



# Members guide

Welcome to Hucknall and Linby Dolphins. This document is to give you some information on how the club is run. We offer a full range of tuition and coaching from the very beginner (where teaching sessions are run at Edgewood Leisure Centre) through to competitive swimmer. We aim to be a friendly club that teaches and develops swimmers to achieve the best of their ability.

The club is registered with Swim England and affiliated to Swim England East Midlands Region and Swim England Nottinghamshire. We operate in accordance with Swim England Child Protection Policy and Code of Ethics.

## Membership and Fees

Membership of Hucknall and Linby Dolphins runs from January to December. There is a membership fee that has to be paid at the beginning of each year. This covers membership of Swim England (both local and national), insurance and a contribution towards club costs. This needs to be paid before the end of January for current members and within 3 weeks of joining for new members. Anyone not paying membership by these times won't be able to swim as they won't be covered by insurance.

There are also monthly pool fees that cover the cost of pool hire and lifeguards and these need to be paid at the beginning of every month. The cost is £11 per session per month for Hucknall and £9 per session per month for Edgewood. We ask that fees are paid by standing order using your child's name as a reference. The sort code is: **60 04 10** the account number is: **05305292**.

New members are required to complete a membership form and sign the code of conduct.

## The Committee

The club is run by a committee which is elected each year at the AGM. All members are welcome to come to the AGM and get involved in the club, whether as part of the committee or simply bringing an issue to the meeting. The club is run entirely by volunteers who give up their own time and we would encourage members to help out in any way they can. All volunteers who have involvement with the children are required to have a DBS check.

The volunteers give up their own time and often do a difficult job and therefore we ask all swimmers and parents/guardians to treat them with respect as they only act in the best way for the club. Anyone not acting in a respectful manner may have their membership reviewed by the committee.

## Sessions

We currently swim on the following sessions:

Edgewood Leisure Centre	Thursdays 7.00-7.45pm & 7.45-8.30pm
Hucknall Leisure Centre	Saturday 7.25am - 8.25am
	Monday 8.00-9.00pm
	Tuesday 7.00-8.00pm & 8.00-9.00pm
Harvey Hadden Swimming Pool	Sunday 5.00-6.00pm (monthly for gala squad by invitation)

If you would like to increase the number of times you swim each week the please see Head coach Marine.

## **Equipment**

There is some equipment we would expect everyone to bring:

- Swimming costume suitable for training (i.e. not leisure shorts & must be above the knee)
- Goggles
- Hat (dolphins hats can be purchased poolside)
- Water bottle
- Flippers
- Float
- Pullbuoy

## **Progression through the club**

Once a swimmer is accepted into the club, they are put into a lane appropriate to their abilities, in which coaches feel they will get the most benefit. This is based on a number of factors including technical ability at each stroke (including such things as diving and turns), speed over 25m, stamina and space in the lanes. In some cases a swimmer maybe in a lane even though they are faster than swimmers in a higher lane. This is because the coaches feel that they still have techniques to master before moving up. Speed is not the only consideration and moving lanes too soon can affect a swimmer's ability later on. Parents and swimmers are welcome to talk to their coach to discuss what they need to improve.

In order to achieve the best of their ability we would recommend that swimmers commit to train with the club every week. To reach higher levels, swimmers should be looking to train at least 2 sessions a week.

## **Achievements for all swimmers**

### **Time trials**

These are normally held once a month on a Tuesday and concentrate on a different stroke each month. A personal best card is available for you to keep track of progress.

### **Annual Gala**

The internal club competition is held on a Sunday afternoon in July. All swimmers are encouraged to enter with various trophies up for grabs across all strokes and different distances. Look out for entry forms. Trophies are awarded at the presentation night in November.

### **Diving Awards**

Available for swimmers reaching gala standard.

### **Swimmer of the month and year**

Each month an award is given for swimmer of the month, this swimmer is nominated and chosen by the coaches. There is also an award for swimmer of the year. This is a points based system with points gained for PBs, attending training, competing in galas etc..

## **Competitive swimming**

### **Inter-club competitions**

The club enters several different competitions where we compete against other clubs. The exact competitions we enter may vary from year to year depending on opportunities available and which the committee feel are the most suitable for our swimmers. Each competition has its own rules and requirements.

Swimmers may only compete from the age of 8 years and upwards. A team for each individual gala is selected by the gala selection committee (a group of people who carefully look at the times registered for each swimmer together with the gala requirements and rules). This is a very involved and often complicated procedure in order to pick the best overall team available to us. Although picked primarily on speed across the various strokes required, please bear in mind that it is not always as simple as this, as it is the balance of the team that is important, mixed with the requirements of that individual gala (therefore just because a swimmer is picked for one gala, they may not automatically be picked for another). All invitations to compete in a gala will be sent out using 'Teamer'. Please respond promptly to all invitations. A calendar of competitions is available on the club notice board.

### **Open competitions**

These are competitions run by any club for which any swimmer can enter (as long as they meet the entry requirements). Swimmers can enter as an individual under the Dolphins name and it is up to the swimmer to organise their own entry. They will also need to upgrade their membership in line with Swim England requirements (speak to the membership secretary).

### **County Championships**

This is a competition where all swimmers from Nottinghamshire compete against each other in their age groups and takes place over several weekends. There are strict entry requirements (based on times) and so it is the best in the county that compete. Information is available on the Notts ASA website.

## **Resignation**

If a swimmer wishes to permanently leave the club, they must formally resign in writing and pass this to one of the committee members.