

# ETWALL EAGLES SWIMMING CLUB



ESTABLISHED 1980 – AFFILIATED TO THE A.S.A., M.D. and  
DERBYSHIRE A.S.A

## MEMBER'S HANDBOOK 2008

Welcome to ETWALL EAGLES. We pride ourselves on being a friendly, family based club and want you to settle in quickly and enjoy what we have to offer.

If you are new to a swimming club there are likely to be lots of things you are unsure about. This booklet will hopefully explain more about the running of the club. But if you still have questions please ask any of the committee members or coaches.

## THE CLUB

Etwall Eagles Swimming Club was established in 1980. We are a voluntary organisation run by a committee and provide organised swimming for children and adults. Our swimmers are drawn from a fairly wide catchment area. The age range of our swimmers is from 5 years through to 18 years and we also have an active masters section. Each week we swim 5 nights, 12 hours at Etwall Leisure Centre and 2 hours at Repton School Swimming Pool.

### **Keeping You in Touch:**

The club's main noticeboard is in the upstairs viewing lounge at Etwall Leisure Centre. This is updated regularly with notices, forthcoming events, gala reports and other information. There is a small board in the corridor leading to the girls changing rooms at Etwall; copies of team lists are normally put on this. Copies of important notices are put on the general noticeboard at Repton Pool. Often information is sent out by e-mail, if you have an e-mail address please send it to Sandra Holden on [contact@etwalleagles.co.uk](mailto:contact@etwalleagles.co.uk) to be added to the mailing list.

The club has a website which is [www.etwalleagles.co.uk](http://www.etwalleagles.co.uk). Why not visit it and have a look.

## WHO'S WHO

**Coaches:** The first person you and your child are likely to meet is one of the coaches.

**Dean Howard** is the chief coach; he runs most of the sessions. Dean started teaching with the club in 2000 and has been chief coach since Nov 2003. He first got involved in the club in 1995 with his own children swimming.

**Charlotte Howard** started swimming at the club aged 5 and is now in charge of our widths teaching groups. She is a level 2 teacher and oversees all our teaching groups taken by sue Harman and Zoe Stretton.

**Chris Roworth** has been swimming with Etwall Eagles for over 8 years and has recently taken the role of assistant swimming coach. He helps with the beginners sessions on Sundays and the senior and master swimmers on Friday evenings.

**Committee Members:** The club is run by the committee, which is made up mainly of parents of swimmers.

**Mandy Smith** is our membership secretary and has the unenviable task of collecting fees. She is assisted in this role by other committee members who are on poolside.

**Janet Briggs** is the Chair and would be very happy to be approached with any questions or concerns about the club.

Details of other committee members are listed at the end of this booklet. Please feel free to approach any of us with questions, or just for a chat.

## SWIMMING TIMES

Your child will normally be assigned to suitable session(s) on a day, which suits you. If you know you cannot attend one week you can normally swap to a similar session with the prior agreement of the coaches.

### Monday, Etwall Leisure Centre

- 7.00—8.00 p.m. Junior swimmers
- 8.00 – 9.00 p.m. Intermediate Swimmers
- 9.00 - 10.00 p.m. Senior swimmers

### Wednesday, Etwall Leisure Centre

- 7.00—7.45 p.m. Intermediate swimmers
- 7.45—8.45 p.m. Junior swimmers
- 8.45—10.00 p.m. Senior & Master swimmers

### Thursday, Repton School

- 7.00—8.00 p.m. Junior swimmers
- 8.00—9.00 p.m. Senior swimmers

### Friday, Etwall Leisure Centre

- 7.00—8.00 p.m. Junior swimmers
- 8.00—9.00 p.m. Senior/master swimmers

### Sunday, Etwall Leisure Centre

- 4.00—4.40 p.m. Beginners, widths
- 4.20—5.00 p.m. Improvers, lengths
- 5.00—5.45 p.m. Junior swimmers
- 5.45—6.45 p.m. Intermediate swimmers
- 6.45—8.00 p.m. Senior swimmers

## FEES

Club membership (2008) is based on age and training session attendance as follows:

- 1 swim per week: £14.00 per calendar month
- 2 swims per week: £20.00 per calendar month
- 3 or more swims per week: £26..00 per calendar month

Discounts are available for family groups as follows:

- Two swimmers per family: £1 reduction from fees
- Three swimmers per family: £1.75 reduction from fees
- Max amount payable for 4 or more is £70 per month

Membership and ASA fees are also payable by every swimmer. £20.00 membership and £6.00 ASA fee, to cover insurance. These are currently collected twice yearly - £13 on 1 February and £13 on 1 August. (Fees are subject to review and may change)

An additional £13.25 ASA competitive swimming fee will also be charged when your child starts to compete in external galas.

## TYPES OF SESSION AND PROGRESSION

Sessions are mainly grouped by ability, usually starting from age 5 on Sundays. As members improve they will start to do more than one session per week. The coaches will normally advise when this is appropriate. Swimmers move to later and longer sessions as strokes and stamina improve, with hopefully a place in the squad as their aim. The coaches are always willing to discuss progress with parents.

## EQUIPMENT

Initially all your child will need is a swimming costume, a good pair of goggles and possibly a bottle of drink to leave at the end of the lane. They may also want to buy a club swimming hat.

As he or she progresses they will also need:

- A kickboard: A flat buoyant board held in front of the swimmer in their hands, giving practice on leg kick.
- A pullbuoy: A buoyant dumb-bell shape, placed between the legs to give the back end buoyancy whilst arm strokes are practiced.
- Flippers (or Fins): Similar to those used by divers, give extra power to the leg kick to develop strokes.

All these items, together with a very good selection of costumes and goggles, can be bought at competitive prices, from the club 'Swim Box' in the upstairs area at Etwall Pool. The swim box is run by **Joanne Roworth**. Please see the website for opening times.

There are some boards and pullbuoys, and also a mixed bag of old fins, mostly ones which swimmers have grown out of, at the pool. They can be borrowed at first, but swimmers are encouraged to buy their own.

Club Gala Shirts (worn over swimwear at galas between events) can also be ordered from Joanne. Tel No: 01335 330057.

## COMPETITIONS

Etwall Eagles is a competitive club and it is hoped that most members will eventually wish to swim in competitions. However there is still a place in the club for those who wish to swim for fitness.

**Club Championships**: In this your child will be swimming against other members of Etwall Eagles. There are age groups from 8 and under, upwards. Entry is open to all. Older swimmers can enter up to 5 events, the 4 main strokes plus individual medley. Swimmers aged 9 and under can enter for just 3 main strokes.

If there are a lot of swimmers in an age group entered for one stroke they will swim in heats, on the heats evening, and the fastest 6 will go through to the final on the Club Championships evening. For some strokes and age groups heats are not needed so the swimmers go straight through to the final.

The heats and finals take place in October and November each year. During September your child will be given details and an entry form. All 6 finalists in each event receive a medal, the winner also receives a trophy which they keep for a year then hand back. These are given out on Presentation Evening in December.

**Galas**: In galas Etwall Eagles swim as a team, against other swimming clubs. The club enters various leagues, so may be swimming against other clubs from Derbyshire, Nottinghamshire, Leicestershire or sometimes other parts of the Midlands.

At the age of 8 your child may be invited to swim in the Diddy League, this is for swimmers from 8 to 12, It is a good introduction to competitive swimming. There are individual events in 4 strokes, and relays for boys and girls in each age group.

Usually about 4 boys and 4 girls from each age group are selected, some will swim individual events, some may be chosen to swim relays only. Diddy League Galas are usually on Sunday afternoons

The main leagues the club enters are the Leicester League and the Speedo League. The Leicester League takes place during the autumn/winter months and have age ranges from 10 to 'Open' (15 or 16 +). The older swimmers swim in 2year age groups e.g. 11/12 or 14/15, precise ranges depend on the league. All age groups swim individual events and relays, again some swimmers may be chosen for relays only. These galas are normally on Saturday evenings.

The Speedo League is the main competitive league that the Club swims in. It is a National League and we compete in the Midlands Section. There are three fixtures which take place in the autumn (Oct/Nov/Dec).

**Travel to galas:** For local galas (Derby, Repton, Burton, Ashbourne) parents are normally expected to transport swimmers themselves. For other galas a coach is organised, this departs from the bus park at John Port School. There is a proportioned charge per person for travel on the coach. Swimmers under 14 must be accompanied by an adult who is responsible for checking that they are not left behind.

**Selection for Galas:** the coaches select the team for any event. About two weeks before an event a team sheet is put up on the noticeboard upstairs at Etwall. Swimmers are asked to tick the sheet to confirm their availability. Once your child reaches the age of 9 or 10 please get into the habit of checking this board regularly as it is very time consuming for coaches to have to chase up swimmers who are not aware they have been selected to swim. A fixtures list is also on the board. If your child is regularly selected please try to keep the gala dates free (usually about once a month September – June).

The choice of swimmers lies wholly with the coaches, they select swimmers to give the team a good balance, and sometimes according to the standard of opposition. They are willing to comment to parents about strengths and weaknesses and what a child may need to work on to progress to the squad, but will not comment on why one child has been chosen and another left out. Any pressure from parents on team choices will be referred to the chairman.

**County Championships:** The Derbyshire County Championships take place in March each year, over three weekends. There is an entry fee for each event entered. Here swimmers from 9 years upwards can swim against others in Derbyshire, in a variety of strokes and over different distances. Swimmers swim in heats, with others of a similar standard, and then the age group is ranked according to time in the heats. The first three are given medals. There is also an 'all rounder' competition called BAGCATS, swimmers gain points for each of their swims, then the maximum points in different categories (e.g. 50m sprints, 200m swims, freestyle, individual medley) is added up to give an overall ranking. This is an individual event rather than a team event but Etwall traditionally have a good turn out and the swimmers sit together with the coach.

Entry forms are available around about Christmas time, the coaches, open meets co-ordinator or other committee members can advise on which events to enter.

In November there is a one day County Sprints meet at Pond's Forge 50m Pool in Sheffield.

**Open Meets:** These are one day events run by swimming clubs where any individual can pay to enter. There are certain events which the club targets and encourages swimmers to enter. The Melton Mowbray Graded Open Meet in February is always popular. This is a B and C grade meet, this means that the best swimmers (A grade) are not eligible to enter. Others enter in either B category or C category competitions. There is a trophy for the winner in each category. This means that some of the less fast swimmers can taste success.

The open meets co-ordinator, Andy Ives, has the forms, and will encourage suitable swimmers to enter this and other targeted Open Meets.

**Midland Championships:** Swimmers who achieve fast times at certain open meets and the County Championships may gain a “midlands time”. This qualifies the swimmer to swim in the Midland Championships held in Coventry in June. Information about Midlands times is available on the Midland ASA website.

## **DERVENTIO EXCEL**

Derventio Excel is an elite squad serving Derbyshire. It brings together the best swimmers from all the clubs in the area to train together at a higher level. Members retain membership of their home club but do all their training with Derventio Excel. Membership is by invitation after recommendation by our coaches, Etwall Eagles has a small number of swimmers in the squad.

## **OTHER EVENTS AND AWARDS**

**Time Trials:** These run about twice a year on a normal swimming evening. It gives an opportunity for the younger (about 14 and under) swimmers to do timed swims over 25, 50 or 100m, according to age, in different strokes. Awards at Bronze, Silver and Gold are given according to times following a national scheme.

Swimmers are encouraged to keep a record of their personal best times (p.b.s) and to submit these to the club database. It is always good to see how your times improve, and how you compare with other swimmers.

**Club Records:** The club keeps two sets of records – one for the club championships, these date from the foundation of the club, and some have not been broken for many years. From September 2005 we are keeping club records for all swims by club members. This gives a chance to have records for more different distances.

**Other Events:** From time to time the club organises other swimming events, such as a fund raising sponsored swim (where some of the younger swimmers surprise their parents by swimming 20 or more lengths), or fun nights before Christmas and the summer break. There are also sometimes one off sets of sessions on starts and turns, or sessions booked in a 50m pool at Loughborough or Sheffield.

Swimmers from the club have also taken part and enjoyed the Derbyshire Junior Triathlon which takes place in June, based at Etwall Leisure Centre, John Port School. Some older swimmers regularly take part in an Open Water swim in the summer in a lake in Leicestershire.

There are sometimes Swim Skills Clinics running locally, organised by us or other local clubs, where a top level coach, often accompanied by an Olympic swimmer runs a one day course on strokes or starts and turns. Information on all these events is normally on the noticeboard at Etwall, and in many cases is e-mailed out to members.

From time to time we organize social events such as discos or iceskating. Details are normally posted on the noticeboard.

## **POLICIES**

### **Child Protection:**

The Club believes that the welfare of children is everyone’s responsibility and that all children and young people have a right to have fun, be safe and be protected from harm.

### **Equal Opportunities:**

The Club is committed to treat everyone equally within the context of their activity, regardless of sex, ethnic origin, religion, disability or political persuasion.

### Dual Membership:

Swimmers can join more than one club if they so wish. The ASA regulations allow this. These swimmers can elect to swim for either club in open meets and championships. However in the event of the clubs competing in the same club team competition, the swimmer, if selected and available, must swim for the club they have the longest unbroken membership with.

Dual membership will not affect the swimmers eligibility to swim in Etwall's club championships, providing they are a member on 1<sup>st</sup> September.

### Resignation and non payment of fees:

A member wishing to resign must give notice in writing to the membership secretary and pay all outstanding fees. Any member who resigns and fails to inform the club shall be liable for all fees until the committee agrees that the membership has been terminated. Any swimmer who fails to swim for or on behalf of the club or fails to pay for their pool fees for a period of three consecutive months, without good cause, will have deemed to have terminated their membership with the club.

### Rules of Etwall Eagles Swimming club:

The club has a set of rules approved by the ASA which constitute a legally binding contract to regulate the relationship of the members with each other and the Club. These are available on our website or a copy can be obtained from the secretary. Members are asked to sign the following statement on the membership form (with a countersignature by parent or guardian for members under 16 years of age):

I acknowledge receipt of the rules of Etwall Eagles swimming Club and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out by these rules.

## **HOW PARENTS CAN HELP THE CLUB**

Most of our members are children or teenagers, and there are many ways that parents can get involved:

### Spotters:

a spotter is an additional adult on the poolside at sessions keeping an eye on the swimmers to make sure they are safe. Where spotters are needed the rota co-ordinator will often ask a parent who normally stays and watches that session anyway to act as spotter on a regular basis. Training is given by Etwall Leisure Centre staff.

### Time Trials, Club Championships:

For these events we need quite a lot of helpers, you may be asked to have a go at timekeeping, recording results, announcing or later progress to one of the other 'official' positions. Help is also needed with taking admission fees for spectators, selling raffle tickets or health and safety supervisors. Volunteers are always welcome on these occasions and it is a good way to find out about the different jobs.

### Galas:

When we travel to away galas we have to provide 2 timekeepers and 1 judge. Normally parents who have had a go at these before, and who are going to the gala anyway will be asked.

If we are hosting the gala extra people are needed, Referees, Judges, Health and Safety, Announcer, Starter, Recorders, Gala Manager, Collecting Admission Money, providing refreshments for Officials. Again help is gratefully received, you will not be asked to do one of the 'Official' jobs without experience or training.

#### Training:

Many parents have a go at timekeeping or other roles at club galas and progress to other events. There are opportunities to become an ASA registered official as a Timekeeper, Judge, Referee or Starter. Short courses are run locally, the club secretary has details.

#### Pool side:

Training is available for parents who wish to help Dean or the other coaches. Speak to the chairman or another committee member if interested

#### Committee:

The committee runs the club on a voluntary basis. Meetings are held once a month in Etwall. New committee members are always welcome. Speak to the Chairman or another committee member if interested.

#### Social and Fund Raising events:

Please join us on these, it's a good way of getting to know people and helps the club. We are a small club and we have to supplement the income we receive from subscriptions. Fund raising events are therefore essential for the club to survive

#### Masters Swimming:

Swimming at Etwall Eagles is not just for the youngsters! Why not join our masters section. Masters swimming is for anyone over 18 years of age who wants to swim for fitness or for competition. The main aims of masters swimming are for better health and fitness, enjoyment and friendship between swimmers. There are many competitions that master swimmers can enter although there is no compulsion for swimmers to compete if they do not wish to.

So if you enjoy lane swimming to keep fit and would like to develop your stroke, or would like to get back into swimming and possibly enter competitions, then why not give it a try?

Come and join us, its fun.

Mondays 9.00pm – 10.00pm

Wednesday 8.45-10.00 p.m.

Friday 8.00-9.00 p.m.

We are a group of adults of all ages and abilities, ex competitive swimmers who want to keep up their fitness without the pressure, parents who chase a vain hope of keeping up with their children, or an increasing number of people with no previous connection with the club

### **A FEW SWIMMING TERMS**

**Short Course:** An event in a 25 metre long pool e.g. Etwall.

**Long Course:** An event in a 50 metre long pool, e.g. Pond's Forge, Sheffield, or Loughborough University Pool.

**I.M.:** Individual Medley – a race where you swim all four strokes – butterfly, backstroke, breaststroke, and front crawl.

**p.b.:** Personal best time – your best ever time for a stroke at a distance, it pays to keep a record of these.

## COMMITTEE MEMBERS

<b>Name</b>	<b>Telephone</b>	<b>Role</b>
Doug Peace		President
Janet Briggs	01283 732925 <b>Email:</b> <a href="mailto:nigel.briggs@btinternet.com">nigel.briggs@btinternet.com</a>	Chair
Sandra Holden	01283 585408 <b>Email:</b> <a href="mailto:contact@etwalleagles.co.uk">contact@etwalleagles.co.uk</a>	Secretary
Mandy Smith	01283 703640 <b>Email:</b> <a href="mailto:Mandy.Smith@wsmith26.wanadoo.co.uk">Mandy.Smith@wsmith26.wanadoo.co.uk</a>	Membership Secretary
Andy Sadler	01283 732188	Treasurer/Fixtures Secretary
Jane Kent	07771801704	Committee Secretary
Steve Byng	01332 523927	Sponsorship Co-ordinator
Sally Rowe	01283 735407	Child Welfare Officer
Joanne Roworth	01335 330057	Kit Controller
Nigel Whitfield	07515518797	Web Designer
Adrian Pustowka	01283 516035	Publicity officer
Tracey Rath	01283 704078	
Andy Ives	01332 510321	Open Meet Co-ordinator