions are decided by the times swum in the heats.
- **Swim Too Fast** – where a swimmer has swum faster than the time band in a graded meet and is ineligible to win a medal. They instead win a ‘Too Fast’ award from the host club.
- **Short course (SC)** – event held in a 25m pool.
- **Long course (LC)** – event held in a 50m pool.

## 18. Useful websites

SAST website	<a href="http://www.sast.me">http://www.sast.me</a>
Club kit	<a href="https://teamwear.nxt-sports.com/shop/south-ayrshire-swim-team">https://teamwear.nxt-sports.com/shop/south-ayrshire-swim-team</a>
Qualifying times	<a href="https://uk.teamunify.com/team/sast/page/competitions/qualifying-times">https://uk.teamunify.com/team/sast/page/competitions/qualifying-times</a>
British Swimming	<a href="https://www.britishswimming.org/">https://www.britishswimming.org/</a>
Scottish Swimming (SS)	<a href="https://www.scottishswimming.com/">https://www.scottishswimming.com/</a>
SS Membership	<a href="https://scottishswimming.justgo.com/">https://scottishswimming.justgo.com/</a>
West Districts	<a href="http://www.scotswimwest.co.uk/">http://www.scotswimwest.co.uk/</a>
SwimScotland Results	<a href="http://www.swimscotland.co.uk/">http://www.swimscotland.co.uk/</a>
Wright Sport	<a href="https://wrightsport.co.uk/">https://wrightsport.co.uk/</a>
ProSwimWear	<a href="https://www.proswimwear.co.uk/">https://www.proswimwear.co.uk/</a>
Swim Shop	<a href="https://www.swimshop.co.uk">https://www.swimshop.co.uk</a>
Simply Swim	<a href="https://www.simplyswim.com">https://www.simplyswim.com</a>
Sports Direct	<a href="https://www.sportsdirect.com/swimming">https://www.sportsdirect.com/swimming</a>
Amazon	<a href="https://www.amazon.co.uk/">https://www.amazon.co.uk/</a>

**Meet Mobile** is also a useful app that you can download from the App Store (Apple) or the Play Store (Android). It updates 'live' at meets and provides everyone with the real times results.

## **19. Policies and Procedures**

All SAST Policies and Procedures can be found here:

<https://uk.teamunify.com/team/sast/page/newsletter/custom-page>

## **20. When leaving the club...**

If you decide not to return to the club at any point in the future, please inform us by emailing [brian@sast.me](mailto:brian@sast.me) so we can remove the swimmer from our database.