

# **Welcome to Aberdeen Dolphin Swimming Club**



## **Information for Swimmers and Parents**

[www.aberdeendolphin.co.uk](http://www.aberdeendolphin.co.uk)

# **ABERDEEN DOLPHIN SWIMMING CLUB**

## **WELCOME TO ABERDEEN DOLPHIN SWIMMING CLUB**

We hope you will enjoy your time with the club. This handbook is designed to give you some general information about the club and your swimming, which we hope you will find useful. Please take time to read it through and keep it for future reference.

If you have any questions, or would like any more information at any time, please do not hesitate to contact your coach.

**Swimmer's Name:**

**SASA Membership Number:**

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## **Introduction**

Aberdeen Dolphin SC is an amateur swimming club, registered with the Scottish Amateur Swimming Association (SASA) and is a member of the City of Aberdeen Swim team (COAST). We offer the first step in competitive swimming for youngsters aged from 7 years.

Aberdeen Dolphin SC is an open, non profit-making club, established in the early 1960s to teach children how to swim and to encourage them to progress to competitive level.

Swimming lessons are provided from pre-school age upwards. There is a seamless programme from the swimming classes into the main programme, however, there are limited squad places and places are only offered to children who show commitment and willingness to compete for the club. Swimmers from Aberdeen City Aquatics also link in to the club and are offered spaces when available.

Swimmers who wish to progress into a competitive environment will be offered a space in the junior squads (JC1-JC3) depending on ability from around the age of seven. They are introduced to a training syllabus and competitive programme approved by C.O.A.S.T. The programme is linked to a national programme, designed to develop future stars of Scottish swimming.

Aberdeen Dolphin SC has produced several high quality swimmers many of whom have represented Scotland at International events. The club is regarded as a leading light in the development of junior swimmers within the North District area.

Training takes place at the following pools:

<b>Pool</b>	<b>Phone</b>	<b>Address</b>	<b>Pool length</b>
<b>Grammar</b>	642299	Skene Street	5 x 22 yd
<b>Hazlehead</b>	310062	Groats Road	4 x 25m
<b>Kincorth</b>	872227	Cairngorm Drive	4 x 25m
<b>RGU</b>	263666	Garthdee Road	6 x 25m

Aberdeen Dolphin SC is managed by a committee of parent members on a voluntary basis.

The coaching is carried out by professional staff, all of whom are qualified to ASA National standards, or are working towards this.

## **Aberdeen Dolphin SwimSchool and Competitive Squad Structure**

### **Aberdeen Dolphin Swimschool Programme**

Aberdeen Dolphin Swimming club has a Learn-to-Swim section, which teaches children to swim from age 4 upwards. The Learn-to-Swim section follows a progressive syllabus, which covers all four swimming strokes and aqua and diving skills. There are 7 levels of teaching class which closely follow the levels of similar schemes throughout Scotland. Children who complete the 7 levels will then move on to Aqua 4 and 5, where they will continue to work on learning good swimming technique and will be introduced to competitive swimming with occasional time trials and small novice galas.

Aberdeen Dolphin Learn to Swim takes place on Saturday and Sunday afternoons and is open to all children between the ages of 4 and 10.

For more information contact the Swimschool Coordinator. Their e-mail and Telephone number can be found on the Dolphin website at [www.aberdeendolphin.co.uk](http://www.aberdeendolphin.co.uk)

### **Aberdeen Aquatics Programme**

The swimming development programme in Aberdeen city starts with the foundation level in the form of a structured programme managed by the local authority called "Aberdeen Aquatics". Swimmers from Aqua 5 level, who fall into the age criteria for the Club, are offered free trials with the Club at Aqua 4 and 5 level, in an effort to introduce them to a competitive environment. Children with potential within the age range of 7- 10 are offered places.

## Junior Coaching

From the Learn to Swim section, children may progress to **Junior Coaching**. Swimmers remain affiliated to their Club throughout their swimming careers. Junior Coaching progresses 7–12 year old swimmers through 3 levels: JC1 (Red Squad), JC2 (Yellow Squad) and JC3 (Green Squad). JC1 swimmers train for 3 hrs a week (3 sessions) rising to 7 hrs a week (5 sessions) in JC3.

Children progress from Junior Coaching squads to **COAST** squads, should they meet the entry criteria.

## Gold Squad

The Aberdeen Dolphin Gold squad is an opportunity for swimmers who, for many reasons, may not move to COAST, or may have swum with COAST and wish to return to swim with the Club, and want to continue to train to compete.

It is a competitive squad in which the same levels of effort, commitment and behaviour are expected as in any of the other squads that swimmers have trained with.

The criteria for Gold squad is a minimum age of 12 and the swimmer must have trained with Green squad (JC3) for two full terms as a minimum standard. Entry to the squad is possible for any COAST swimmers who, for whatever reason, may not qualify or wish to continue at COAST.

The training sessions and schedule is based around the COAST JP syllabus. There are five swimming sessions per week (7.5 hrs) and one land training session. Details of training sessions can be found on the website.

The objective of Green squad will remain entry to the JP squad of COAST, however, entry to COAST will be an option for both Green and Gold squad swimmers.

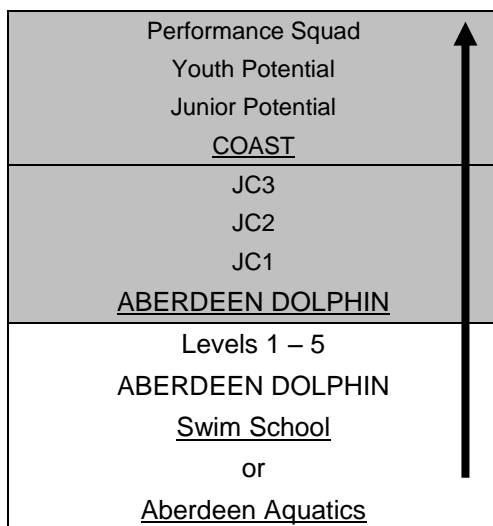
## COAST

**COAST (City of Aberdeen Swim Team)** is formed by six clubs in Aberdeen: Aberdeen Dolphin, Cults Otters, Bon Accord Thistle, Dyce, Bridge of Don and Bucksburn swimming clubs.

COAST is supported by representatives of these six clubs. A Management Committee, with representatives from the six clubs, support the swimmers and coaches in the organisation and management of the squad calendar.

Once accepted into COAST, swimmers train solely with COAST, although they remain affiliated to Aberdeen Dolphin SC. Within COAST, swimmers progress from Junior Potential to Youth Potential, and then to the Performance Squad. The swimmers participating in the COAST squads will compete in various competitions ranging from District events to National and International events. The squads are very progressive, with the number of hours, water time and gym time gradually increasing.

Sport Aberdeen employs a Head Coach, who coaches the Performance squad and sets and oversees the COAST programme. The Head Coach works closely with constituent club coaches, the other professional COAST coaches and Scottish Swimming. The local authority also employs part-time coaches to coach the Youth Potential and Junior Potential squads.



## **Training**

### **Squad sessions and times**

Refer to our website for the current training times for Junior Coaching squads.

Swimmers are expected to attend a minimum of 85% of their squad sessions.

### **School holidays and bank holidays**

Training generally stops during the school holidays, but special arrangements may be made for JC3 before major competitions. The Club and/or COAST may organise summer swim camps.

The pools are usually closed during half terms and bank holidays, but some sessions may still take place. Ensure that you check your nominated e-mail account, the notice board and/or with your squad coach for details.

### **Dropping off and collecting swimmers from training**

Sessions start promptly and swimmers must be on time and be on the poolside **10 minutes** before the start of each session. Swimmers should use the toilet and rinse their feet / use the shower before going onto the poolside.

Before leaving any child at the pool, ensure that a coach and pool staff are present. Collect children within 10 minutes of the close of the session.

Most swimmers live locally and it is often possible to arrange lift shares to and from sessions by speaking to other parents.

## **Spectating at training sessions**

There are facilities for spectating at some of the pools and parents are welcome to watch sessions, in fact it is encouraged, in order to support the child.

## **Behaviour of swimmers**

Swimmers need to obey a few basic rules for the safety and enjoyment of all:

### **Swimmers MUST NOT:**

- Enter the water until instructed to do so by the coach.
- Lean or sit on the lane ropes.
- Horseplay in or around the pool.
- Dive unless told that it is safe to do so
- Vandalise or damage equipment or property.

### **Swimmers MUST:**

- Pay attention and listen to the coach.
- Bring all their equipment
- Be respectful towards coaches and other swimmers.
- Obey council pool attendants.
- Dress quickly and vacate the changing rooms in an orderly fashion.

The Club maintains the right to discipline anyone who repeatedly infringes these basic rules or commits a serious misdemeanour with, ultimately, expulsion from the club.

## **Training syllabus and promotion standards**

Aberdeen Dolphin SC follows National Long Term Athlete Development model. This syllabus is reviewed by the club coaches and by the Head Coach of COAST, and is available on request by a parent or swimmer. The current syllabus identifies clear swimmer pathways and ensures the correct level of training at the correct age. Young athletes should be encouraged to participate in many activities to gain the necessary fundamental skills.

## **Kit**

### **Club kit and the “Swim Shop” Catalogue**

Aberdeen Dolphin SC club kit must be worn for competitions, although it is not essential for training. Kit can be purchased via the Swim Shop Rep.

All swimmers with long hair must wear a swim cap. A club cap is available when swimmers first join, replacements cost £5 (2012).

All swimmers must wear a Dolphin club cap when competing. The first one is provided free and replacement caps can be provided by the swim shop co-ordinator.

There is a club polo shirt, track suit and swimsuit which all swimmers are encouraged to wear when competing. Contact the Swim Shop Co-ordinator for further details.

It is advisable to rinse all kit in cold water immediately after use to minimise chlorine damage.

As a member of SASA you will receive regular copies of the “Swim Shop” catalogue. This offers an excellent mail order service for all items of swim kit, including the recommended short training fins and useful sundries such as goggles. The “Swim Shop” offer discounts (via catalogue vouchers) on orders over a certain amount. The Swim Shop Co-ordinator can order kit, if requested.

***Swimmers should bring the following to each training session:***

1. **Swimming costume or trunks** - recommend the Speedo Endurance type, which has longer resistance to the effects of chlorine.
2. **Two Pairs of Goggles.** - children have smaller faces and heads, so need junior size goggles. Speedo Junior Futura is a popular model.
3. **Swim cap** – swimmers with long hair must wear a swim cap.
4. **Fins** - should be short training fins not the longer snorkelling fins.
5. **Sports bottle with water or diluted juice** should be brought onto the poolside. Juice should be very dilute, cold and not fizzy. Cartons of juice are too concentrated
6. **Towel.**
7. **Snack** - for after the session.
8. **Kickboard** and **pull buoy**

**Please ensure that all kit is clearly marked with the swimmer's name.**

**Lost property**

Swimmers should contact the council attendants at each pool to enquire about lost property. Items are sometimes handed in to squad coaches.

## **Competitions**

It is important that swimmers enter competitions regularly in order to gain experience and to update swim times.

### **Aberdeen Dolphin Novice Gala**

This is a relaxed meet aimed at the younger, less experienced swimmer aged 11 & under.

### **Graded meet**

Designed to encourage novice swimmers or those who perhaps have a weaker stroke and therefore do not qualify on time for open events. A cut off time is given for each event. Swimmers' entry times must be slower than the time given. Medals are not awarded to those swimming faster than the cut off time on the day however "too fast" certificates are usually presented to swimmers who exceed the cut off time. Graded Meets are organised by local clubs.

### **Open meet/event**

At an open meet (or in an open event) there are no restrictions on age, speed or club affiliation.

### **Beta League**

Beta League is a series of inter club team competitions involving the local clubs. Each event is divided into time bands, with swimmers racing against each other in heats. Points are awarded according to placing. A swimmer who swims faster than the cut off time receives no points. Beta League matches are run in a relaxed atmosphere and all Aberdeen Dolphin swimmers wishing to participate are given the opportunity to do so. The matches are an ideal opportunity for even our most junior swimmers to gain experience and enjoy the fun of swimming for their club in a competition.

## **Club Championships**

The Club Championships are usually held in December and is the highlight of the Club year. Swimmers are entered for all events appropriate to their age group and sex. The emphasis is on participation and fun.

## **Entering a competition**

A programme of forthcoming competitions will be issued to all swimmers at the beginning of the season and swimmers will be advised by e-mail when they are being entered for a meet. Swimmers will be put forward for meets appropriate to their age, ability and progression, at the discretion of their coach.

The Meet Secretary is responsible for entering swimmers after liaising with the club coaches.

## **Entry fees**

Entry fees are paid by the swimmers. Entry fees can range from £4.00 to £7.00 per individual race. Some competitions may be oversubscribed, in which case a swimmer's entry may not be accepted by the competition organisers.

Once an entry has been accepted by the organising club no refund will be given unless the swimmer is a reserve and consequently does not swim in the event due to there being no withdrawals. In this instance, a refund will be sent to the club. Should a swimmer withdraw from the event the swimmer will be invoiced for the appropriate amount, however, in certain cases this may be waived depending on the circumstances.

## **Confirmation of swims**

Confirmation of swims is given to swimmers in advance of the competition by e-mail.

## **Reserve Swims**

If a swimmer is allocated a reserve swim by the competition organisers, the swimmer will be able to swim in the event if another swimmer withdraws.

## **How competitions are organised:**

### **Age groups**

Competition events are organised by age group. The age cut off is decided in one of two ways:

- a. "Age on 31 December" (competitor's year of birth).
- b. "Age on the day" of the competition – this method is now becoming the preferred option and gives the swimmer with a later birthday a chance to compete in their own age group for longer.

### **Sessions**

Competitions are often divided into two or three sessions, with short breaks in between the sessions. There will be two times shown for the start of each session:

- a. Warm up time - it is essential that swimmers arrive in time for the warm up. They should report to the Dolphin coach on the poolside, ready to swim, at least 15 minutes before the warm up starts. Swimmers who do not report on time may risk being notified to the Meet Organisers as being withdrawn from the session.
- b. Start time - indicates the time that the actual events will start.

## **On the day of a competition:**

Swimmers must bring the following:

1. **Swimming costume(s) or trunks.** Swimmers are encouraged to wear Club swimsuits when competing - available from Swim Shop Co-ordinator.
2. **Goggles (a few pairs)**
3. **Dolphin competition swim cap must be worn** – available from Swim Shop Rep.
4. **Club polo-shirt & tracksuit** - to wear between swims and for award ceremonies. Swimmers are encouraged to wear Club kit when competing - available from Swim Shop Co-ordinator.
5. **Sports bottle with water or diluted juice** - should be brought onto the poolside. Juice should be very dilute, cold and not fizzy. Cartons of juice are too concentrated.
6. **Healthy Snacks** - to eat on poolside between swims.
7. **Towels.**
8. **Poolside shoes.**

A small cool bag is useful for keeping swimmer and supporters alike supplied with cold drinks and healthy snacks.

## **Spectators**

Competitions can be hot and crowded. Light clothing and a supply of cold drinks will make for more comfortable spectating.

Swimmers and spectators alike can do much to encourage our young swimmers with enthusiastic cheering. Swimmers should remember to support their team mates when not swimming themselves.

Programmes showing details of all events can be purchased at the competition.

## **Poolside announcements**

Swimmers should listen carefully to announcements that are made at the poolside. These will cover safety as well as general information, such as warm up lanes, calls to marshalling, etc.

Spectators and waiting swimmers must maintain silence at the start of each race - from the whistle signal indicating that the swimmers should mount the block or enter the water, until the race has begun.

## **Marshalling**

Shortly before each event, swimmers will be called to the marshalling area, where they will be organised into their starting order, and may be given a time card. At certain events there can be no marshalling and the swimmers must be aware of when they are racing and their allocated heat and lane. When directed by the Marshal, swimmers should make their way to the appropriate lane. One of the timekeepers will confirm with the swimmer their name, to ensure they are in the correct lane. If time cards are being used, the swimmer should hand the time card to one of the Timekeepers for that lane.

## **Award ceremonies**

Where applicable, these usually take place at the end of each session. There may also be an award ceremony half way through a long session. Swimmers who win awards should wear a club T-shirt or tracksuit jacket to collect them.

## **Results/Time cards**

Results are posted on the wall at the meet after each event. Results may also be found on the web, depending on the level of the meet, or on the Club website. Time cards may be returned to swimmers when applicable. Coaches may issue the swimmers with a copy of each swimmers times achieved on the day.

## **Definitions Of Some Swimming Terms**

**Time trial:** Swimming against the clock allowing swimmers and coaches to monitor performance and progress.

**“PB”** (Personal Best): The best time a swimmer has achieved for a particular distance/stroke.

**Accredited time:** This is a time obtained at an accredited SASA meet - a meet which has been registered with SASA, and has the required complement of officials in attendance. Accredited times are required for entry to many higher level competitions.

Competition entry forms indicate whether or not submitted entry times need to be accredited times.

**Consideration time:** Cut off time for entry to an event, ie: Entry time must be faster or slower (as specified) than the given time.

**Heat declared winner:** The winner is the swimmer with the fastest time in the heats. No final is swum.

## **FOOD AND DRINK FOR JUNIOR COMPETITIVE SWIMMERS**

### **What to eat:**

### **Carbohydrates**

Swimmers burn a lot of energy, therefore need to take more carbohydrate than normal. Carbohydrates should form as much as 60% (i.e. the bulk) of their diet, at the expense of fat.

### **Carbohydrate fuels: Starch vs Sugar**

<b>Fast burn</b>	<b>Medium burn</b>	<b>Slow burn</b>
White bread Sweets Cake Honey Bananas Carrots Oranges Rice cereals Corn cereals White rice Baked beans	Bran cereals Brown rice Brown bread Pizzas Beans Raisins Potatoes White pasta Milk	Lentils Porridge Brown pasta Apples Yoghurt Peaches Plums
<b>Sugary</b>	↔	<b>Starchy</b>

### **Starches (“slow burn”)**

Swimming is an endurance activity, the energy release from foods needs to be gradual. Starches are “slow burn” energy sources and should form the bulk of the diet.

## **Sugars (“fast burn”)**

Sugars such as fructose and glucose are converted almost instantly to energy therefore only useful in certain circumstances. i.e. immediately prior to exercise and to replenish energy reserves after a session. If not used, sugars are converted to fat and can also inhibit re-hydration (see below).

## **When to eat**

The timing of eating is important. Starchy carbohydrates such as pasta take 1 – 2 hours to digest. Swimmers need to eat 1 – 2 hours before swimming. Fat slows down the digestion of carbohydrate, so meals taken before swimming should be low in fat. Heavy meals containing significant proportions of meat or fat should not be eaten even 3 or 4 hours prior to training because they will not be fully digested.

Swimmers must also eat small amounts periodically (every half hour or so) during competitions to maintain the energy store. When this runs out, a swimmer’s performance will drop quickly as they start to burn fat. This can also happen at the end of a training session, so it is important to eat immediately after training (within 3/4hour). In this instance sugar in the form of sweets, drinks etc is useful.

For important competitions requiring peak performance, swimmers should start loading with “slow burn” carbohydrate 2 –3 days beforehand. Fat intake should be minimised on the last day.

## **Fluids**

As with any exercise, fluids need to be replaced when swimming to avoid dehydration. Warmth of swimming pools increases the swimmer’s risk of dehydration. A 2% loss of body fluids, causes a 20% drop in performance. Dehydration also leads to cramps and lack of concentration.

Swimmers need to drink plenty during training sessions and between swims at competitions and should always bring a sports bottle of chilled water or dilute juice to the poolside. The equivalent of at least half a cup of fluid every 15 – 20 minutes is recommended.

The best drink is water. Sugary drinks should be avoided because sugar can inhibit the re-hydration process. Sugar based drinks such as fruit juices and squashes should be diluted with water by at least 5 parts to 1.

Fizzy drinks such as coke and lemonade must also be avoided (the gas can also induce vomiting).

A variety of “sports drinks” are available, and the recommended one is ISOTONIC. HYPERONIC or “Energy” drinks are too high in sugar.

### **Some simple rules**

- Eat a varied diet with lots of starchy carbohydrates and less fat.
- Swimmers should eat 1 – 2 hours before swimming. Food eaten prior to swimming should be predominantly “slow burn” carbohydrate, low in fat and low in sugar, e.g. pasta with simple sauces (not cheese or meat), basic pizzas, bread, potatoes, rice, cereals.
- Get into the habit of drinking plenty of fluids, and bring plenty of low sugar drinks to the pool.
- Snacks are needed during competitions, e.g. bread rolls, bread sticks, pasta, cereal bars, biscuits, sweets, bananas.
- Eat something soon after swimming. This can be high in sugar.

If you need further help or suggestions, talk to your coach.

## **Club Communication**

Aberdeen Dolphin SC is a friendly, sociable club. Introduce yourselves to other club members and make new faces welcome. Talking to other parents is a good way of finding out more about the Club and events, setting up lift shares, etc.

### **Communication via:**

1. E-mail – **Squad Reps** are responsible for communicating information to parents and swimmers. Find out who your Squad Rep is and make sure you advise them of changes to your e-mail address.

If your e-mail is not working, you will need to make arrangements with the Squad Rep, or another parent, to keep you informed until your e-mail is up and running again.

2. Notices on the notice board at Hazlehead pool.
3. Written information about upcoming events may be given to swimmers at training sessions. Information may be given verbally to swimmers by their coaches.
4. The club newsletter.
5. The club web site: [www.aberdeendolphin.co.uk](http://www.aberdeendolphin.co.uk)

Check with your child after training sessions whether they have been given any information, and that they have brought it home and not left it in the changing rooms, or the bottom of their wet kit bag!

Swimmers who do not attend training sessions regularly will miss information.

## **Club Fees And SASA Membership**

Training fees are levied three times a year, in line with the school terms, ie January, April, and September. Training fees cover the costs of pool hire, coaches, and any other coaching costs.

Club membership fees are levied annually in January. Club membership fees cover administration, Club SASA membership fees, membership of COAST, Coach and Technical Officials training, the running of the Club Championships and purchase of equipment and training aids.

SASA fees are levied annually in March (paid in 2 instalments). SASA membership provides insurance cover for the swimmer and is mandatory in order to allow swimmers to compete in many competitions.

For new members, a SASA Club Membership form needs to be completed and returned to the Secretary promptly, as SASA require the form to be returned to them within four weeks of a swimmer joining the club. (The Club may be liable to a fine or suspension from SASA for late returns).

The SASA membership number is required for most competition entry forms. The Club also holds a record of SASA membership numbers. Membership numbers can also be checked on the Scottish Swimming website:- [www.scottishswimming.com](http://www.scottishswimming.com). Click on the "Home Country Membership Check" button at the bottom left of the home page.

## **Management Committee and Coaching Staff**

A current list of management committee members and coaching staff can be found on the web site.

### **Management Committee**

The Club is organised by a Management Committee who rely on parents coming forward to assist with the running of the club and is under the governance of the Aberdeen Dolphin Swimming Club Constitution. The Club has an Annual General Meeting usually in November and committee members are nominated prior to or at the meeting. Parents are required to support the Club by attending such meetings.

### **Coaching staff**

Coaching staff are all qualified or are working towards the National Governing Body's national qualifications.

The club encourages all parents to assist on poolside if they are keen. Everyone is encouraged to work towards the first qualification, which is the ASA Assistant Teacher level and to progress to the UKCC Club Coach level. The club may subsidise the cost of participating in these courses, where appropriate.

## **Parental Involvement / How To Help**

There are numerous ways in which parents can become involved. Parents can volunteer to do one or more of the following:

1. **Become a technical official** - to qualify for a SASA accreditation, a swimming competition in a 6 lane pool needs a minimum of 34 officials. The majority of these are time-keepers and judges. You can become a time-keeper by sitting a 2¾-hour course. It is not difficult. The Club has to provide technical officials for each competition. North District meets require a certain number of officials to be provided depending on the number of swimmers being entered. Failure to provide the required number of Technical Officials may result in the entry having to be restricted. Please see website for current Club policy regarding such meets. Technical Officials are also required for club time trials, Beta League matches and the Club Championships. Each family with a swimmer in the competitive squads should have one member who becomes a technical official. Details of timekeeping courses can be obtained from the STO (Swimming Technical Official) convenor.
2. **Become a Squad Rep** – for communication purposes, it is essential that we have a parent in each squad who is willing to be the Squad Rep. Squad Reps are responsible for communicating information between the Management Committee members to parents and swimmers by e-mail, letter and word of mouth. This is an important role as it ensures that everyone is up-to-date with what's happening, eg changes to training times, meet entries, social events, etc.
3. **Help out on the committee** – in addition to Squad Reps, there are a further 20 positions on the Committee or Support Group that we need to fill. These are all voluntary positions, and are a good way of learning more about the world of swimming. Most positions do not require any special skills - just a willingness to be involved. Committee meetings are held on the first Tuesday of each month at the Seafield Club.

Parents are encouraged to come forward to join and support the Committee. A list of Committee and Support Group positions can be found on the website. Please consider offering to help. You can contact any member of the committee to offer your services or find out more about what the positions involve. The Club needs people who are prepared to help at all levels. Nominations for Committee positions can be made prior to or at the AGM, but we are happy to accept offers of help at any time during the year.

4. **Recruitment** - like any club we rely on word of mouth to attract talented youngsters. With swimmers moving from the Dolphin squads into the COAST squads, there is a need to continually recruit keen young swimmers. Anyone interested in joining Aberdeen Dolphin should be invited to contact the Club Secretary.
5. **Social Events & Fundraising** - the main social event of the year is the **Awards Disco**, which is held in February. Impromptu events may also be held during the year, eg Summer BBQ, bowling nights. Events are important in maintaining the fun side of the club and all swimmers and their families are encouraged to attend.

Raffles, quizzes, bag-packing, etc are organised as fundraisers. Parental support of these initiatives is an important means of supporting our swimmers.

Corporate assistance/sponsorship is also an important component of our fund-raising activities. Members are encouraged to explore any possible avenues of obtaining assistance/sponsorship to support the Club.

Think about how you can help, ask a committee member or coach, and watch for notices of upcoming courses/events.

## **APPENDIX A : Training Programmes**

### **JC1/red squad training programme**

- Entry level** : Completion of Aberdeen Dolphin Learn to Swim classes or Aberdeen City Aquatics Aqua 5
- Age range** : 7- 10 years
- Average age** : 9 years
- Training Times** : See website

#### **Training overview**

- 3 sessions / 3 hours per week
- Focusing on stroke technique and racing rules
- 1000 – 1500 metres per hour

#### **Competitions**

- Novice galas
- Beta League
- Mini Meets
- Club Championships

## **JC2/yellow squad training programme**

**Age range** : 8 – 10 years

**Average age** : 10 years

**Training Times** : See website

### **Training overview**

- 4 sessions / 5 hours per week
- Perfecting technique, developing endurance
- 1500 – 2000 metres per hour

### **Competitions**

- Novice galas
- Beta League
- Mini Meets
- Club Championships
- Graded meets

## **JC3/green squad training programme**

- Age range** : 9 – 13 years  
**Average age** : 11 years  
**Training Times** : See website

### **Training overview**

- 5 sessions / 7 hours pool
- Development of all round ability and athleticism
- 2000 – 3000 metres per hour

### **Competitions**

- Beta League
- Mini Meets
- Club Championships
- Graded Meets
- Open meets
- District Meets

## **Gold squad training programme**

**Age range** : Age 12+

**Training Times** : See website

### **Training overview**

- 5 sessions / 7.5 hours pool
- Development of all round ability and athleticism
- 2500 metres per hour

### **Competitions**

- Graded Meets
- Open meets
- District Meets
- National Meets
- Club Championships

### **Promotion to COAST**

Promotion to COAST squads is based on attendance, coaches' references, and availability of places. More information on COAST can be found on their website:- [www.coast-swimming.org.uk](http://www.coast-swimming.org.uk) or on the notice board at Northfield Swimming Pool.

## **APPENDIX B : Useful Contacts & Numbers**

Refer to website for details of the current Committee members and support posts:-

[www.aberdeendolphin.co.uk](http://www.aberdeendolphin.co.uk)

### **Pools**

Northfield	Tel:	680307
Hazlehead	Tel:	310062
Bridge of Don	Tel:	862769
Grammar	Tel:	642299
Kincorth	Tel:	872227