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Dear Swimmer and Family,

We invite you to join the newly formed Phoenix Aquatics swim team. Our motto is Fun, Fitness and Competition.

Your membership will allow your child to continue to enjoy the sport of swimming, to encourage them toward a path of lifelong fitness and to benefit from the experiences of competition.

PHILOSOPHY:

Phoenix Aquatics has a philosophy that believes being a member of a swim team should be fun. We aim to keep swimming fun through enjoyable training sessions, interesting travel and racing opportunities with a backbone of age appropriate coaching. We believe that a swimming club should encourage fitness, and indeed improve fitness, by regular attendance in these fun but challenging and interesting training sessions. Competitions should be a positive part of the swimming club experience, at an appropriate level, to encourage continued participation improving fitness. Competitions should allow swimmers to grow; learning through the challenge that both success and mistakes allow guided by qualified coaches.

Our philosophy encourages fitness. Long-term fitness will improve a person's health and wellbeing so it is important to us that participants enjoy our sport. We believe that correct stroke technique is part of fitness. Our focus will be on swimming technique to allow swimmers the greatest advantages of efficient swimming as well as encouraging core strength and shoulder stabilization. We believe that fitness also includes the wellbeing of a person as a whole. Our fitness of young swimmers includes a social agenda so we will endeavour to include social events as a regular part of our club planning.

Our competitive philosophy is one of participation. We believe that racing can be a positive experience but must be introduced gradually over a swimmers career. Too much racing or too little racing will both discourage continued participation, so we aim to strike a balance by running our own in-house competitions as well as participating in local galas. High performing individuals will be encouraged to participate in events appropriate to their standard but also pre-competitive swimmers will be encouraged to participate in competitions appropriate to their standard. We also will encourage our members to participate in other aquatic sports such as; Triathlon, Water polo or other sports to follow accepted practice of long term athlete development.

We believe that travelling is an exciting and motivational tool. It is an excellent opportunity for both education and competition. Each year we aim to travel to an interesting competition in which most of our members will be able to participate. For example a competition in Porto in Portugal is held each year in July which has all age groups available for racing. At the location we will visit local attractions making the trip a well rounded experience worth remembering for a lifetime Swimmers who have not reached the standard of the travelling competition will be

given the opportunity to race in a pre-arranged gala with a local team. This way all members will gain from the experience. Travel will have fundraising opportunities made available to members to support these travel opportunities.

JOINING:

Membership includes the following:

- Membership to Scottish Amateur Swimming Association (SASA)
- Attend competitions governed by SASA
- Training on a 2x per week, 3x per week basis at various venues
- Priority to swim camps run by Sheppard Swim School
- Priority to booking private lessons with Sheppard Swim School
- Discounts on swim camps run by Sheppard Swim School

To join Phoenix Aquatics you will need to fill in the attached forms.

- First Claim Club swimmer: this is for swimmers who are not currently affiliated with a team or would like to move their current membership to Phoenix Aquatics.
- Second Claim Club swimmers: this is for swimmers currently enrolled with a swim club but would like to be part of Phoenix Aquatics as a part time member.

We look forward to hearing from you and joining us. Attached are the training times that are available and the fees.

Regards,



Gary Vandermeulen
Aquatic Director Phoenix Aquatics

Training Information

The Squads within Phoenix Aquatics:

Pre-competitive swimmers

This group is those that have passed all levels of their learn to swim programme. They would be the kind of swimmer whom is looking at competing soon and may be taking pre-competitive lessons already. Age varies but normally 6-10yrs. They can swim a minimum of 200m without stopping. This group trains and pays for 1x per week but they have the option of an addition session each week. For the extra session there is an additional fee.

Phoenix Aquatics Kelpies

This group is the first competitive level of Phoenix Aquatics. They have passed SILVER in SSS. They will begin to compete soon or are interested in a higher level of fitness. Age will vary but on average 7-11 yrs. They can manage 300m without stopping.

Phoenix Aquatics Seonaidh (Advanced)

This group is the second competitive level of Phoenix Aquatics. They have passed GOLD in SSS. This group may already be in a club or is at an advanced level. They can manage a 400m swim without stopping.

Synchronised Swimming

This group trains to compete in the sport of Synchronised swimming. Swimmers can join if they can swim a minimum of 400m. Girls are invited to join in this group.

Water Polo

This group trains to compete in the sport of Water Polo. Swimmers can join if they can swim a minimum of 400m. Both Boys and Girls are invited to join.

Each squad has entry criteria. These are intended to be used as a guide for coaches and parents so that they can see what the swimmers in which squad are aiming to achieve.

Training Sessions

DOLLAR ACADEMY & TULLIALLAN

Level	Day	Time	Place
Pre-Competitive (1x week plus optional extra lesson)	Monday Thursday	5-5.40 & 5:45-6:30 5-5.40 & 5:45-6:30	Dollar Dollar
Kelpies (First Competitive Level 2x week)	Monday Thursday	5:00-6.30 5:00-6.30	Dollar Dollar
Seonaidh (Second Competitive Level 3x week)	Monday Thursday Saturday	5:00-6.30 5:00-6.30 9:00-10:30	Dollar Dollar Tulliallan

GLENALMOND COLLEGE

Level	Day	Time	Place
All levels	Saturday	12:15 – 1:45	Glenalmond
All Levels	Tuesday Thursday	5:30–7:00 6:00-7:30	Glenalmond Glenalmond
Synchronised Swimming	Friday	6:30pm – 7:30pm	Glenalmond
Water Polo	Monday	6:00pm – 7:00pm	Glenalmond

Swimming Competitions and Events

Phoenix Aquatics aims to take part in several events over the year and there are calendars and information which will be available once dates become available.

Time Trials

Time trials will be held to assess the performance of swimmers and to provide times so that swimmers can enter competitions.

Club Championships

Annual Club Championship competition will be held in January.

Graded Meets

These are developmental events to allow swimmers an intermediate step between early competition and open/district/national events.

Fees vary between £3.50 and £5 per event. Phoenix Aquatics adds a £5 per swimmer 'coaching surcharge' to pay for professional coaching staff at competitions.

Additional Competition Information

The swimmers coach will enter swimmers for events they feel are important for the swimmer. Coaches will often confer with swimmers to assist with this decision making process.

The club will pay for all events with one fee when sending in the entries for competitions, so the entry fee is paid to 'Phoenix Aquatics'.

Competition calendar will be circulated two months in advance of events or as often as necessary, and parents and swimmers should let Entries Chairperson know as soon as possible, prior to deadline, if they are not available for competitions.

Fees and Subscriptions

Swimmers pay according to the squad they are in and the number of times they plan to swim each week. Swimmers in higher levels can opt to swim 1x or 2x or 3x week. The chosen day of the week must be maintained. These fees are paid by standing order. The standing order form must be taken by yourself to your bank to set it up. The standing order form is on the last page of this welcome pack.

1x week fee is £ 20 monthly

2x week fee is £ 40 monthly

3x week fee is £ 60 monthly

2nd family member pays 3/4 of their squad fee.

3rd family member pays 2/3 of their squad fee.

In addition to monthly fees:

Scottish Swimming membership currently £33 per person per year

Annual Club membership £40 per person per year

If parents/guardians have any problems or questions relating to the payment of fees please talk to or e-mail the treasurer.

Fees are to be paid monthly by standing order ONLY. Standing order form is final form of this pack. The standing order form must be taken to your bank and set up by you.

Swimmers Code of Conduct

All swimmers attending training (land or pool) or in a competition are under the responsibility and control of the coach present and must follow instructions given.

Attendance

Attendance at all training sessions is expected unless agreed with the coach

Advise coach of non-attendance

Swimmers should be on poolside at least 10 minutes prior to the start of training, this time should be used to prepare for the session.

Any swimmer with an injury that excludes them from any aspect of training must ensure that they make their coach aware at the beginning of the session.

Training

Land training is an integral part of the training programme and swimmers are expected to attend and to participate in this aspect of training.

Arrive promptly for training with appropriate kit

Swimmers may only swim in the correct training session for your own squad unless your coach has given permission to attend an alternative session.

Training Kit, swimmers are required to purchase their own equipment; pullbouy, kickboard, flippers, small paddles, meshbag, water bottle, extra goggles and extra cap.

Competitions

Be on poolside and report to a club coach 10-15 minutes prior to the start of warm up.

Swimmers should be respectful with any decision of officials or lifeguards. Coaches are responsible for all official protests.

All swimmers must stay within the confines of the competition area. If you need to leave the team area you must ask permission from a coach.

Good sportsmanship must be shown at all times & all litter must be tidied up

Personal Appearance at competitions.

Club clothing should be worn at all competitions.

Phoenix Aquatics caps must be worn when representing the club

For medal presentations club shirt must be worn

General Behaviour and Personal Conduct

Swimmers must at all times show sportsman ship and be respectful towards coaches, poolside help, officials, other swimmers, team mates and members of the public.

Language in relevant group public and personal situations must always be appropriate and socially acceptable. Swearing and name-calling is not acceptable. Bullying will not be tolerated and may on occasion result in the swimmer being removed from the club.

Behaviour and personal conduct must be at all times of a high standard. Any other behaviour is unacceptable.

Coaches are not responsible for lost property at training sessions or at competitions.

Sanctions and Complaints

In the event of a swimmer wilfully disobeying or undermining the authority of any coach, disciplinary action will be taken against the swimmer.

A grievance can be raised by anyone against a Club member in relation to any comments, conduct or gestures, which are considered by them to be insulting, intimidation, humiliating or malicious in any way. This includes but is not limited to.

Written or verbal abuse

Physical assault including spitting pinching hitting or kicking

Unwelcome remarks, jokes, innuendoes or taunting.

In the first instance parents should contact a committee member who will then ask them to provide a written notification of their complaint.

If deemed necessary the committee will then ask the parent to attend a special committee meeting to discuss the grievance.

The Club cannot accept responsibility for swimmers outside the Club activities

Swimmers will be given one verbal warning regarding misbehaviour. Thereafter, parents will be informed and will be required to attend a short meeting with the Club president and Head coach where the swimmer should be present.

Depending on the misdemeanour, a swimmer may be excluded from that session, suspended for a certain period of time, or could be asked to leave the club.

In becoming a member of the club, it is understood that you agree to abide by the Constitution, Bye-Laws and Regulations of the Club and of Scottish Swimming Association. The swimmers Code of Conduct is set down within the regulations of the club. Disciplinary action may be taken if it is established that a Club member has breached the Swimmers or Scottish Swimming Code of Conduct.

Phoenix Aquatics

Contact and Medical Details

To ensure that the Club complies with Child Protection requirements, please complete and return the following form. The information contained in this form will be stored by our Child Protection Officer (CPD) but may be shared with your child's coach if necessary.

Swimmer Name _____ Date of Birth_____

Home Address _____

Postcode _____

Tel Number _____ Mobile_____

Email Address (please print clearly including dots & underscores):

Additional Emergency Contact

Name _____ Relationship to Swimmer_____

Tel Number _____ Mobile _____

Medical Information

Any medical Condition, which might affect training or be affected by training (please state None if necessary)

Allergies

Does your child suffer from any allergies that the Club should be aware of?

Medication

If your child takes any medication that you think the coaching staff need to be aware of please indicate such medication below.

Coaches recommend that children, who are required to carry medication with them, bring it onto poolside at training sessions. For example asthmatics

Details of Parent/ Guardian

Signature_____ Print Name_____

Relationship to swimmer _____

Date_____

Photography/ Videoing

Should you wish your child not to be photographed please indicate so below. By signing below you gives your permission for video and us to photograph your child.

To allow my child to be photographed for press photo album or website purposes.

I give my permission Yes No

To allow my child to be videoed in the pool for coaching purposes only

I give my permission Yes No

Signature _____

Name _____

Relationship to swimmer _____

Swimmer Name _____

Date _____

BANK STANDING ORDER

To the Manager _____ Bank
_____ Branch
Address _____

Commencing _____, please pay monthly, until this order is cancelled in writing, to:

Royal Bank of Scotland plc, Bridge of Allan, Stirlingshire.

Sort Code 83-27-09

Account Number 00102977

For the credit of Phoenix Aquatics the sum of _____

Name _____

Account Number _____

Address _____

Signature _____

Date _____

(YOU must take this bank standing order to your bank)