



**Hoylake
Swimming
Club
Club Handbook**

1.Introduction

Welcome to Hoylake Amateur Swimming Club. Congratulations on becoming a member.

The members of the club wish you a long and happy association with Hoylake and hope that you will enjoy a fulfilling swimming career, wherever that may take you.

This handbook is intended to give you an introduction to Hoylake Amateur Swimming Club (HASC) and to signpost you to sources of information within the club.

2.Mission Statement

Our mission, as a competitive swimming club, is

“to offer all club members the best opportunity to develop and achieve their maximum potential through the sport of swimming.”

We aim to achieve this by:-

- creating a safe, caring and orderly environment in the club which enables all members to take pleasure from their swimming and pride in their performances, and ensures that each individual's abilities will be recognized and nurtured.
- encouraging regular attendance at training sessions and participation in galas appropriate to swimmers' abilities.
- encouraging parents and swimmers to take an active role in supporting the club, by developing coaching and other skills.
- actively following the principles and guidelines of the National Plan for Teaching Swimming and Long Term Athlete Development Programme, as recommended by British Swimming and the ASA.
- working closely with the local authority, primary schools and other swim schools to increase our membership and develop the sport of swimming over the long term within our area.

3.History

The Club was founded in 1931. It was based at the then new outdoor pool in Hoylake.

The Club moved to West Kirby Concourse when it opened in 1978. The club seeks to hold an anniversary dinner dance every 5 years which is open to all members past and present.

Further information on the History of the Club can be found on the website.

4.Coaches and Training times

Our coaches are all volunteers who give their time freely to benefit the members. Details of the coaches and the training timetable can be found on the club's website and on the notice board at West Kirby Concourse and Calday Pool. Email alerts will advise you of changes to training times etc. We will always welcome new additions to the coaching team. Indeed the future of the club

depends on this. Please consider volunteering as a coach. If you are interested please speak to one of the coaches either before or after a session or e mail hasc@hoylakesc.co.uk

5. Committee

The Club also has an executive committee, and details of the members of the Committee are found on the club's website. We will welcome new committee members. Please consider volunteering as a committee member. If you are interested speak to one of the coaches or email hasc@hoylake.sc.co.uk

6. Structure of the Club.

In order to join the club you will be asked to attend a trial during which your eligibility to join will be assessed and you will be directed to the most suitable training group for you.

6.1 The Hoylake Development Group

This is where we take those swimmers who have been taught the "fundamentals" of swimming. There are 2 groups Bronze and Silver. The emphasis is on technique in order that long term excellence at swimming can be achieved.

6.2 The Competitive Club

The club is divided into squads: Golds, Yellows, Reds, Blues, Senior's and Masters.

The emphasis in each squad is to ensure that the swimmer is able to perform to the best of their ability and that they are able to compete at an appropriate level, where they can achieve. The coaches recognize that swimmers develop at different rates and in different ways. Movement between the squads is by reference to the swimmer's ability to do repeat times and at the coaches' discretion.

If you have any concerns about the group in which the member is swimming please speak to the coach in the first instance.

6.3 Performance swimming

There are swimmers whom the coaches will identify as having great potential. There are opportunities for these swimmers to join one of our local performance squads, currently City of Liverpool Swimming Club and Wirral Metro Swimming club. Moving to one of these squads will give the swimmers greater water time and this will extend their talent. If you are interested in a performance squad please discuss this with your coach.

7. Your commitment to us

7.1 Training.

As a member we expect you to attend as many training sessions as possible. This will ensure that you improve your technique and maintain your stamina and that you develop as a swimmer, to achieve your full potential.

7.2 Punctuality

Please arrive on the pool deck at least 5 minutes before the session is due to start. This will ensure that you are properly warmed up and will prevent injury. If you are late for a session the coach may refuse to allow you to join in.

7.3 Equipment required

Please bring the following to all training sessions:-

- 7.3.1 Suitable swimming costume
- 7.3.2 Goggles (and a spare pair)
- 7.3.3 Hat (and a spare)
- 7.3.4 Kick board/ float
- 7.3.5 Flippers (training fin type)
- 7.3.6 Drink

7.4 Discipline.

Discipline is important for all swimmers. It creates a good atmosphere for training and helps all to reach their full potential.

Lane discipline is important. Swimmers will be aware of their own ability and should take note of the ability of those around them. They will know who is quicker in certain strokes during training. They should use this knowledge to ensure that the fastest swimmer leads the lane so that all get a good swim.

Unless told otherwise all swimmers should leave 5 seconds between each swimmer before pushing off.

Swimmers should not stand up in the middle of a lane during a swim.

Unless told otherwise swimmers should not swim in two's

Swimmers should complete a set.

If goggles need adjusting a swimmer should exit the water to do this.

This level of self-discipline is vital if swimmers want to progress. All swimmers are taught from an early age how to turn and apply good technique in their strokes. Coaches expect swimmers to do their best to practice good quality turns and strokes during training. This will lead to a significant improvement especially in competition.

7.5 Competitions

We enter competitions as a Hoylake team against other clubs (see website team galas) and we advise you of competitions that you can enter as an individual.

It is a privilege and an honour to be selected to swim as **part of a Hoylake team**. It is an experience you will enjoy. If selected please make yourself available to swim. If you are unavailable, please let the team manager know by return of e mail, but please remember the impact that this will have on the performance of the team as a whole. Remember your club and your team mates need you!!

Individual competitions are known as 'target meets' (see website target meets) and they have been selected by the club as suitable for our swimmers to enter as we believe that they will enhance your development as a swimmer. In addition we will inform you of other open meets that you may wish to enter. If you have any questions about any of these meets please talk with your coach.

The first individual competition you are likely to take part in is a Development Group gala at Calday Pool. These galas are relaxed and aimed at encouraging our younger swimmers to 'have a go'. They are held twice a year.

The next competition you should aim to take part in is the annual Club Competition (for Hoylake swimmers only) which is run over weekends in June/July.

Another suitable opportunity for individual competing is the Peninsula Championships. These are held at Europa Pools and are the next step up again after the Club Champs. They attract swimmers from Wirral clubs. You can choose which events you want to do. We aim to have a Hoylake coach at the Peninsulas to help/guide/advise/co-ordinate/entertain the swimmers from our club.

Why compete?

Whether we like it or not competition is part of life. This is an excellent way to learn this life skill and to learn what it is like to work both individually and as part of a team. Seeing the benefits of good training and hard work is rewarding and motivating. It also helps the coaches to monitor your progress so that they can ensure that you swim in the most appropriate group for you and for the club. Galas are also a fantastic social environment for swimmers to meet others from local clubs and develop friendships with those in their own club.

8. Individual gala structure and preparation.

FINA is swimming's international governing body. In Great Britain, the umbrella organisation is British swimming and there are 3 country associations. In England we have the ASA (Amateur Swimming Association), and then swimming is also split into regions and counties. Hoylake is therefore affiliated to the Cheshire County SA, the North West Region and the ASA.

Swimming has two seasons, a long course season that runs from mid-March to August and the short course season which commences in September. Short course pools are 25m in length long course pools are 50m in length. If you want further information about the seasons, please consult the ASA or British Swimming website or ask a coach.

Team galas have a fixed programme of events; they are designed to take between 1.5 and 2 hours plus warm up.

Open meets have a fixed programme of events run in sessions; you will see the events in each session from the entry form. A session of an open meet can last up to 3 hours. There can be heats and finals in open meets. Open meets have level of galas from level 1 to level 4. Level 3 and 4 galas are essentially to develop the swimmers and either have no qualifying times or times that are relatively easy to achieve. Level 1 and 2 galas will have challenging entry times. If you require further information about the level of gala and what it means, please ask to speak to one of our technical officials. They can be contacted via the e mail address.

In preparing for a gala, swimmers should speak to the coach, as there will be a training programme to prepare your swimmer for the gala. It may be that for certain swimmers the coach recommends that they do not train the night before the gala. Swimmers should bring to a gala:-

1. Swimming costume (warm up and racing, if appropriate)
2. Goggles (and spare pair)
3. Towel (and spare)
4. Warm clothes for the pool deck including shoes and socks
5. Drink and for longer galas food - ask your coach which foods are best.

At a gala swimmers should

1. Report to the team manager/coach
2. Warm up as directed by the team manager/ coach
3. Prior to their event - report to the team manager/ coach for a discussion about the event
4. Post their swim - report to the team manager/coach for feedback on the swim.
5. Bring appropriate clothing to wear on poolside (please discuss this with your coach)
6. Bring appropriate food to eat pre and post swims.(please discuss this with your coach)

