

**SAST
Club Captains
2025-2026**

Expression of Interest Form

Once again, we are opening the selection process for Club Captains to our swimmers. Swimmers can express their interest in becoming Club Captain via this form. The selection team will then pick from those that have put their names forward, with the announcement of the successful candidates at the AGM in line with the club constitution.

The general role descriptor is attached on the following page; however, we are keen that the role is tailored to the individual, and what is expected and required will vary by individual and by year.

Being Club Captain is a big honour, and we look forward to the successful candidates having a positive influence on the club over the coming year.

Swimmer:

Why are you the best candidate to be SAST Club Captain in 2025-2026?

Any other comments:

Please return this form to Byron byron@sast.me or Brian brian@sast.me via email or in person.

The closing date for Expressions of Interest is **Sunday 6th July 2025**.

SAST Club Captains

Role descriptor

CRITERIA

- Any SAST swimmer who will have a positive influence on teammates and/or SAST as a club.
- As per the constitution, Club Captains must be one male and one female swimmer.
- The Club Captains can be any age and selected from any squad.

ROLE

- The Head Coaches will aim to ensure that the role will play to the Club Captain's strengths.

POTENTIAL INVOLVEMENT OPPORTUNITIES

- To be a point of contact for all the swimmers, to provide a voice for the swimmers and raise any issues with the committee when necessary.
- To be involved with the organisation and hosting of the SAST Awards *
- Attend SAST Graded Meet and SAST Mini Meet *
- Attend Mini League rounds and final *
- Attend SAST Swim Clinics and Squad Training Days *
- Others as deemed necessary *

**This will be dependent on the Club Captains' availability when considering training, competitions, studying and exams. It can be discussed between the Club Captains and the Head Coaches.*

SKILLS / ATTRIBUTES

- To be willing to commit to the role as discussed with the Head Coaches.

REQUIREMENTS

- To be selected by a sub-committee as per the constitution.
- Complete a Disclosure Scotland check.

TRAINING & SUPPORT

- Being Club Captain and the activities that they are involved in will be the "training".
- Support to be provided by the Head Coaches (and Committee as required).
- Safeguarding & Protecting Children Workshop (renewable every 3 years).

TIME COMMITMENT

- As deemed appropriate by the Club Captains in conjunction with the Head Coaches.