

SAST

SOUTH AYRSHIRE SWIM TEAM

WELCOME MEETING
SEPTEMBER 2025

SAST BEHAVIOURS

These behaviours will be encouraged and developed, and are expected of all SAST swimmers...

1

RESPECTFUL

Show respect to everyone. Treat others how you would like to be treated.



2

SUPPORTIVE

Be a team player and celebrate others success as you would celebrate your own.



3

AUTHENTIC

Be yourself... and be the BEST version of yourself every day.



4

RESPONSIBILITY

This is YOUR swimming. Take ownership by being organised, on time and ready to engage.



5

ACCEPT ALL CHALLENGES

Our ultimate aim to be comfortable in uncomfortable situations.



6

RESILIENT

Swimming isn't easy and things will go wrong - that's OK! The important thing is how you respond.



7

ACT WITH PURPOSE

Will it make you swim faster? Never miss an opportunity to get better in or out of the water.



8

PATIENCE

It is important to understand that improvement in swimming takes time, commitment and effort.



9

PRIDE IN REPRESENTING SAST

You are a part of something BIG! Aim to make a positive contribution to your squad and the club.



SAST is a registered charity

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

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

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

6. SAST Timetable [updated 19th August 2025]

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

7. Squad Criteria Outline

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

Squads (+Available Spaces)	Target Age Groups	Swimmers must attend the following weekly targets	Competition Targets	Entry Criteria
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.

Development Squads

OPTION #1	Session #1	Session #2	Session #3	Coach
AYR DEVELOPMENT	Wednesday 1630-1730	Friday 0600-0715	Sunday 1500-1600	Stephanie Heslop

OPTION #2	Session #1	Session #2	Session #3	Coach
MAYBOLE DEVELOPMENT	Monday 1830-1930	Wednesday 1700-1800	Friday 0600-0715 @ AYR	Sara Pieroni/ Other

OPTION #3	Session #1	Session #2	Session #3	Coach	NOTE
PRESTWICK DEVELOPMENT	Monday 1900-2000	Wednesday 1930-2030	Friday 0600-0715 @ AYR	Louise Copeland	All sessions at Citadel, Ayr due to Prestwick refurbishment

OPTION #4	Session #1	Session #2	Session #3	Coach
TROON DEVELOPMENT	Wednesday 1900-2000	Friday 0600-0715 @ AYR	Sunday 1700-1800	Mike Boles/ Jessica Murdoch

SAST Coaches

COACHING TEAM FOR 2025/2026

The SAST Coaching Team for 2025/2026 is as follows:

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

**will start with us shortly. /*

Additional Para coaches: Steven Barclay, Betty Logan

Support coaches: Iain Masson

Cover coaches: Alison Anderson, Emily Reece, Lewis Hammond

SAST COMMITTEE 2025/2026

Chairperson	Colin Haddow	chair@sast.me
Vice Chairperson	Neil Corcoran	vice@sast.me
Club Secretary	Patrycja Bartkowiak	clubsecretary@sast.me
Finance Manager	Louise Littlejohn	finance@sast.me
Wellbeing and Protection Officer	Clare Baird	wpo@sast.me
Wellbeing and Protection Officer 2	Gemma Freestone	wpo2@sast.me minileague@sast.me
Senior Head Coach	Byron Stericker	byron@sast.me
Junior Head Coach	Brian Dalglish	brian@sast.me
Coaches Representative	Louise Copeland	louise@sast.me
Officials Co-ordinator	George McLeod	sto@sast.me
General Member	Fiona Vignon	
General Member	Phil Stanbridge	
General Member	Ewan Clark	
General Member	Andy Harper	
General Member	Jean Dickson	
General Member	Rosemary Broome	
General Member	Colin Love	

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

Training kit

Swimmers are required to have the following kit with them:

- Kickboard
- Pull buoy
- Fins (short, flexible zoomer style)
- Kit bag
- Water bottle
- Cap (+ spare)
- Goggles (+ spare)
- Swimwear (+ spare)

Required in Development Squad – optional in Transition Squad.

When joining the club...

SAST website

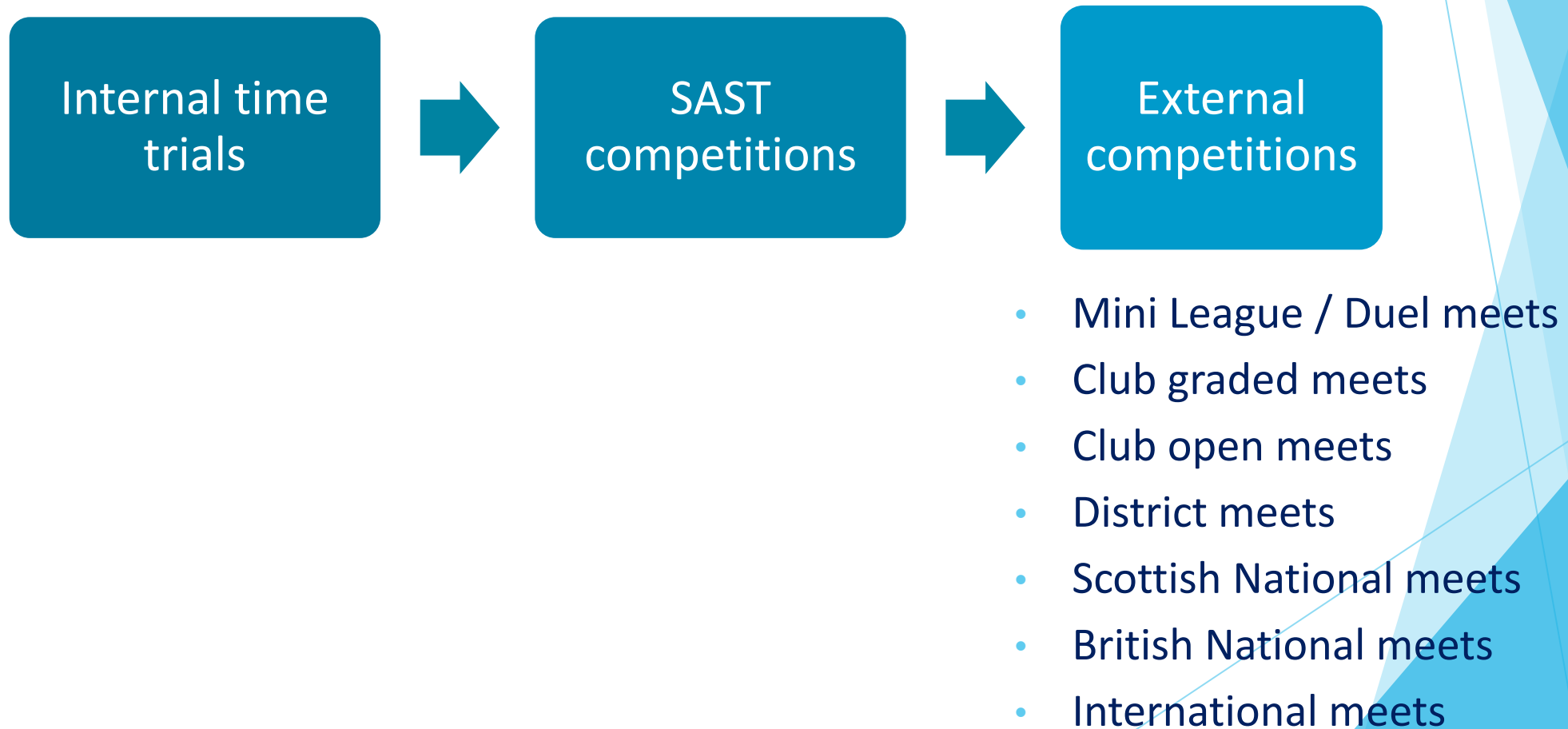
- Sign up (+ approval)
- SportsEngine Motion (RECOMMENDED!)
- Credit card

Scottish Swimming membership [Development Squad only]

Kit

- SAST (cap / t-shirt required for competition attendance)
 - <https://teamwear.next-sports.com/shop/south-ayrshire-swim-team>

Competition progression



SOUTH AYRSHIRE SWIM TEAM

A GUIDE ON WHAT TO DO AT COMPETITIONS

WHAT TO BRING



- SAST cap + spare(s)
- Goggles + spare(s)
- Suits – warm up, racing + spare(s)
- SAST kit
- Food – a healthy lunch & snacks
- Drinks – water, juice (no fizzy juice)
- Equipment – roller, skipping ropes

ALSO BRING



- ENERGY
- A positive mental attitude
- A desire to accept challenges
- A desire to focus on the process
- Ability to bounce back from disappointments
- A desire to support ALL your teammates
- A pride in representing SAST!

AFTER RACING



- Swim down (2-400m after each race, 4-800m at the end of the day, all facility and time dependent)
- Discuss the race with your coach
- Look at the positives
- What you have learned from the race?
- Re-focus on the next race

AT THE END



- Ensure that our area is clean
- No rubbish left (yours or not!)
- Say thanks to all SAST volunteers (TMs, officials etc.)
- Don't leave anything!

THE NIGHT BEFORE



- Attend training if it is on
- Organise everything you need
- Have a healthy dinner (e.g. pasta)
- Check what swims you are racing
- Check when you need to arrive
- Decide when you need to get up
- Get to bed early

ARRIVAL



- Ensure that you arrive on time
- Check in with the TM or Coach
- Check which warm-up you are in
- Plan your warm up
- Consider your race plans
- Complete pre-pool before warm-up

BEFORE RACING



- Change into racing swimwear (if required)
- Be prepared and have everything you need
- Stay warm by wearing your SAST kit
- Confirm your race plan with your coach
- Prime before going up (if required)

2+ DAY MEETS



- Get dinner as early as possible
- Get to bed as early as possible
- Manage your emotions day-to-day
- Remember that the next day is a new day
- Refer to "ALSO BRING" above

Volunteers...

- Committee member
- Technical official
- Volunteering at club competitions
- Volunteering at external competitions
- PREVIOUSLY Covid Liaison Officers

The club cannot run without volunteers, and we are very grateful for any support that anyone may be able to provide

Wellbeing and Protection Officer

- Clare Baird
wpo@sast.me
- Gemma Freestone
wpo2@sast.me

Dates to note...

All dates are subject to change & emails will be sent out nearer the time:

- Sunday 5th October 2025 – SAST Graded Meet, Citadel, Ayr
- Monday 6th October 2025 – SAST Time Trial, Citadel, Ayr, 7-9pm
- Saturday 25th October 2025 – Renfrew Baths Spooky Splash Meet (entries closed)
- Monday 1st December 2025 – SAST Time Trial, Citadel, Ayr, 7-8.30pm
- Saturday 6th December 2025 – East Kilbride Graded Meet (info TBC)
- Sunday 7th December 2025 – North Ayrshire Pentaqua Meet (info TBC)
- Xmas Fun Night – TBC (either Monday 15th or 22nd December)
- Saturday 17th January 2026 – SAST Mini Meet, Citadel, Ayr (12 years and under)
- Monday 26th January 2026 – SAST Time Trial, Citadel, Ayr, 7-9pm
- Training alterations (update due this week):
 - <https://uk.teamunify.com/team/sast/page/training/alterations-20192020>
 - Development Squad training will be merged over the October holidays
- Calendar:
 - <https://uk.teamunify.com/team/sast/page/training/calendar1>
- Please note that following will be added to the calendar in due course:
 - Swim Clinics for Development Squads
 - Additional opportunities within training to update times

Next steps...

- **Swimmers**

- Enjoy training, improve your technique, speed and stamina
- Get to know some new swim team friends
- Be aware that competitive opportunities will come in time

- **Parents**

- We know there is a LOT of info to take in
- Roll with it...
- Come and watch training where possible to encourage your swimmer and meet other parents in the same position as you
- Talk to others (other parents or squad coach)
- Email brian@sast.me or byron@sast.me if required
- It will all become clearer in time
 - Especially as your swimmer progresses through the club
- Volunteering at club events to help understand the sport
- SAST – Our Club <https://www.youtube.com/watch?v=Z46-FggTHdE>

Questions...