



Dear

Welcome to Wetherby Swimming Club!

We hope you have an enjoyable experience while you are with us at Wetherby. Our aim is to help you to achieve your potential.

The purpose of this letter is to give you some information about both our swimming club and the squad. It provides a list of contact details, (should you need any further information), it gives details of links to useful websites, including our own, it outlines what you can expect from the club and its committee members and also outlines what we expect from our swimmers. We have also attached, as part of this letter, some forms which we would like you to complete and return to us as soon as you can. (These include our Code of Conduct, Photography Consent Form, Medical Information Form and Emergency Contact Details).

Our club has two distinct elements, the Club and the Squad.

- **Club** caters for a variety of ages and is aimed at improving swimming technique, but also includes stamina work to promote overall fitness.
- **Squad** represents the competitive element of Wetherby Swimming Club, and as such there are more sessions dedicated to improving the stamina, technique and speed of swimmers.

All swimmers who join Wetherby Swimming Club are first asked to swim in the Club

Who Runs Wetherby Swimming Club?

First, it's important to say that Wetherby Swimming Club is run on a mainly voluntary basis, with the exception of our professional Head Coach Alan Hutchinson who is employed and paid by Wetherby and District Swimming Club. The rest of the team at Wetherby generously give their time to assist in the coaching of the children, as well as the general running and organisation of the Club itself. We are a committed group, most are parents who have swimmers in the Club, but there are a number who, despite their children no longer training, still volunteer their time to the Club. We have been brought together because we are passionate about Wetherby Swimming Club and want to develop a friendly and successful Club where our swimmers can thrive and develop as young people. We want to ensure that, in years to come, our swimmers will look back at their time in Wetherby and reflect upon their personal achievements. In order to do this, we need your support. If you would like to get involved in any way, no matter how small, please contact one of the committee members listed below. Your assistance is always welcome!

Below is a list of the committee members you might want to get in touch with. A full list of Club Officers can be found on our Club Notice Board which is situated opposite the changing rooms, and also the club website (www.wetherbyswimmingclub.co.uk)

Chairperson	Charlotte McArthur	charlottemca@mac.com
Head Coach	Alan Hutchinson	alan_hutchinson@talk21.com
Secretary	Annette Weston	secretarywetherbyswimclub@gmail.com
Gala Secretary	Gaynor Pearson	gaynor.pearson@googlemail.com
Welfare Officer	Gill Davy	wetherbyswimclubwelfare@gmail.com

ASA 'Wavepower' Guidelines and the Safeguarding of our Swimmers

As a club, we support, endorse and implement the guidance and recommendations that are set out by the Amateur Swimming Association (ASA) in its Wavepower 2016-19 document. Although this is a very comprehensive document, we would like to draw your attention to **Section 6** of this document, which is particularly aimed at parents. You can access this from the following link:

<http://www.swimming.org/asa/clubs-and-members/safeguarding-children/>

A printed copy of this document is held at the club and can be accessed by asking one of the committee members. We would like to make clear that all our poolside coaches are DBS checked, and if you have any concerns with regard to the welfare of our swimmers, then you can contact our Welfare Officer, Gill Davy.

Swimming Sessions

The entire swimming club meets on the following days and times, and sessions are arranged as follows for club swimmers, squad swimmers, youth and masters swimmers:

Tuesday (7.00pm – 8.00pm)	Club (1 lanes)	Squad (ABCD lanes)	
Tuesday (8.00pm – 9.00pm)	Club (2 lanes)	Squad (AB lanes)	Youth (1 lane)
Thursday (8.00pm – 9.00pm)	Club (2 lanes)	Squad (ABC lanes)	
Saturday (7.00 am – 8.45am)		Squad (ABCD lanes)	Masters (1 lane)
Sunday (4.30pm – 6.00pm)		Squad (ABCD lanes)	Masters

Tuesday 7.00pm - 8.00pm and Thursday 8.00pm – 9.00pm club sessions are designed to help develop the technique of younger swimmers, and if they show potential, enthusiasm and commitment they may be invited to join the squad. Spaces generally only become available in the squad for younger swimmers, and if they are invited to join squad, we expect a higher degree of commitment and dedication from these swimmers.

The Coaches Commitment to Swimmers

As part of our commitment to parents and swimmers we ensure, as far as possible, that there is a full complement of coaches, including the Head Coach, at every session. Some of the coaches are more experienced than others, but we always ensure that at every session there is an appropriate mix that will be of benefit to the swimmers.

The Swimmers and Parents Commitment to the Coaches

Unfortunately, the Club and Squad only has a limited number of hours each week to train at Wetherby Leisure Centre, so it's very important that swimmers are on the poolside and ready to swim at the start of each session. It's also important that swimmers remain swimming for the entire duration of the session, as swimming sessions are tailored to include a warm up, main set and cool down, all of which are vital elements in a session. We welcome your support in ensuring that swimmers and parents respect these conditions.

Finally, it goes without saying that we hope you enjoy your time at Wetherby Swimming Club. We are proud of all of our swimmers and their achievements and we are delighted that you are now part of the Wetherby Club.

Kind regards

Charlotte McArthur (Chairperson)

Alan Hutchinson (Head Coach)

Attachments

Code of Conduct, Photography Consent Form, Medical Information Form, Emergency Contact Details