



Welcome to First Strokes Swimming Club

**This Membership Pack contains useful information about
First Strokes Swimming Club, membership fees and payment details.**

**It is also intended as a guide to the world of competitive swimming - something
alien to most of us before our children joined the Club!!**

**Hopefully you will find most of the answers to your questions.
However, if you have any queries at all, please do not hesitate to contact:**

Helen Walmsley, Club Secretary

01206 241244

Email: member@walmsley5.freeserve.co.uk



Membership Fees

Joining Fee

There is a one off joining fee of £20.00 - cheques payable to First Strokes Swimming Club.

Club Kit

If you wish to purchase all the training kit required you can do this at a cost of £30.00. This includes:

- Hat
- Drinks Bottle
- Pull buoy
- Kick board
- Flippers

If you have joined us from another Club you may already have the kit, in which case it is not necessary to purchase this. However you must have these items as soon as you begin training.

Please find attached a Kit Order Form. This also includes other kit which is useful when your child /children begin competitive swimming. Cheques should be made payable to First Strokes Swimming Club and the form, along with payment, can be left in the Swimming Club box next the notice board in the viewing area.

Elisabeth Sippings / Jackie O'Connor are responsible for the Club Kit (please see Committee Members page for contact details). An order form is enclosed at the end of this pack.

Monthly Fees

Please see the letter from Gillian Dovey on the next page. The monthly fees are payable direct to First Strokes Swimming **School** and are completely separate from the Club. These fees are for pool hire, coaches wages, etc. If you have any queries please speak to Reception.

Annual Fee

There is an annual **Club** fee payable in March, of £36.00. This is made payable to First Strokes Swimming **Club**. The annual fee is calculated at £3 per month and is pro-rata in the first year depending on the month you join the Club.



December 2009

Dear First Strokes Swimming Club Member

Re: Payment of Monthly Fees

From the 1st January 2009, all monthly fees will need to be paid online via our website at:-

<http://www.firststrokes.com/clubenrol.html>

Payments will be handled securely by Paypal and this will setup a recurring monthly payment for your fees, for a period of 12 months. There is also a link to cancel payments at any time.

You simply need to choose the correct payment button, Squad A, B or C and enter the swimmers name, and then complete the paypal payment page.

The fees have been slightly reduced as follows:-

- Squad A £47.50
- Squad B £47.50
- Squad C £39.50

IMPORTANT:

1. Please remember to cancel your existing Standing Order with you bank, after your December payment has been made
2. Please ensure you do not cancel the £3 Standing Order that you pay directly to the Swimming Club
3. Please ensure the 1st online payment of fees is made at the beginning of January – this needs to be between the 1st and 7th so that all future payments are received at the beginning of each month
4. A register will now be taken during swimming club sessions, so please ensure that your monthly payment is set-up and paid, otherwise membership/swimming will be suspended until payment is received

If you have any queries or problems with the new online payments, please contact seb@firststrokes.com

Regards

Gillian Dovey

Managing Director



The ASA

In order to be a member of a Swimming Club you also have to be a member of the ASA (Amateur Swimming Association). There are two different types of membership:

- **Competitive** - *for swimmers who wish to compete in Open Meets / Galas* - **cost of £26.00** – payable in January of every year. The cost is the same throughout the year, unless you join after October when there is no fee to pay. Forms are available from Helen Walmsley.
- **Non-competitive** - *for swimmers who do not wish to take part in competitions* - **cost of £10.75** – payable in January of every year. The cost is the same throughout the year, unless you join after October when there is no fee to pay. Forms are available from Helen Walmsley. If you wish to upgrade to a Competitive swimmer you can do so later on. If your child is under the age of 9 there are limited opportunities for them to take part in competitions – this is therefore the best option until your child reaches the age of 9 or 10.

Your child will be issued with an ASA number and ID card once the paperwork has been processed by the ASA. This number must be used when filling in entry forms for galas.



Galas / Open Meets

As a competitive swimming club we take part in various Galas / Open Meets throughout the year. These are an opportunity for children to swim in competitions and obtain PB's (Personal Bests). Some of the Galas have qualifying times – please bear in mind if your child is just starting to compete.

Jo Riches is our Competition Secretary and she will send details of galas by email and will also put a copy on the notice board. She will let you have **her** deadline date, which is before the actual deadline date, so that she has time to collate the entries and submit in plenty of time as they are normally on a first come, first served basis. You will need to include entry times on the Entry Form – please speak to one of the coaches who will advise a suitable time.

A few days before the date of the gala Jo will let you have 'cards' which show details of the race and entry time – please check these and let Jo know if there are any errors. They will also show a warm up time. Please ensure you take these 'cards' to the gala as your child will need to hand them in on the day.

We normally meet about half an hour before the warm up time – to ensure swimmers have time to put in their 'cards' and get ready.

Please ensure your child has plenty of drinks with them and a T-Shirt / Jumper to put on in between races. Most children have a T-Bag (available from the Kit Order Form) which they wear in between races as this dries very quickly. There are a couple of galas (West Suffolk and Deben in particular) where they will also need warmer clothing as the area where the swimmers sit is much cooler, or they have to go outside to get to their bags. For your own comfort wear layers – it can get extremely hot whilst spectating.

Items needed on the day

- First Strokes Swimming Hat
- Goggles (+ a spare pair if possible)
- T-Shirt / T-Bag / Jumper / shorts / tracksuit bottoms – to wear on poolside (something they can easily takeoff / put on over their swimwear)
- Plenty of drink
- Snacks
- Towels
- Shoes to wear on poolside – flip flops / crocs
- Spare pair of trunks

It is usual for one of the coaches to be at galas, along with Helen Walmsley and/or Jackie O'Connor (depending on the number of swimmers). However it is difficult to keep track of children if they do not stay with the Club on the poolside – can you please impress on your child the importance of letting everyone know where they are.

Most important thing to remember is that it will be a long hot day!



Mini League

First Strokes takes part in the Suffolk Summer League. This is an event, similar to a football league, which takes place over three Saturday evenings in April, May and July. There are three Divisions - we are in Division 3 – with 6 clubs / teams taking part in each Division. This event is for children aged up to, and including, 13.

Our coaches will pick the team prior to the event and details will be emailed / put on the notice board beforehand.

It is not necessary for children to be Competitive members of the ASA in order to take part in the Mini League, so don't worry if your child is picked for this but is a non-competitive member.

Please see the sheet about Galas for useful tips on the day.

This is a fun evening – a real team event – something all the children (and parents!) thoroughly enjoy. We only started competing in the Mini League in 2008 and were praised as having the loudest supporters (at least we like to think it was praise)!



Committee Members

Greg Potter – Chairman & Welfare Officer

Email: greg.potter66@ntlworld.com

Tracey Keeble – Treasurer

Helen Walmsley – Club Secretary

Email: member@walmsley5.freeserve.co.uk

Jo Riches – Competition Secretary

Email: jo.riches@tesco.net

Elisabeth Sippings – Club Kit

Email: elisabethsippings@btinternet.com

Jackie O'Connor - Club Kit

Email: j.oconnor609@btinternet.com

Lucy Sadler – Committee Member

Andrea Arthrell – Committee Member

Nicola Peterson – Committee Member



Welfare Officer

The Welfare Officer is there for all children under the age of 18 and makes the needs of these swimmers a priority. If any swimmer has concerns about themselves or any other swimmer – how they are being treated or something that makes them unhappy – then please speak to Greg Potter.

The Welfare Officer is here for either the swimmer, parent or carer to talk to.

Greg is a Police Officer in his day job and has an enhanced CRB disclosure check. He can be contacted either via email:

greg.potter66@ntlworld.com

or phone –

01206 562659

We take the safety of our swimmers very seriously. Helen Walmsley and Jackie O'Connor also have enhanced CRB disclosure checks as they go on poolside with swimmers at Galas / Open Meets.

If you have any concerns about the safety of your children please feel free to speak to any of the Committee (anyone you feel comfortable talking to).



Session Times

'A' Squad

Monday, Tuesday, Wednesday, Thursday, Friday mornings - 6am – 7.30am

Saturday morning - 7am – 8.30am

Wednesday and Friday evenings - 6pm – 7.30pm

'B' Squad

Monday, Tuesday, Thursday, Friday mornings - 6am – 7.30am

Saturday morning - 7am – 8.30am

Tuesday evening - 7pm – 8pm

Wednesday evening - 6pm – 7.30pm

'C' Squad

Tuesday morning - 6am – 7.30am

Saturday morning - 7am – 8.30am

Monday evening - 6.30pm – 7.30pm

Thursday evening - 6pm – 7.30pm



Website -
www.firststrokeswimmingclub.org.uk

On here you will find useful information such as:

Galas

- Results from previous galas
- Details of forthcoming galas

Member Information

- Personal Best times
- Squad details
- Timetable

Useful Links

- The ASA
- British Swimming
- Other Swimming Clubs

County Times

- Details of qualifying times for swimmers to be able to take part in the Essex County Championships

Speed Award criteria

- Details of times needed for Bronze / Silver / Gold / Platinum speed awards

Club Constitution

- A copy of the Club's Constitution

Steven Blackwell looks after the website and also collates the PB's of swimmers at Galas. Some of the information on the website is protected – please speak to Steve who will let you know your password.



First Strokes Swim Club - Swim Club Kit Order Form

Swimmers Name:

Contact Telephone Number:

Date:

<u>Item</u>	<u>Size (please circle)</u>	<u>Cost</u>	<u>Total</u>
Swim hat	One size	£5.00	
Water Bottle	One size	£3.00	
Swim Bag	One size	£25.00	
Girls Swimsuit	26" 28" 30" 32" 34" 36"	£15.00	
Boys Jammers	26" 28" 30" 32" 34"	£15.00	
T-Bag Shirts	26/28" 30/32" S M L	£12.00	
Name to be printed on back:			

Tracksuit:

Jackets:	26/28"	30/32"	Not yet available
Trousers	26/28"	30/32"	

Total Cost:

Orders to be placed in the secure box next to the Swim Club Notice Board

Please make cheques payable to: First Strokes Swim Club