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Ashbourne Swimming Club was founded in 1974 when Ashbourne Leisure Centre first opened. The club currently has a membership of around 100 swimmers of all ages and abilities.

Over the years, the club has offered many swimmers the opportunity to improve their swimming skills within the framework of a competitive club.

The swimming lessons offered by the club run in line with the Amateur Swimming Association's (ASA's) National Plan for Teaching Swimming, with special emphasis on skills needed in competitive swimming, such as racing starts and turns.

## **Entry Criteria**

- Swim 25m on back and 25m on front
- Float on front and back
- Jump in
- Get face thoroughly wet
- Stand up easily from swimming on back and front
- Water confident in shallow and deep water

Thorough knowledge of the strokes is not required as this will be taught at the club.

Anyone interested in joining must be assessed by one of the teachers / coaches at the club to ascertain which group is best suited for the individual swimmers.

Assessments take place on Wednesday evenings at 6pm and must be arranged in advance by:

1. Coming down to the pool to speak to the teachers / coaches on a club night
2. Contacting the club via the website [www.ashbourneswimclub.org.uk](http://www.ashbourneswimclub.org.uk) or by e-mail : [info@ashbourneswimclub.org.uk](mailto:info@ashbourneswimclub.org.uk)

Depending on place availability, once the swimmer has been assessed they will either:

1. Be invited to join one of the groups
2. Be put on a waiting list until a place becomes available, at which time the club will contact the swimmer.

When a swimmer joins the club, they must fill in and return a Club Registration Form.

Information contained on these forms is treated in a confidentially. All members must also sign the club's Code of Conduct.



## Club Training Times

Day	Time	Squad
Monday	6.05pm – 7.20pm	Main Squad
Wednesday	6.00pm – 6.30pm 6.30pm – 7.30pm 7.30pm – 8.30pm	Lessons – Widths Competitive Development Main Squad
Friday	6:15pm – 7:00pm 7.15pm – 8.30pm	Land Training Main Squad + Top Lanes Competitive Development

## Club Fees

Fees are paid on a termly basis and each swimmer is sent an invoice. There is an initial joining fee of £10 which is included on the invoice.

Payment by cheque to Ashbourne Swimming Club should be forwarded to the Club Treasurer as soon as possible. Address details are given on the invoice.

The club reserves the right to exclude swimmers for non-payment of fees.

Current fees\* are as follows:

Swims/week	Cost £ 12 months	Cost £ Jan – Apr	Cost £ May – Aug	Cost £ Sept - Dec
1	£157.50	£62.50	£32.50	£62.50
2	£210.00	£70.00	£70.00	£70.00
3	£262.50	£87.50	£87.50	£87.50

\*Valid Jan 09

## Competitions

The club competes in a number of competitions during the year, both galas and Open Meets. Here are details of the main competitions:

A local friendly league – the 4-Towns league. There is a series of 4 galas throughout the year and each participating club hosts one gala. The clubs taking part in this competition are:

Ashbourne Swimming Club  
Belper Marlins Swimming Club  
Dove Valley Swimming Club (Uttoxeter)  
Leek Swimming Club

## Selection Criteria



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The club runs time trials each term and club championships on an annual basis. Team selection is based on the results of these events and performance at other galas and open meets.

Whilst every effort is made to include as many swimmers as possible, the main aim is to gain as many points as possible and we therefore select the strongest available team.

A friendly gala is held every May at Ashbourne and other local clubs are invited to attend.

## **Open Meets**

These are competitions where swimmers enter events on an individual basis as members of Ashbourne Swimming Club. Swimmers can select which events to swim in consultation with their coach. These events can run over one full day or over a full weekend.

## **Derbyshire County Championships (Feb/March)**

These championships are held over 3 weekends in February and March each year. The event is held at Queens Leisure Centre in Derby, Eckington swimming pool and Rykneld swimming pool at Clay Cross. Swimmers from clubs across the county race at this event.

Swimmers must achieve certain entry times before they can enter. Ashbourne swimmers achieving these times are expected to enter these championships. This competition gives swimmers the opportunity to race against swimmers from clubs across the county.

## **Derbyshire Long Course Sprint Championships (Nov)**

This event is held in November at Ponds Forge long course (50m) pool in Sheffield and features 50m sprints in each stroke and the Open age group 100m long course races. Every year Ashbourne Swimming Club takes a large number of swimmers to this event. It is a fantastic experience to race at such a great venue. Again, as many swimmers as possible are encouraged to enter this event once they reach the required standard.

## **How Do we Enter Open Meets / County Championships?**

Entry forms are handed out to swimmers by coaches. Swimmers are asked to complete the entry form as soon as possible, including entry times for the events entered, and to return the form to their coach / event coordinator together with full payment (cheques made out to Ashbourne Swimming Club). We recommend that swimmers keep a copy of their entry form and event details.

The coach / event coordinator collates the information and returns the forms to the event organiser. Many events that the club enters are oversubscribed. It is therefore



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vital that entry forms are returned immediately to ensure that the club's entries are sent off in time.

## **Entry Times**

Each entry form has an area for writing the entry time. It is the responsibility of the swimmer to enter a time – not the coach/event coordinator!

Swimmers leaving this section blank will swim in the first heat of an event, and depending on the event, may not have their entry accepted.

Any swimmer wanting advice on what time to enter should consult their coach who will be happy to advise.

You should enter your best time for the event.

## **Log Book**

Each swimmer should keep a log of their times and this should be updated every time they do a timed swim.

Each swimmer should know their personal best time (PB) for each event they swim. By keeping a log, swimmers can see how they are progressing.

## **Competition Etiquette**

Swimmers are required to adhere to the Ashbourne Swimming Club Code of Conduct at all times. At competitions, swimmers are representing the club and are required to conduct themselves in a responsible manner at all times. Swimmers should:

- Wear the club swimming hat and t-shirt/track suit when representing the club
- Request permission from the chaperone to leave poolside during a gala and should not leave the team without permission
- Support their team mates when they are racing
- Prior to a competition, check that goggles fit correctly and do not leak / come off when diving in
  
- If selected for a competition, swimmers are expected to swim unless they have a genuine reason not to.



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## Equipment

Widths  
Swimming Hat  
Goggles

Competitive Development  
Main Squad  
Swimming Hat  
Goggles  
Kick board & pull buoy  
Flippers (small)  
Drink\* (plastic bottle)

- **Training Drink:** Diluted squash; fruit juice/water mix (at least 50% water); water; no fizzy drinks

NB **Goggles:** There is no one goggle that fits all. Please bear in mind size of face/eye sockets when buying goggles ie smaller goggles for younger children.

Equipment can be bought in the local sports shops or from the website [www.swimshop.co.uk](http://www.swimshop.co.uk).



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## **CODE OF CONDUCT**

The purpose of the Code of Conduct is to maintain the Club's reputation as a friendly and disciplined organisation and above all for the safety and well being of swimmers. Members must agree to abide by the rules of the Club, and in particular the rules contained in the following Code of Conduct.

### **General**

Reasonable behaviour and personal conduct is expected at all times. Members should:

- Not cause offence or embarrassment to other swimmers, officials, spectators, parents and team coaches of Ashbourne Swimming Club
- Not cause offence or embarrassment to other swimmers, officials, spectators, parents and team coaches of other swimming clubs or organisations
- Set a good example and positive attitude to others
- Use language in public or group sessions that it always appropriate and socially acceptable and not cause offence
- Respect the rights, dignity and worth of all members
- Treat other swimmers and competitors with respect, in victory and defeat
- Not get involved in conduct or activities that would harm or bring into disrepute the reputation of the club. Serious misbehaviour shall be reported to the committee or its representative and appropriate action taken in line with the club constitution and ASA guidelines / law
- Comply with the rules, laws and guidelines as set out by the ASA
  
- The Club will not tolerate bullying in any form.

NB Parents are responsible for ensuring their children adhere to this code at all times.

### **Competitions**

- Team members are expected to wear team clothing eg T-shirt and hat, when representing the club at competitions or events
- Instructions from the coaches or any of the officials on duty, including the Team Manager, should be carried out immediately

Swimmers should:

- Remain with the team at all times.
- Ask permission from the Team Manager or Coach before going to the toilet, or leaving the poolside for any reason.
- Not leave the poolside to get changed before the end of the gala, unless permission is given.
- Support and encourage your team.



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**In the changing rooms swimmers must**

- Behave in a responsible and orderly manner in the shower area and the changing rooms and change as quickly as possible.
- Respect the property of other swimmers and the Leisure Centre.
- Obey any instructions from changing room stewards.

**On the coach to away galas, swimmers must**

- Remain seated throughout the journey and comply with any instructions from the coach driver.
- Not interfere with any safety equipment including alarm buttons, switches, handles etc
- Respect the condition of the coach and clear up rubbish

**In addition, all club members are expected to comply with the following 'Code of Conduct' guidelines while taking part in any club activities:**

- Consumption of Alcohol is totally inadmissible for all members under age as defined by UK law. Members of legal age are only allowed to drink alcohol with the agreement of the Chief Coach/Team Manager. During competition, alcohol is strictly forbidden to all swimmers whilst en route, prior to, during or following a competition event or training session without the specific consent of the Chief Coach/Team Manager.
- Smoking is similarly prohibited for all swimmers whilst en route, prior to, during or following a competition event or training session.
- On 'away' trips, the chief coach or team manager should be made aware of the swimmers' whereabouts at all times. Punctuality on all occasions is essential and any curfew must be observed.
- The use of any drugs or substances other than for medical reasons is prohibited. Please refer to the ASA's Doping Control ([www.britishswimming.org](http://www.britishswimming.org)). Swimmers are reminded to check that any drugs used for medical purposes are not on the ASA 'banned' list. (if in doubt checks should be made with the ASA Medical Officer).

Breaches of the Code of Conduct should be reported to the committee or its representative and appropriate action taken in line with the club constitution and ASA guidelines / law

Name (please print) .....

Signed ..... Date .....

For members under 12 years

As the parent/carer of the above named member, I hereby confirm that I have explained to them the contents and implications of this Code of Conduct.

Signed.....(parent/carer) Date .....



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## Code of conduct for club officials and volunteers

### *Ashbourne Swimming Club*

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibitive substances

## Code of Conduct for parents/carers

### *Ashbourne Swimming Club*

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.



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**Code of Equity**

**Child Protection Policy**

The club adheres to the above ASA codes. For a copy of this information, please refer to the ASA website / Ashbourne Swimming Club website ([www.ashbourneswimclub.org](http://www.ashbourneswimclub.org)).