

# Asgard Swimming Club

## Club rules and guidelines



# Asgard Swimming Club

*'Our aim is to provide a friendly atmosphere in which our swimmers can achieve their full potential, develop social skills in a sporting environment that will stay with them throughout their life'*

## Objectives of the Club

- To foster and develop Swimming and its participants
- To promote the teaching/coaching and practice of Swimming in line with current best practice
- To promote the development of physical, moral and social qualities associated with sport, within the participants
- To accept and enforce the rules and regulations set down by Swim Ireland regarding Swimming in accordance with the affiliation status afforded to the club
- To provide a positive and safe environment for all its members and staff
- To ensure sport for young people in the club is fun and conducted in an encouraging atmosphere in line with Swim Ireland guidelines and best practice
- To provide equal opportunities whenever possible for successful participation, irrespective of ability or disability, so as individuals can be involved in sports activities in an integrated and inclusive way.

## Codes of Conduct

Codes of conduct are issued to and signed by all swimmers, parents, coaches and committee members annually. This is in accordance with Swim Ireland guidelines.

## Swimwear

All swimmers must wear appropriate swimwear. For girls, a one piece swimsuit, silicone swimhat ( available from club) and goggles. For boys, swimming togs/jammers , silicone swimhat and goggles. Competition swimwear must be FINA approved (see [www.fina.org](http://www.fina.org) for approved swimwear). All swimwear and hats should be rinsed out in cold water after use to get the longest life possible from them. Asgard club gear is available for purchase, please check notice board for details.

## Coaches

Coaches are here to coach – if swimmers have any questions or concerns about their training, they should ask – coaches cannot read minds –SPEAK UP!

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## Committee

The committee is in place to manage all aspects of the club. It consists of a Chairperson, Secretary, Treasurer and 4 other members and these are elected at the AGM each year. Committee members can stand for election for 3 consecutive years only, then must take a break for a minimum of 1 year. Meetings take place monthly.

All communication by the committee will be done by text and email- if this does not suit any parent, please let the Secretary know. All committee phone numbers are on the website [www.asgardsc.ie](http://www.asgardsc.ie)

## Club Childrens Officer (CCO)

The Club childrens Officer is there to help with any situation the swimmer may find themselves in, whether it is a simple question or a serious complaint. The CCO has attended courses to help in any situation. All discussions with the CCO are confidential unless told otherwise. Information regarding the CCO will be posted on the club notice board and website.

## Parents/ Guardians

The Club officials are there for you to talk to if you have any enquiries, concerns or complaints. Complaints and Disciplinary Procedures, as recommended by Swim Ireland, are in place to deal with any complaints, quickly and properly.

Parents/guardians have a duty to participate in the supervision rota for the training sessions. All training sessions are observed by a parent/ guardian to ensure the safety of both swimmers and coaches. The parent on duty will collect the supervision book from reception and remain at the poolside during the training session. The time a swimmer leaves and returns to the poolside is recorded in the book (see previous entries for guidance) If a swimmer is missing for any length of time, please go and check. You may be required to help if a swimmer is unwell –phone numbers of all parents are available in the office at reception if required.

A supervision rota is available on the notice board for parents to volunteer. The committee will try to ensure that all sessions are filled in by sending out reminder web texts when there are gaps on the rota. If the designated parent does not turn up for supervision within 10 minutes of the start, the coach will check the rota and text that parent. If no one shows up within 15 mins of the text and if no one else volunteers, the session will be cancelled.

**All sessions must be supervised or the session will not take place**

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Swimmers should not be left at the door of the pool, presuming the coaching staff is there or the session is being supervised. Never presume 'somebody' is minding your child – be sure the session is taking place.

Swimmers must be collected promptly after the training session. Neither the coach nor the committee is responsible for the children once the session is over. If a swimmer gets out early, they should remain in the building until collected.

## Complaints and Disciplinary Procedure

The Swim Ireland Complaints and Disciplinary Rules and Procedures have been adopted by Asgard SC. These are available from the Secretary or can be downloaded from [www.swimleinster.com](http://www.swimleinster.com). Any complaint or concern can be brought to a committee member who will help with the situation as far as possible. If they cannot help, the complaint may be given in writing to the club secretary where it will be dealt with in a private and confidential manner.

## Club Captains

Club Captains are nominated by the committee (with their agreement) from the senior group training the full hours and must be over 15 years of age. They are in place to help all swimmers with any problems. They can bring any issues to the coach, committee or CCO on the swimmers' behalf. The club captains (male and female) are voted in annually by the swimmers and their details will be on the notice board.

## Safety at the Poolside

The safety of every member of the club is of extreme importance. Breaches of these rules, which in the opinion of the coach, could lead to injuries, and could result in suspension of training facilities.

- WALK at all times at the poolside
- NEVER push, pull or strike another swimmer
- NEVER run along the pool bank and jump into the water
- DIVING will only be permitted under the supervision of a coach
- NEVER misbehave in dressing rooms, bathrooms, pool or foyer of the building
- NEVER abuse, bully or tease another swimmer either verbally or physically
- ALWAYS treat other swimmers, coaches and pool staff with respect
- ALWAYS treat pool and club property with respect

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## Health and Hygiene

- Always follow the guidelines of Coral Leisure with regard to showers etc
- Always wear your swimhat and goggles in the pool
- Dry yourself properly before leaving the building
- Put all your rubbish in the bins provided
- Never enter the pool if suffering from a contagious illness
- Never enter the pool when suffering from an illness which may affect your health if you enter the water. Notify the coach if you are on any medication
- Never enter the pool if suffering from an injury which could affect your health
- Always warm up before a training session. This will help to prevent sports injuries.
- If an injury occurs, the club can identify a sports specialist for you
- Inconsiderate behaviour including messing, horseplay or fighting will **not** be tolerated. This type of behaviour may result in injury. Disciplinary procedures **will** be taken in these situations.

## Training

The benefits of training with a swimming club will stay with a swimmer for life. Besides the obvious health benefits, it gives an opportunity for competition which can give great personal satisfaction as well as the possibility of a University scholarship. A swimmer can participate in swimming related sports such as Masters pool swimming, open sea swimming or triathlons for life. Many friendships will be developed throughout the sport.

- Turn up for training on time- every minute counts
- If a swimmer cannot attend a session, please let the coach know by texting a committee member who will let the coach know(committee member phone numbers are available on the website)
- If a swimmer chooses to attend less than 50% of their training time, their place in that group may be lost
- Use the time the coach is writing up the session to stretch –this will help to prevent any muscular injuries
- Toilet breaks are permitted after warm up and between training sets- these would average 40 minutes for the senior group. Should a swimmer require a break outside of these times, please let the coach know that it is important, or speak to the club captain who will let the coach know. A parent can let the coach or the parent on duty know before training if an unanticipated toilet break may be necessary.
- Stay for the full session – don't waste it!
- Use the pace clock - this will help you to assess your performance

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- TURN CORRECTLY AT THE END OF THE POOL AND FINISH ALL SWIMS TO THE END OF THE POOL
- Respect the swimmers in the lane with you – use the 5 second rule ie. 5 second gap between yourself and the swimmer in front- unless otherwise indicated by the coach
- Slower swimmers should pull in at the end of the lane to allow faster swimmers to pass

There are a number of different types of training which will be covered by the coaches:

**Technique:** This requires concentration on the quality of swimming

**Aerobic training:** How to swim at a continuous pace to develop the cardiovascular system

**Anaerobic training:** Training at a high even pace to improve ability and maintain stroke effectiveness at the latter stages of races

**Sprint training:** This requires all out pace over a short distance to develop the neuromuscular responses to allow a swimmer to inject pace in a race

**Race training:** This requires the combination of all of these methods

Training with Leinster in the NAC in Dublin is available to those swimmers achieving National Division One times. Your coach will discuss this with you when you have achieved these times.

## Training groups

The swimmers are training the number of hours appropriate for that swimmer. As they develop the swimmer will be advanced through the different groups. A number of factors determine these moves:

1. The swimmers ability
2. The times the swimmers achieve both in training and at competition
3. The swimmers attendance

When a coach decides a swimmer is ready to move, a letter will be sent to the parent of the swimmer offering them a place in the next group.

The training groups are as follows:

**Seniors:** 10.5 hours per week

**Stingrays:** 7.5 hours per week

**Exam year students or non- competitive swimmers:** 6 hours per week

**Dolphins:** 6 hours per week

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**Porpoises:** 4 hours per week

**Otters:** 2 hours per week

**Turtles:** 1 hour per week

The coach should be informed of any changes to your training due to illness, family holidays etc.

## Training Fees

Fees are necessary to keep the club functioning- to pay for pool hire, coaches, equipment etc. The fees are kept as low as possible and any shortfall is covered by fundraising.

The fees are payable at the start of each term (3 per year) . They may be paid monthly by standing order- please check with treasurer- or cheques may be made out to Asgard Swimming Club. Term fees must be paid by the end of the first month of the term or if by standing order, the first month paid and the standing order in place. A family of 3 swimmers or more will receive a 10% discount on the term fees only.

The first terms fees include an annual membership fee of €20 and a Swim Ireland fee of €42. Fees will be issued with the term letter at the start of each term.

## Competitions/galas

- Swimming galas are open to all swimmers – some may require qualifying times.
- Coaches will recommend which galas and which events a swimmer should enter
- Club hats and tee shirts must be worn when representing the club at competition
- Always attend the warm up for the competition- usually 1.5 hours before the start time of the event
- Speak to your coach before and after a race
- A summary of the FINA rules for competition is available on [www.swimleinster.com/news](http://www.swimleinster.com/news)
- Be part of the team and enjoy your race!

See the Gala Information document for further information regarding competitions

All Senior swimmers (from 6 hours up) should attend more than 3 galas per year. Galas for the junior groups will be recommended by the coaches

All gala fees must be paid on entering the gala- these will be detailed on the gala entry form

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Parents have a role to play in play both in supporting their swimmers and in running of the galas themselves. Events run by Leinster or Swim Ireland require clubs to provide time keepers and turn judges. Training will be provided for these roles and any parent with a swimmer entered in the event will be expected to help out on the day.

## Trips

The club may hold away training camps or compete in away competitions. Where swimmers are accompanied by parents/ guardians, the club will not be responsible for that swimmer. Where swimmers are unaccompanied, the club will provide qualified Team Managers.

## Photography Policy

All swimmers, on joining the club, will sign a photography consent form. The club will not photograph or video any swimmer without parental consent. However, by entering some galas you are accepting that your swimmer may be photographed during the event.

[It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming will be in accordance with Swim Ireland Guidelines.](#)

Please see Swim Meet rules on [www.swimireland.ie](http://www.swimireland.ie)

## Letter to Parents and Swimmers from Head Coach, John Kealy

Dear Swimmers and Parents,

Asgard Swimming Club was set up in 2000 by myself with the help of a few committee members. It has been a life long dream of mine to have a swimming club where I can train and coach swimmers - who are competitive as well as swimming for a hobby. The main aim of the club is for the swimmers to be able to reach Olympic standards and be able to take part in National and International events as well as enjoying this sport with their friends as well as meeting new people in the team.

The swimmers train the hours they do because of different levels that are involved in swimming.

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The more they train, the more competitive events they take part in, the more the improvement is shown in their swimming skills. Moving up into senior lanes has nothing to do with age, it is more to do with the four aspects I consider important in swimming training - Skills, Physical and Mental ability and the most important ability is that of enjoyment.

Swimmers in the club, I believe, should be able to be willing to swim of their own free will and enjoy the sport and endure the long hours of training that is involved. The training hours are long due to the normal training programme that is required for swimming. Currently the senior squad in the club trains nine hours a week - those nine hours are broken down into different aspects of a swimming programme such as Skill, Fitness, and building up of physical and mental stability and attitude that is required at competitive level especially in top squads.

The Senior Squad does the full intensive programme of ten and a half hours a week due to the skill that is required at their level. The junior squad who do four to six hours a week uses a programme that is focused on skill and fitness in order to build up the level and ability that will allow them to participate in competition and gain the experience. The other junior club that does two to four hours a week uses a programme that concentrates on skill which allows them to build up the stamina for a longer programme in the future.

It is necessary to do galas so they can get a record of their times and PB's at competition level and this will build up their confidence and aim as they progress in the club. Being involved in galas will develop a positive mental and physical attitude that is needed for training that is involved in the senior squad should they move into the senior lanes.

There are many advantages in being part of the club that your child enjoys. It creates confidence, positive mental and physical ability and attitude, great fitness and swimming skills and the opportunity to take part in both National and International Events, an opportunity also to be part of the Irish Squad representing Ireland as well as maybe be gaining a scholarship for College or University while you are training, either abroad or in Ireland.

Yours in Sport,

John Kealy