

PENRITH SWIMMING CLUB HANDBOOK

*IN THE
SWIM*

OF THINGS



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THE CLUB

WHO WE ARE

Here at Penrith Swimming Club, we are a modern junior swimming club with ambition.

Based at Penrith Leisure Centre, our vision is to be acknowledged for our commitment for allowing swimmers to reach their potential in aquatics.

Our aspiration is to help encourage all athletes to reach their optimum potential through a diverse and effective programme, and ready to seize the opportunities that lie ahead.



A CLUB STEEPED IN HISTORY

With a 150-year history of swimming, we are proud of our history and excited about our future.

A big club in our own right, we have over 110 swimmers and more than 40 individuals supporting the clubs growth.

**PENRITH
SWIMMING CLUB**

CLUB STRUCTURE

This club structure is designed to be progressive for swimmers to develop through different pathways in line with the Athlete Development Support pathway.

Learn To Swim

Development Squad

C Squad

B Squad

A Squad



POOL TIMETABLE

SQUAD	MON	TUE	WED	THU	FRI	SAT	SUN
LEARN TO SWIM			18.45-19.30				17.30-18.15
DEVEL			18.45-19.30		INVITE ONLY 20.00-21.00		17.30-18.15
C			19.30-20.15		20.00-21.00		18.15-19.00
B			19.30-21.30	19.45-20.45			19.00-20.15
A			19.30-21.30	19.45-20.45	20.00-21.00		18.15-20.15

**PENRITH
SWIMMING CLUB**

VISION AND AIMS

Club Vision:

- To be a sustainable, quality club, which encourages all athletes to reach their optimum potential through a diverse and effective programme

Club Values:

- To provide an inclusive and friendly environment, where everyone is encouraged to reach their full potential
- To promote the aquatic sports as opportunities for group participation and friendship
- To encourage a team spirit across the whole club and develop a strong sense of sportsmanship between both teammates and with other clubs
- To promote swimming as a 'skill for life' and a health benefit
- To provide a professional, quality coaching programme for all ages and abilities
- To promote the importance of respect, co-operation and motivation for all members, coaches, parents and volunteers, in the pursuit of excellence



SAFEGUARDING

Penrith Swimming Club adopts all Swim England Wave power child safeguarding policies and procedures in line with Swim Mark guidance.

Safeguarding children in club / programmed environment is an integral part of all members' activities and is about creating a culture, which provides a safe and happy environment in which children can learn to swim and develop to a level appropriate for their ability.

The sport of swimming should be enjoyable and fun, including the competitive aspect at whatever level undertaken, giving the individual concerned a sense of achievement and satisfaction from taking part in the sport.

Safeguarding in swimming is based upon the provision of an appropriate environment that is tailored to the needs and requirements of all children.

Penrith Swimming Club is committed to ensuring that all children who participate should be able to take part in an enjoyable and safe environment and be safeguarded from harm.

welfare.penrithswimclub@gmail.com - To contact the Welfare Officer

**PENRITH
SWIMMING CLUB**

MOVING THROUGH THE SQUADS

The Squad Structure has been developed to offer a pathway for all swimmers to develop within the club with a focus on Athlete Development Support Pathway (ADSP). We must note that these will evolve and that there is a broad variation in our swimmers in terms of: age, physical strengths, motivation, inherent skill and future potential. These factors will go some way to determine which squad is best for a swimmer. Consequently, we will also consider the following:

- Attendance
- Technique
- Training Ethos
- Racing Abilities
- Discipline



Each Squad should be seen as a Spring Board (rather than a ceiling) for each swimmer to develop, grow and improve upon. Use the training and experience of the coaches to your maximum, there is no limit to what you can achieve within each squad with the right attitude.

The Criteria set out above are only to be considered for a particular squad, not a given right, and the Coach has the final say on which swimmers make up which squad and when swimmers progress.

The Coach has the right to review and amend the above and below as deemed necessary in order to ensure the best interests of the club and swimmers are being met.

ATTENDANCE

Swimmers improve from three main aspects: Technique, Growth and Training. Young swimmers will generally improve from growth and Technique alone but to perform the skills required swimmers should attend all recommended sessions, at youth age attending sessions becomes a vital part of training and improvement, having a huge effect on performance, strength, skill & fitness. As well as being used as a recovery aid. Swimmers not attending will miss out on these areas leading to a decline in performance. Attendance will be monitored on a weekly basis.

TECHNIQUE

Technique is a swimmers most important requirement to being successful. Technique takes focus and concentration, having a sound foundation and understanding of technique allows the athlete to build in the necessary intensity and volume that is required later on in a swimmers career without skill levels breaking down.

DISCIPLINE

Every swimmer's behaviour towards team mates, coaches and staff will be taken into consideration when for changes in squads. Good behaviour is quite often the determining factor when the above criteria are able to be achieved.



TRAINING ETHOS

Training is extremely important to a swimmers development as at certain periods of development they will be more receptive to different types of training. A swimmers ability to train well will have a direct impact as to whether they capitalize on that area of progression.

RACING ABILITIES

In swimming the ability to race is extremely important, learning tactics, pacing and a different approach to racing and competing with professional standards and developing good sportsmanship skills is essential to equip the swimmer with the skills wither they win, lose or have to push themselves just to make finals. As each swimmer goes through the programme racing requirements will become more advanced from showing an enjoyment of racing to performing at National level.

SQUAD STANDARDS

A SQUAD

AIM: The A Squad is the club's performance squad. The primary focus of this squad is to provide the appropriate environment and level of coaching for swimmers to compete at county and regional level.

TRAINING COMMITMENT:

- Swimmers are expected to honour their commitments & manage their time effectively.
- Arrive early to complete dynamic warm up and to ensure you are ready to go on time.
- Show respect at all times to teammates, officials and opposition.
- Positive Attitude in all situations

COMPETITION COMMITMENT:

- County and regional qualifying times
- Competing in a minimum of three galas per year.
- Compete at the Penrith SC Club Championships.

FOR EVERY SESSION SWIMMERS WILL NEED:

Kickboards, Fins, Pull Buoys, Hand Paddles are required for every session.

Swimmers are advised to bring their own.



SQUAD STANDARDS

B SQUAD

AIM: The primary focus of this squad is to develop swimmers whilst improving their swimming specific fitness, technique & skill to compete.

TRAINING COMMITMENT:

- Regular weekly attendance.
- Positive Attitude in all situations
- Excellent commitment to training and competition
- Arrive early to complete dynamic warm up and to ensure you are ready to go on time.

COMPETITON COMMITMENT:

- Competing in a minimum of two galas per year.
- Compete at the Penrith SC Club Championships.

FOR EVERY SESSION SWIMMERS WILL NEED:

Kickboards, Fins & Pull Buoys are required for every session.
Swimmers are advised to bring their own.

SQUAD STANDARDS

C SQUAD

AIM: The primary focus of this squad is to further develop and enhance swimmers with the necessary technique & skill to compete.

TRAINING COMMITMENT:

- Regular weekly attendance to ensure swimmer development continues.
- Arrive early to complete dynamic warm up and to ensure you are ready to go on time.
- Have correct kit and a filled drinks bottle.
- Great attitude
- Willingness to learn.

COMPETITION COMMITMENT:

- Start to compete for Penrith SC at Local Open Meets
- Be confident and race in all 4 strokes at every opportunity
- Be available for Penrith SC Team Galas
- Compete at the Penrith SC Club Championships.

FOR EVERY SESSION SWIMMERS WILL NEED:

Kickboards, Fins & Pull Buoys are required for every session.

Swimmers are advised to bring their own.



SQUAD STANDARDS

DEVELOPMENT SQUAD

AIM: The primary focus for these young, developmental swimmers will be to teach them the correct technique on all four-strokes and introduce them to basic racing skills such as; starts, turns & finishes.

TRAINING COMMITMENT:

- Regular weekly attendance to ensure development continues and swimmers aren't left behind
- Arrive early to complete dynamic warm up and to ensure you are ready to go on time.
- Have correct kit and a filled drinks bottle.

COMPETITON COMMITMENT:

- Start to compete for Penrith SC at Local Open Meets
- Be available for Penrith SC Team Galas
- Compete at the Penrith SC Club Championships.

FOR EVERY SESSION SWIMMERS WILL NEED:

Any equipment needed will be provided.

WATER POLO



The monthly water Polo session takes place on the first Sunday of each month except in a week where it follows a bank holiday.

The session is from 7.15pm to 8.30pm.

All A, B, C Squad members are welcome to attend. Please see the notice board for any alterations to these sessions.



TIMING NIGHTS

The monthly Timing session takes place on the first Sunday of each month except in a week where it follows a bank holiday. Any changes can be found on the noticeboard.

These sessions coincides with the monthly Water Polo Session.

All swimmers are expected to attend as normal:

Development Squad and those in C Squad who do not wish to play Water Polo should attend the 5.30-6.15pm session

A, B and those in C Squad who wish to play Water Polo should attend the 6.15-7.15pm session

This is an excellent opportunity for our swimmers to gain valuable competition experience and develop racing skills.

These sessions also assist the club with picking teams for the Diddy League competition and helps show progress.

Any questions regarding Timing Night contact the Club Secretary on: secretary.penrithswimclub@gmail.com

CLUB CONTACTS

Any questions, queries or concerns should be sent to:

secretary.penrithswimclub@gmail.com

Penrith Swimming Club

C/O Penrith Leisure Centre

Southend Road

Penrith

CA11 8JH

secretary.penrithswimclub@gmail.com - To contact the Club Secretary

gala.penrithswimclub@gmail.com - To contact the Gala Secretary

welfare.penrithswimclub@gmail.com - To contact the Welfare Officer

coaches.penrithswimclub@gmail.com - To contact the Head Coach

Stay connected with Penrith Swimming Club:

[Facebook](#)

[Twitter](#)

[Google +](#)

[Instagram](#)

Or visit us at penrithswimmingclub.co.uk



CLUB FEES

The Club subscription and fees cover pool hire, equipment and administration costs of running the club. Our Coaches and Committee are all volunteers.

There are two payment options:

- Termly
- Standing Order

There is a additional payment in January is to cover our costs for ASA Membership which starts 1st January each year. Any starters joining later in the year will also be expected to pay this membership fee as well as subscriptions.

Our Membership secretary is Rosie Huggon. She can be found on the Club Desk on Wednesday evenings.

GALA INFORMATION

Penrith SC is a competitive swimming club and actively encourages members to enter galas regularly. Galas are a fun and social experience and help develop team spirit within the club. Swimming is one of the most competitive sports in the UK. Please try to bear in mind you child's age, experience and stage of physical development as these will all have a big impact on performance.

In the younger age groups the difference in times can be significant. Focusing on enjoying the experience and achieving personal best times is far more productive than worrying about medals.

As you settle into training and progress through the age groups the gaps tend to narrow and hard work and effort are rewarded. Progression through the club is through attendance and attitude at training and galas.

When are the galas?

There are a series of galas throughout the year. Check the calendar on the Penrith Swimming Club website for details and gala information.

www.penrithswimmingclub.co.uk



GALA ENTRY PROCESS

- Details of galas are placed on the notice board /SwimClub Manager Site.
- Swimmers / parents to agree the events to be entered. Considering the;
 - Event schedule (Order of races across the gala)
 - Qualifying times (Only entering if times fall within the upper & lower time limits)
 - Competition age (Some are age on the day others are age as at 31st Dec)
 - Legality of stroke (e.g. do not enter 200m butterfly if you cannot perform butterfly for eight lengths)
- Complete the form on the wall or SwimClub Manager site.
- For galas outside Cumbria payment for event is required in advance of the gala.
- Currently galas inside Cumbria are paid for by PSC (*up to a maximum of 5 events per day and no more than 3 per session*)
- Entrants which have been accepted/rejected will be notified.

GALA INFORMATION

TO ENTER GALAS SWIMMERS NEED TO:

- Be at least 9 years old.
- Be registered with the ASA/Swim England. (This is done as part of your membership)
- Have any relevant times on the ASA/Swim England database.
- Swim the stroke / event legally.

TRAVELLING AND ARRIVAL

Ensure your swimmer gets an early night the night before and arrives at the gala on time. Make sure you know when the warm up is due to start for each session. Please plan your journey to ensure you arrive at the pool leaving plenty of time to change before the warm up. You will be expected to do some stretching exercises poolside before the warm up so it is advisable to be changed and on poolside 20 minutes before the scheduled start of warm up.

On arrival most galas have a signing in or registration process for all swimmers. Swimmers need to sign in or highlight their names to ensure that they are entered in the events on the day. The organisers will assume that those who do not register are not competing and will not allocate them a heat.



GALA INFORMATION

WHAT YOU NEED AT A GALA:

- Club Shirt
- T Shirts (1 per session, to wear under Club Polo, girls may need more)
- 2 or 3 Towels
- Warm up / Training Costumes (1 per Session)
- Racing Costume(s)
- Club Hat (Appropriate to the competition)
- Shorts
- Club Sweat / Hoody
- Tracksuit Trousers
- Goggles (2)
- Flip Flops (or similar)

GALA INFORMATION

On Poolside

We would advise against portable games machines, MP3 players, iPad's etc., being brought onto poolside. You run the risk of these being damaged or unfortunately stolen.

Penrith swimmers will sit together and with coaches and / or whips on poolside. Please remain on poolside at all times. Do not wander off to see your parents. Some galas do not permit swimmers to go up on the balcony. If you need to leave poolside ensure that you report to the person in charge from Penrith Swimming Club. Please behave appropriately respecting your coaches and volunteers, all Swim England officials, gala rules i.e. remaining silent at the start of the races and other clubs and your team members.

What to eat:

Fruit, cereal bars, Jaffa cakes, bread and pasta should be packed in a lunch box to be snacked on through the day. Any food containing high levels of fat should not be eaten. It is important that appropriate food is brought for day long galas and eaten! Do not eat a large meal too close to the start of the gala.

- Drinks (Water or Diluted Juice)
- Sports Drink
- Snack Food (e.g. Cereal Bars, Malt Loaf)
- Lunch (Pasta or similar)



GALA INFORMATION

Spectators

Parents and friends are able to watch the swimmers at the galas. A small charge is usually made to cover the cost of pool hire for the day and for the production of the programmes.

Please be aware that the spectator area can get very warm when full of enthusiastic parents. It is also important to note that when the starting whistle is blown for each race, all parents and swimmers need to be silent so that the racers can here clearly the starting buzzer.

What else can I do?

- Please make sure we have the correct email address for you as all meet info will be passed on via emails.
- Keep up to date with the website and Twitter feed for Meet info
- Volunteer – what better way to enjoy the excitement of gala day than to be poolside in the heat of the action? All our meets rely on volunteers
- Follow the coaches advice for your swimmer at meets – they are there for your child and their swimming

GALA INFORMATION

After Galas:

For licensed meets, the swimmers times will be added onto the ASA/ Swim England database (unless disqualified then no time is added), by the organising club a few days after the event.

Swimmers times are also recorded at www.swimmingresults.org



DIDDY LEAGUE



Diddy League is a team gala, for ages 9-11 years against other Cumbrian Swimming Club. The Club's team manager will select a team prior to the first meet. All swimmers that have been selected will notified prior to the meet.

Remember, for parents wishing to spectate there is £3 fee at the swimming pool.

For Diddy League you will need:

- Penrith Swimming Club kit i.e. shorts, t-shirt (please put your name in your kit)
- A drink for poolside
- Racing goggles and spares
- Penrith Swimming Club Swim Hat
- Snacks like dried fruit, mixed nuts are great for poolside
- No phones, iPads or computer games are allowed on poolside
- A big voice for cheering

**PENRITH
SWIMMING CLUB**

CUMBRIA COUNTY CHAMPIONSHIPS AND AGE GROUPS

Every year we have a large cohort of swimmers race in the Cumbria County Championships and Age Groups held early in the year. The event is organised by Cumbria Amateur Swimming Association and held at a variety of venues.

Qualifying times can be found in the promoters condition on the Cumbria ASA website:

http://www.swimcumbria.org.uk/age_groups_7.html

The club will endeavour to notify those who have achieved qualifying times. Swimmers can enter just like any other gala. The age on the day will be as of December 31st.



A MESSAGE FROM THE COACHES

It doesn't always go to plan, it certainly isn't easy but the most important question is: is it worth it?

If the answer is truly yes then you must be willing to do more, work harder and push yourself further than you ever have up to this point.

The first step is to have a GOAL, this is individual to each of you. It is very hard to stay focused day in day out when you are NOT COMPLETELY INVESTED in your goals and the hard work it takes to achieve them. It is especially difficult during the tough days to push through when you don't know where are going.

Your choices away from the pool; your commitment to the programme and training; how you react to disappointment and setbacks; and how to process race results is all down to how committed you are to achieving your goals.

We want to be ambitious, we want to excel, this is why we all put in the hours each week. We are here to dream, commit and achieve – not make numbers up!

The Road to Success is Tough, Challenging and unfair and it is our job to prepare you all for this so you can excel as swimmers and individuals. Ultimately the Journey IS Worth it.

SET GOALS - BELIEVE IN THEM - WORK FOR THEM - SUCCEED.

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WWW.PENRITHSWIMMINGCLUB.CO.UK

