

GENERAL

Cupar and District Swimming Club is based at the Cupar Sports Centre, and has a membership of around 120 swimmers. These range from youngsters who can swim a few lengths through to senior swimmers who compete at Fife and East District Level. There are various squads to cater for the different ages and abilities of the swimmers. We aim to provide a welcome to all. We are affiliated to the Scottish Amateur Swimming Association (SASA) and the Royal Life Saving Society.

STRUCTURE

The Club is run by a Committee elected by the members' parents at the AGM. The Club depends on swimmers' parents to help with the many jobs needed to keep things running. Please would parents let the Club know how they would like to help.

FEEES

All members need to pay an annual membership fee of £40 to cover Club costs and registration fees to SASA. (There are discounts for three or more children from the same family). Saturday morning swimmers also pay £12 quarterly to cover the cost of pool hire, while other squad members pay normal pool admission fees to the Sports Centre and a small training fee to the Club (£3, £4, and £7 a month for Junior, Improver, and Development squad members respectively). It is helpful if the regular payments to the Club are made by standing order please.

TEACHING/COACHING

Most of our coaching and teaching is done by volunteers. Courses are held to enable parents to become qualified pool helpers and assistant teachers. The Club survives on the assistance of parents. The Club's chief coaches (Dave McLean and Lesley Jayasekera) receive a small remuneration for their expert services.

OFFICIALS

We need a range of officials for galas at home and away. We run timekeepers' courses to allow parents to take the first step in the technical officials' ladder.

SWIMMING SESSIONS

New swimmers who are able to swim a few lengths on their front and back are invited to come along at 9.30 on a Saturday morning for assessment. Please contact John Wishart on 01334 655185. If they fulfill the criteria they are invited to join the Club. The Saturday sessions are graded in ability:-

1. 9.30 (on poolside) - 10.00am.
2. 8.00 (at front door) - 8.45am.
3. 8.45 (on poolside) - 9.30am.

As the swimmers improve they will move on from a Saturday morning and into the "Squads" as follows:

- Junior Squad

This is the first step up into the more competitive squads.

- | | | |
|----------|---|----------------|
| Thursday | - | 6.00 - 7.00 pm |
| Friday | - | 5.30 - 7.00 pm |

- Improver Squad

This is one stage up from the junior squad.

- | | | |
|----------|---|----------------|
| Thursday | - | 7.00 – 8.00 pm |
| Friday | - | 4.00 – 5.30 pm |

- Development Squad

This premier squad is run by club coaches Dave McLean and Lesley Jayasekera.

- | | | |
|----------|---|----------------|
| Tuesday | - | 6.30 – 8.30 pm |
| Thursday | - | 8.00 – 9.45 pm |
| Friday | - | 4.00 – 5.30 pm |

LIFE-SAVING

The Life-Saving branch of the Club meets on Wednesday evenings 7.30 – 9.30 for theory and practical sessions. A number of our senior swimmers have been, or are now, lifeguards on poolside.

SOCIAL

Social events are arranged through the year, and are usually advertised on the notice board, website, and newsletters.

GALAS

There are various competitive opportunities:-

- Fife Leagues at "Novice" and "Intermediate" level.
- Friendly novice galas for our newer swimmers.
- Friendly team galas for various abilities.
- Open Meets – individual entry to galas anywhere in Scotland.

Swimmers are recommended to take to galas one towel for poolside and one to keep dry for the end of the session. Club swimwear should be worn, and long hair should be tied back or under a cap. A tee-shirt and shorts to keep swimmers warm on poolside are useful, as are a non-fizzy drink, nourishment, and a book/wee game. Please also remember money for lockers, and goggles if wanted. Swimmers will be under the guidance of team managers, who are parents or coaches with the Club.

CLUB CHAMPIONSHIPS

All swimmers are encouraged to enter the Club Championships. The Distance events are held in the Spring and the main Championships in December. The main Championships have "A" and "B" age group finals in all strokes.

CHILD PROTECTION

We aim to provide a safe environment for all our swimmers. The club's child-protection officer (CPO) works with parents and coaches to try to ensure this is the case, and to try to keep us within the evolving national, SASA, and council regulations.

- Any child welfare concerns should be addressed to the CPO in confidence.
- Adult helpers will in the future have to go through a "Disclosure Scotland" check to ensure that they have not been barred from working with children.
- No photographs or video may be taken of children in the pool building without the written consent of the child's parents, the pool management, and the club's child protection officer.
- Parents are asked to supervise their children in the changing rooms as appropriate.
- We do not display photographs of children on the club's website.

CODE OF CONDUCT

We are pleased to have well behaved swimmers in the club, who work hard at their swimming, and also enjoy themselves. We note, however, that the following code of conduct for members.

- Swimmers should respect each other and themselves. Bullying, teasing, and showing off are not acceptable.
- Swimmers should show respect to all club representatives and to all staff and other users of the sports centre; rudeness, disobedience, booing, unsportsman-like and dangerous behaviour are not acceptable.
- Swimmers or their parents should report any issues that concern them to any member of the committee, or in particular to our child protection officer.
- Swimmers are expected to have good attendance at club sessions, and are asked to notify the club of expected absences.
- Swimmers are expected to be punctual and to commence sessions at the scheduled times.
- Swimmers must be prepared to accept coaching instructions provided by the club and to cooperate fully at sessions.
- Swimmers are asked to check the club notice board at each training session.
- Swimmers are expected to participate where possible in galas that they have been selected for. In such galas, club swimwear (and caps where appropriate) should be worn. If a swimmer cannot go, please let your squad leader know.

CHANGING SQUADS

As swimmers progress, they are likely to be asked to move from one squad to another. Such progression is based on a combination of ability and age, and is at the discretion of the squad controllers. When moving from the Saturday morning sessions to the Junior Squad swimmers or their parents are requested to pick up an information sheet on this from the club table. This gives details of the changes in times, payment methods, things to bring, etc. Likewise, moving between the other squads will affect the monthly training fees paid.

Committee and Contacts 2005

See notice board

A representative of the committee is usually at the club table in the spectator area during part of the sessions on a Thursday evening and a Saturday morning. They will be happy to try to answer your questions or to receive your offers of assistance.

**Please visit our website:
www.cuparswimmingclub.co.uk**

Cupar and District Swimming Club

We hope the information in this leaflet is useful. More information can be found on the Club notice board at the pool, or at the Club table (in the spectator area on Saturday morning and Thursday evening sessions), or on the Club website at www.cuparswimmingclub.co.uk

Please fold into three