



WREXHAM SWIMMING CLUB

INFORMATION PACK

NAME.....

WELCOME TO WREXHAM SWIMMING CLUB

New members and their families do not know how the club works, who administers it, who coaches their children and so on.

This booklet should answer some of your questions and any it doesn't cover, you should ask a member of the committee or coaching team who will be happy to help you out

QUESTIONS OFTEN ASKED WHEN JOINING THE CLUB.

HOW DO I KNOW IF MY CHILD IS GOOD ENOUGH TO JOIN WREXHAM SWIMMING CLUB?

Under the link we have with Wrexham County Borough Council swim lessons programme, swimmers who have attained Level 7 in the National Plan are invited to attend an "assessment session" with the swimming club. They are assessed during these sessions and are invited to join the various training groups within the club dependant on their abilities.

HOW MUCH WILL I PAY?

Costs

Monthly Training Fees (by direct debit).

The Annual Membership Fee

First payment made by cheque when a new swimmer hands in forms when joining the club

Subsequent payments collected yearly after April over two months
With the direct debits set up for swimming fees.

A part of the membership fee includes an insurance premium to protect you should any accident befall. It is therefore vital that fees are paid within four weeks of a swimmer starting at the club. Non members may not swim for the club in any competition

From each fee the club forwards payments to the:

Swim Wales

Swim Wales North Region

Arena League

ECL League

The remainder of the fee goes towards club costs.

WHO ARE THE COMMITTEE?

A list of all the committee members can be found on the club website, www.wrexhamswimmingclub.co.uk

WHO ARE THE COACHING TEAM?

A list of all coaching team can be found on the club website, www.wrexhamswimmingclub.co.uk

DOES ANYONE GET PAID?

The Head Coach and some of the other coaching and administration is paid for, all the work of the committee, gala officials, rest of the coaching team and other helpers is purely on a voluntary basis.

WHAT IS SWIM WALES (WASA Ltd)

This is the National Governing Body formerly known as the Welsh Amateur Swimming Association.

DOES THE CLUB SELL HATS, GOGGLES, COSTUMES ETC. ?

You can buy Club Kit from the Club Equipment Coordinator,
See the swimming club website. www.wrexhamswimmingclub.co.uk

WHEN WILL MY CHILD SWIM IN A GALA ?

This depends on age and ability.

All Swimming Members have the opportunity to swim in the three annual galas that the club hold.

For other team galas, Team Managers select the appropriate swimmers depending on the age limits, times and type of gala

We compete in the following Leagues: -

ECL Galas. (East Clwyd League)

Arena League.

Cheshire League (To be advised)

Other galas are held during the year as individual entries. Entry forms are sent out via email, so if you get one you know that it is a suitable gala for your swimmer.

Coaches will help swimmers decide what events you should enter, please ask them for advice if you need it

WHAT IS AN INDIVIDUAL GALA?

These are galas held on different dates during the year. Entry forms are distributed via email to the parents. You are encouraged by the club to enter all galas that you are eligible for, you may have to make your own travel arrangements but coaches are on the poolside to assist new swimmers at these events. If in doubt about any of the above ask any coach or member of the committee who will point you in the right direction

HOW WILL I KNOW IF MY CHILD HAS BEEN SELECTED FOR A GALA?

Team lists are emailed to selected swimmers so if you receive one you know you are on the team.

If your child is picked try to attend as shortages of swimmers sometimes have drastic effects on the result of a gala for the rest of the team.

WHAT DOES MY CHILD NEED TO WEAR FOR A GALA?

The club colours are black, white and red.
Club equipment is covered later in the booklet

MY CHILD DOES NOT SEEM TO GET PICKED FOR MANY GALAS IS THERE SOMETHING I CAN DO?

If you think that your child is being over looked, have a word with one of the coaches or team managers they will be helpful. You should also make sure that your child is entered in as many individual galas as possible as this gives the team managers more information to work out gala squads.

HOW DOES THE TEAM TRAVEL TO GALAS ?

This depends on where the gala is being held. Sometimes if the gala is nearby or if the swimmers are competing in individual meets, parents make their own travel arrangements. Otherwise a team bus is used, swimmers and officials travel free. Parents pay a contribution if they travel on the team bus, children go free. We only use a bus normally in the Arena League.

CAN I HELP?

Yes!!!

Offers of help are always welcome.

If you are interested in helping in anyway please contact Volunteer Coordinator or any committee member or coach for information. We always need help with coaching and Teachers Rescue Test holders. We also need a large number of volunteer at our three open galas we hold at Waterworld each year.

WHAT IS A P.B.?

PB's are the times that a swimmer gets in competition that are their personal bests.

WHAT IS AN I.M?

I.M. stands for Individual Medley, a mixture of swimming strokes in one race i.e. Butterfly, Backstroke, Breaststroke and Freestyle.

WHAT IS A NON-SWIMMING MEMBERSHIP?

This is membership to the club of people who do not swim.

That generally covers parents or guardians and any other interested person who are connected with the club in some way i.e. Officials, Time-Keepers, Committee, Coaching Staff and Teachers Rescue Test holders.

WHAT DO WE NEED FOR OUR FIRST GALA?

Firstly, at all galas a Coach or Team Manager are there on poolside to look after all the swimmers and they will support all new swimmers and look after them and guide them through their first gala. Swimmers will need extra towels in their kit bags spare goggles and swim hats are a good idea as the last thing you want is a swimmer upset because of broken goggles. Drinks bottles are needed along with some snacks (no chocolate). A tee shirt or club polo shirt is needed to keep swimmers warm between races. The one thing that new swimmers should do is enjoy their galas as this is the reason they put in all of the hard work in training sessions.

**REMEMBER ALWAYS CHECK YOUR EMAILS ON A
REGULAR BASIS SO YOU PICK UP CLUB NEWS**

Press Officer

The press officer is involved in the preparation and delivery of Press releases to the local media, announcing significant achievements and events that the club has been involved in.

Posters of all sorts are regularly prepared for Club Announcements.

If you have any news or views concerning the club in any way please contact us:-