



# ROCHFORD AND DISTRICT SWIMMING CLUB

## Membership information

The swimming club is primarily a competitive swimming club, but our aim is to teach swimming and all aspects of the sport.

The membership is made up of all ages from six to seventy years and beyond!.

The club meets on Tuesday and Thursday evenings. Generally, children swim between 6.00pm and 8.45pm, depending on age and ability, and adults swim from 8.45pm to 9.30pm. See the table inside for a complete guide to swimming times and training fees.

The Junior and Senior squads compete at all levels and also compete in a variety of leagues. Swimmers are graded across the pool, using standards similar to the ASA Water Skills awards series, as well as through other criteria (Graded Galas).

There is an annual membership fee as well as monthly training fees. It is important to read the club notice board regularly for news about competitions as well as social events.

Swimmers are expected to compete when selected by the club coaching staff. The club is able to supply a selection of club merchandise. hats, poolside T-bag shirts and holdalls and tracksuits re available from the desk.

The club could not exist without our band of volunteer committee members, who will be only too happy to help with any enquiries. The club is also happy to hear from anyone who is willing to give up a little of their time to help run the club.

We are a friendly, well-respected club who expect its members to behave in a proper manner.

Any member found discrediting the club in any way or who commits any act of verbal abuse or foul language or who commits any act of physical, verbal or psychological abuse will be asked to leave the club. All members are expected to take all reasonable care of the club's equipment - anyone caught damaging such equipment will be expected to pay for its replacement.

Insert Swimmer's Code of Conduct

## Club coaching staff

**Doug Drake**

Head coach

**Brad Parsons**

Junior squad coach

**Eddie Clark**

Eddie's squad coach!

The club's coaches and teaching staff are dedicated to providing all our swimmers with the best tuition possible.

They give up large amounts of their own time to be at pool side, so please make the most of the facilities available, especially early morning training sessions.

Always pay attention and listen carefully during training as this is for your own benefit and safety - as well as for the safety of others. If you feel that you have been the victim of bullying or abuse at the club, please contact the club's Welfare Officer, who is there to act on your behalf.

## Squads

**Novice swimmers**

**Improvers**

**'Eddie's' Squad**

**Junior Squad**

**Senior Squad**

**Masters**

## What to pack in your bag

Each time you come swimming there are items that you should always bring.

Always bring to training: trunks/costume; goggles (plus a spare pair); towel; club swim hat and; a drink (never in a glass or disposable water bottle).

If attending competitions, swimmers should also bring (additional to above) an extra towel and a club T-bag shirt. It is also a good idea to bring a bin liner to put your bag in, as poolside are often extremely wet places with so many swimmers in one area. Sometimes you might need other items for training and these can include: hand paddles; kick fins; old t-shirt. You might also want your own kick board and pull buoy. Never eat or bring food onto poolside on training nights.

## Competitions

A list of future galas will be displayed on the notice board and on the RADS website.

### **Graded Galas**

We hold Graded Galas, where all swimmers are eligible to compete. These are home-based galas, where swimmers set an individual standard and subsequently receive Merit Awards if they better their standard by two seconds at the next Graded Gala. As the swimmer achieves set targets, the distance over which they race will increase - up to 100m for each stroke and 200m for Medley.

These races are against the clock and every swimmer is a winner.

Graded Galas also help the coaching staff with team selection for league events and team galas, where our head coach, Doug Drake, selects the team to represent the club.

### **Team and League galas**

The club takes part in a number of team and League galas. Swimmers from the age of 9 upwards can be selected to represent the club. Check for team lists to see if you have been selected. It is an honour to represent your club, so please make every effort to make yourself available if you have been selected. There is no entry fee for swimming in team or league galas, although spectators will be expected to pay an entrance fee.

From time to time RADS is expected to 'host' team or league galas. At this time we will request the assistance of parents to help with various hosting duties.

### **Essex Mini League**

The Essex Mini League provides a framework for competition between amateur swimming clubs within the county of Essex. The league currently has 14 member clubs arranged in a single division. Each club swims in five galas each season, arranging and hosting one of them. Galas are swum on the second Saturday of each month from February to October (excluding August). The mini league is aimed at swimmers who have not achieved county qualifying times and operates on a series of time limits i.e. swimmers must swim slower than the time limits or are issued with time faults.

### **The National Arena Swimming League - London**

This is a prestigious national competition which is run in regional qualifying groups. RADS swim in the London region which currently operates 3 highly competitive divisions. Teams winning Division 1 have the opportunity to swim in the National finals in Ponds Forge.

### **The National Arena Junior M11 Swimming League**

As with the Senior National Arena Swimming League this is a high profile competition. The league is aimed at swimmers between the ages of 9 and 12 inclusive.

### **Open Galas**

Also on the notice board will be information about open galas held by other clubs. Swimmers must be age 9 years and over and must also be registered as an ASA Category 2 member to enter Open Galas. The notice board will indicate which standard of swimmers are best suited to enter these events. An open gala entry form needs to be completed and handed at the RADS desk before the event closing date. Any entry fees should be handed in with your entry form.

Open gala competitions are often run in different ways. The most common formats are heats/finals and HDW (Heat Declared Winner). In heats/finals, normally the six fastest swimmers from an event are placed in a final to determine medal positions. In HDW events, there is no final and the winners are those that have swum the fastest times.

### **Championships**

Essex County Championships and East Region Championships can be entered if you have met the required qualifying time for the events. Qualifying times must be achieved at Level 1, 2 or 3 ASA licensed competitions.

National Championships are the hardest to qualify for. Qualifying times must be achieved at Level 1 or 2 ASA licensed competitions.

## **Club fees**

An annual club membership fee (individual or family) is payable in January. Club membership includes ASA registration (Category 1 non-competitive and Category 2 competitive as appropriate) and insurance. A copy of the club's insurance certificate is displayed on the notice board.

Annual club membership: £32.00 individual membership, £85 family membership

[Insert RADS Membership form and Standing Order form](#)

Monthly training fees must be paid promptly at the beginning of each month, preferably by Standing Order. All club committee members are unpaid volunteers, here to help run the club for you. You can make their jobs easier by ensuring that monthly fees are paid up to date and on time.

You may lose your place if club fees are not paid on time.

		Cash Payment	Standing Order Payment
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Novice Swimmers (Small Pool)	1 night/week	£15	£13
	2 nights/week	£22	£20
Improvers	1 swim/week	£20	£18
	2 swims/week (plus for lane 4 and above Sat morning)	£28	£26
Eddie's Squad	2 nights, plus Sat and 1 other morning	£30	£27
Junior Squad	Tues and Thurs nights, 2 mornings (plus Sunday night by invitation only.)	£32	£29
Senior Squad	3 nights, 4 mornings.	£38	£35
Masters	1 swim/week	£20	£18
	2 swims/week	£29	£26
	3 swims/week	£33	£30
Family monthly fee			£106

## Swim times

	Novice Swimmers (small pool)	Main pool Improvers	Eddie's Squad	Junior Squad	Senior Squad	Masters
Monday			5:30- 7:00am	5:30- 7:00am	5:30- 7:00am	5:30- 7:00am
Tuesday				5:30- 7:00am	5:30- 7:00am	5:30- 7:00am
Wednesday						
Thursday				5:30- 7:00am	5:30- 7:00am	5:30- 7:00am
Friday			5:30- 7:00am	5:30- 7:00am	5:30- 7:00am	5:30- 7:00am
Saturday		7:00- 8:00am	7:00- 8:00am			7:00- 8:00am
Sunday				18:00- 19:30	17:30- 19:30	

## Club committee

The club could not run without the committee of volunteers. Each year the club holds an AGM in July, where a new committee is selected.

If you are interested in the running of the club and would like to be a committee member, look out for the AGM date on the notice board.

### **Committee members**

Chairman: Fraser Mashford

Secretary: Danielle Cotgrove

Treasurer: Claire Bailey

Membership Secretary: Andre Head

Competition Secretary: Doug Drake/Jo Harding

Social Secretary: Vacant

Trophy Secretary: Mark Harding

Masters Secretary: James Grigg

Ordinary members: Andy McMillan

Welfare Officer: Andy Beckett

[Insert Club Constitution](#)

## **Other stuff**

### **Desk**

The desk is open most club nights for you to pay training fees and is also a great source of information and help. The desk is run by volunteers, so please be polite to them. If you are willing to help run the desk, please make yourself known.

### **Changing areas**

Swimmers must stay in the changing areas until fully dressed. They are not permitted to wander around the rest of the centre in swimsuits, especially after swimming, as this can make the floors wet. Swimmers are NOT permitted to shower in the cleansing area leading to the pool.

### **Social Events**

The club periodically holds social events such as discos or bowling parties to allow swimmers and parents to get to know each other better. Please look out for upcoming dates on the notice board. If you have any suggestions for events please discuss your ideas with our Social Secretary.

**Further information can be found at [www.radsswimming.org.uk](http://www.radsswimming.org.uk)**