

ABERDEEN DOLPHIN CLUB PRESENTATION NIGHT

Welcome from the Committee



ABERDEEN DOLPHIN CLUB PRESENTATION NIGHT

Objective

- **Improve communications with ALL membership**
- **Present the organisation and structure of the club**
- **Create interest in becoming involved in the future of Aberdeen Dolphin Swimming Club.**

We believe

- **Presenting an overview of the club is the best way to ensure an understanding of the club's business.**

This evening is about providing information and getting feedback to ensure we are doing things right and secure the support that is essential for the future well being of the club.....

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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 and hold UKCC coaching Certificates.

The club understands the many challenges that lie ahead in order to remain the premier competitive swimming club in Aberdeen and North of Scotland.

Continuous improvement is an objective

To be the best and most progressive club in Scotland is our AIM.

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- **Introduction**
- **Club Structure**
- **Coaches**
- **Parental Involvement**
- **Club Committee**
- **About the club**
 - **6.1 – Training**
 - **6.2 - Competition / Meets**
 - **6.3 - Club Galas**
 - **6.4 - Technical Officials**
 - **6.5 - Club Fees and Finance**
 - **6.6 - Communications**
 - **6.7 - Sponsorship and Fund raising**
 - **6.8 - Kit and swim shop**
- **7. Why we need support**
- **8. Behaviour and Important Issues**
- **9. Any Questions**

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1.0 INTRODUCTION TO THE CLUB

Aberdeen Dolphin SC is an amateur swimming club, registered with the Scottish Amateur Swimming Association (S.A.S.A.) and is a member of the City of Aberdeen Swim team (C.O.A.S.T.).

We offer the first step in competitive swimming for youngsters aged from 7 years along with a Learn to swim section that is aligned to Aberdeen Aquatics in it's objectives.

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. Those same principles and commitment remains in place today

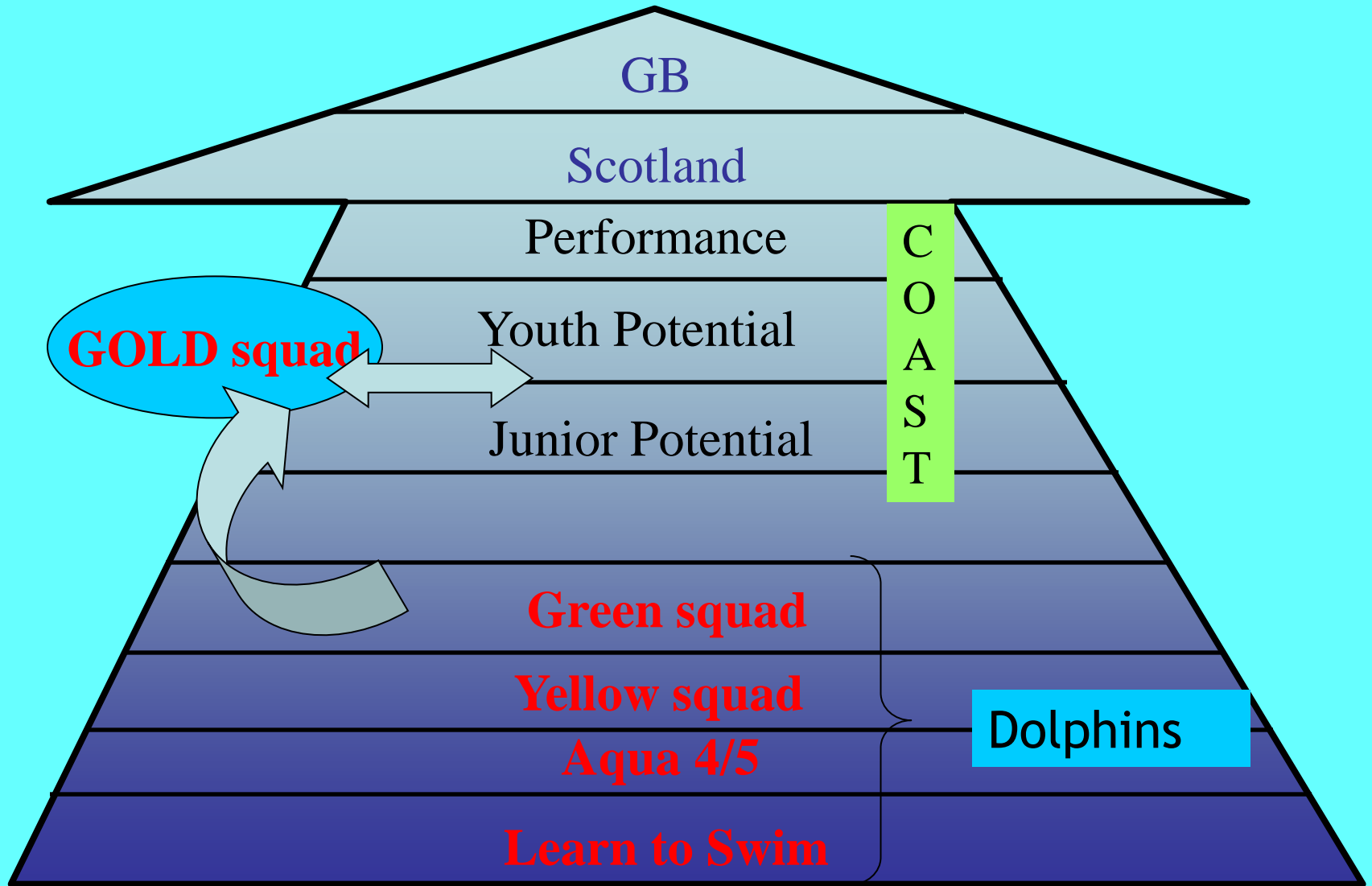
Aberdeen Dolphin SC has produced many high quality swimmers whom have represented Scotland at various levels . The club is regarded as a leading light in the development of junior swimmers within the North District area

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2.0 Club Structure - Squads

Link Squads	Function	SQUAD STRUCTURE	Curre No.	Target No.
	Training / Competitive	Performance Youth Potential Junior Potential C.O.A.S.T		
		GOLD <u>DOLPHIN SENIOR SQUAD –</u> <u>ALTERNATIVE TO C.O.A.S.T</u>	12	24
		JC3 (Green) JC2 (Yellow) JC1 (Red) <u>ABERDEEN DOLPHIN</u>	22 16 22	24 24 24
		Aqua 4 / 5 <u>ABERDEEN DOLPHIN</u>	18	36
ABERDEEN AQUATICS LTS 1 - 5	Transition to training Squad			
	Teaching Classes	Levels 1 – 5 <u>ABERDEEN DOLPHIN</u> <u>SWIMSCHOOL</u>	128	

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About 'COAST'

City of Aberdeen Swim Team:

- 6 Local clubs* & Aberdeen City Council/Sport Aberdeen
- Training and coaching for 'elite' swimmers
- Competition at District, National and International levels

Aberdeen Dolphin's C.O.A.S.T. Representative:

- Liaison between club and COAST
- COAST Steering Committee - Management

*Aberdeen Dolphins; Cults Otters; Bridge of Don; Bucksburn;
Dyce and Bon Accord Thistle

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Achievements by Dolphin swimmers at different levels:

Red & Yellow squad Local galas

Green squad Local galas & District (Scottish) Champs

Gold squad Local galas & District (Scottish) Champs

Junior Potential District & Scottish Champs

Youth Potential Scot & British Age-Group Champs

Performance Scottish, British, European Champs
Scotland and GB Teams (Youth)

The Elite objective ---- Commonwealth/Olympic Games

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3.0 Coaches

HEAD COACH : Vacancy

Aqua 4	Louise Lindsay	(Squad Rep - Louise Lindsay)
Aqua 5	Louise Lindsay	(Squad Rep - Louise Lindsay)
Red	Morven Alexander	(Squad Rep - Maggie Syverson)
Yellow	Lauren Kane	(Squad Rep - Gail Walker)
Green	Mark Campbell	(Squad Rep - Nicola Smith)
Gold	Tom Lindsay	(Squad Rep - Nicola Smith)

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4.0 Parental involvement

As the swimmer progresses the support of the parents or guardians becomes more involved and is an essential part of the swimmer's development.

Typical of what's required;

- **Attendance for training (on time and ensure Coach present)**
- **Poolside assistance**
- **Technical Official duties**
- **Timely return of meet info**
- **Support for meets – chaperone duties, transport**
- **Committee position**
- **Fundraising support / Sponsorship**
- **Support Club events and Galas**
- **Prompt fee payments**
- **Recruitment of new membership ---spread the word !!**

5.0 Club Committee 2012

POSITION	NAME
President	
Vice President	
Treasurer	David Kemp
Secretary	Jane Kilvington
Head Coach	
CP Officer Child Protection Officer	Clare Main
STO Convenor	Nicola Smith
Meet Secretary	Mark Philip/Gary Macfarlane
Gala Convenor	Fiona Wood
Learn to Swim Convenor	Stephen Osborne
Social Convenor	Derek Thoms
Sponsorship Convenor	Derek Thoms
Trophy Convenor	Ritchie Bews
COAST Representative	Adele Pottinger
Honorary Member	

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5.0 Club Support Group 2012

POSITION	NAME
Swim Shop Rep	Debbie McGovern
Beta League Coordinator	Archie Pottinger
Newsletter Reps	Stephen Osborne
Green/Gold Squad Rep	Nicola Smith
Yellow Squad Rep	Gail Walker
Red Squad Rep	Maggie Syverson
Aqua 4/5 Rep	Louise Lindsay
SASA Registration Membership Secretary	Fiona Clark Louise
Membership Secretary	Louise Lindsay
Trophy Convenor	Ritchie Bews
North District Delegate	
North District Delegate	
North District Delegate	

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6.1 Training

Training takes place at the following pools:

Dolphin squads;

- **Kincorth Pool Cairngorm Drive 4 X 25m**
- **Hazlehead Swimming Pool, Groats Road 4 X 25m**
- **Grammar School Swimming Pool, 5 X 20m**

COAST squads;

train at Northfield, Kincorth, Hazlehead

Typical Kit for training

- **Swimming costume or trunks**
- **Two Pairs of Goggles.**
- **Swim cap**
- **Sports bottle with dilute juice or water. Juice should be very dilute, cold and not fizzy. Cartons of juice are too concentrated**
- **Towel.**
- **Snack - for after the session.**
- **Kickboard, fins, hand paddles and pull buoy**

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

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6.1 Training

Training Squads Overview : Dolphins Club

JC1 (Red)

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

JC2 (Yellow)

- 4 sessions / 5 hours per week.
- Perfecting technique, developing endurance.
- 1200 – 1800 metres per hour.

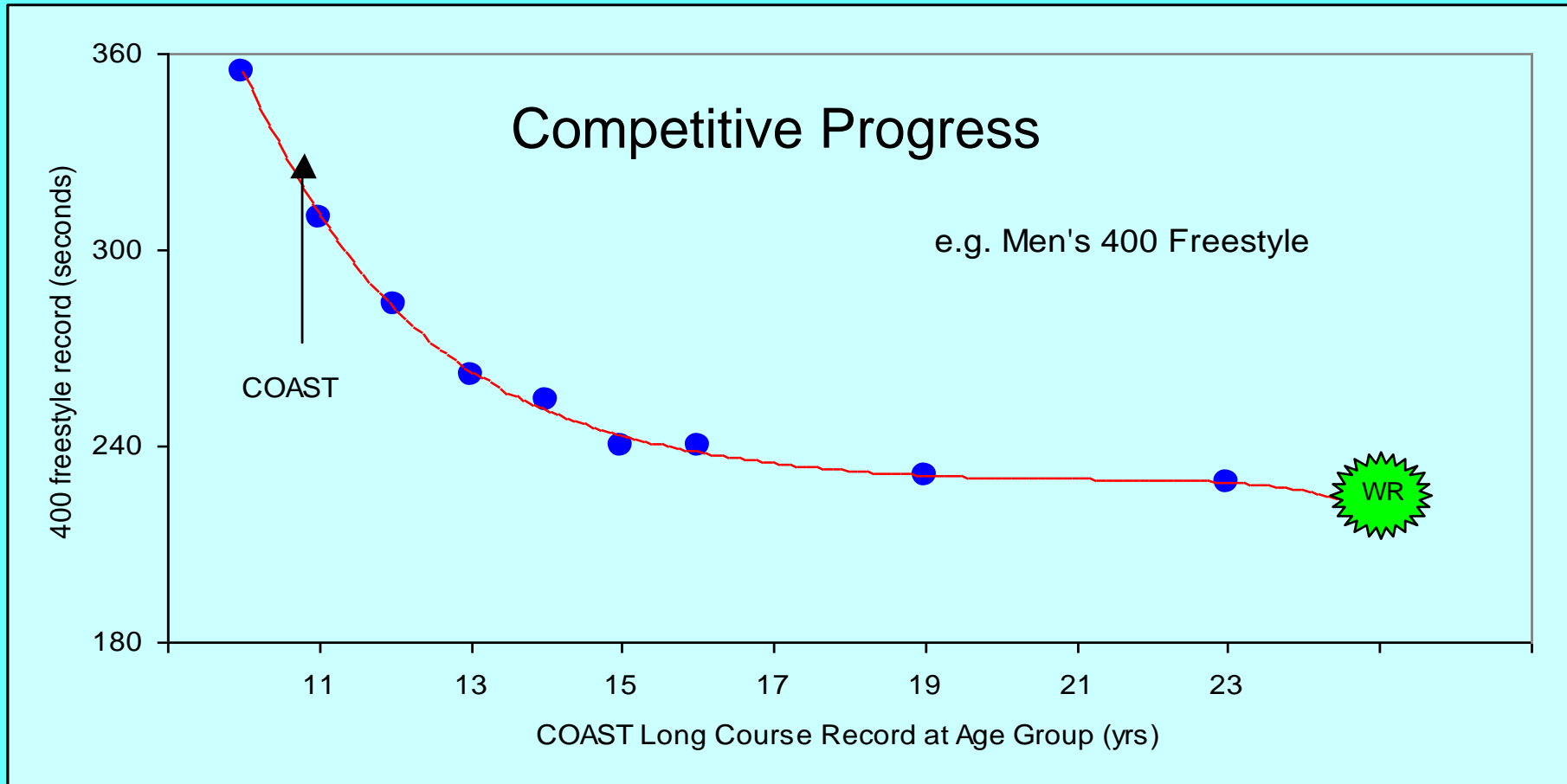
JC3 (Green)

- 5 sessions / 6.75 hours pool + land training.
- Development of all round ability and athleticism.
- 1500 – 2000 metres per hour.

GOLD

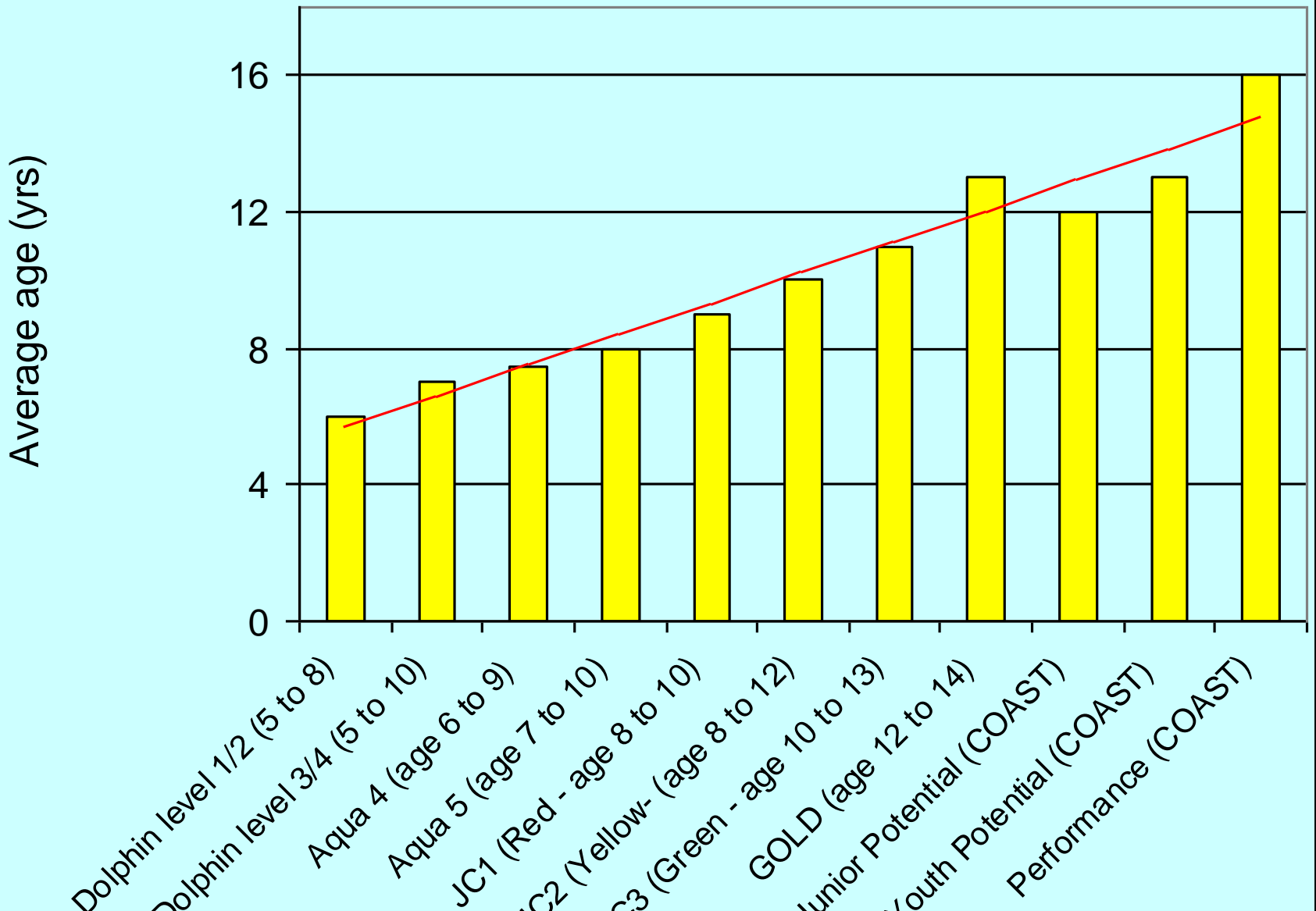
5 sessions / 7.25 hours pool + land training.

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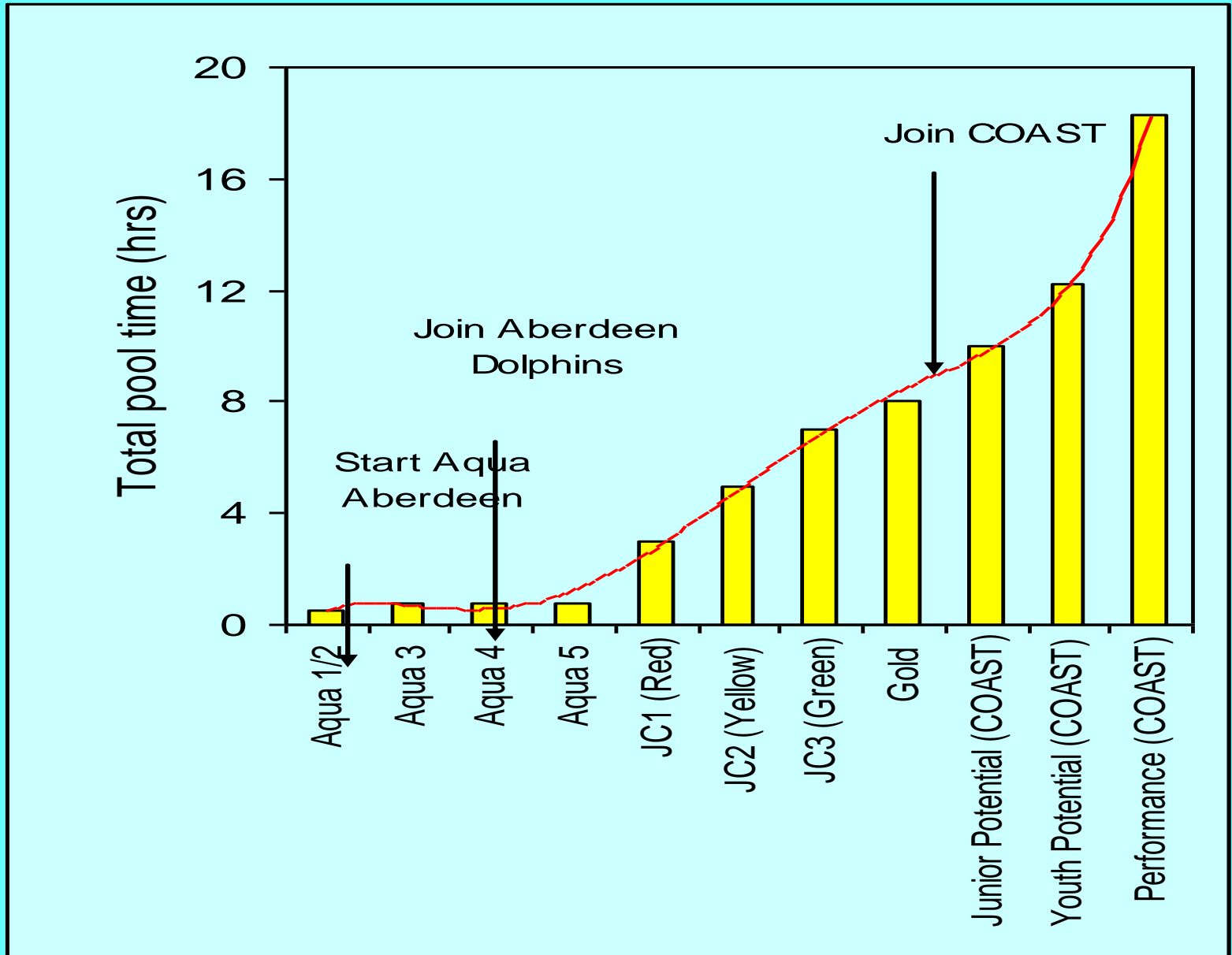


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Start swimming at 5 years; move squad every 10 months



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DON'T BE PUT OFF

Ask what the older children and their even older parents think

Whatever stage they reach, the children:

- enjoy the training/competing/social experience
- learn a healthy lifestyle
- and often return to teach/coach others

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6.2 Competition / Meets

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

External Meets are generally classified;

- **Open meet / event (long and short course)**
- **Graded meets**

Meet Information;

- **Competition Calendar is issued at the beginning of the season**
- **Swimmers will be advised of when they are being entered for a meet.**
- **Swimmers will be put forward as appropriate to age, ability and progression.**
- **The Meet Secretary is responsible for entering swimmers after liaising with the club coaches, arranging accommodation and travel.**

Entry fees

- **These can range from £4.00 to £7.00 per individual race.**

Other Local Meets;

- **COAST Meets**
- **Beta League**

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6.2 Competition / Meets



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6.3 Club Galas

The club organises several galas as follows;

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.

Novice Gala

This is a relaxed meet aimed at the younger, less experienced swimmer aged 11/Under. Open to all clubs in Aberdeen and NE Scotland. This is organised by Aberdeen Dolphin usually in May.

Mitchell Trophy

**Major open event for 10 years and over. Attended by clubs for all over Scotland and beyond. Held in November over two days and six sessions
Prestige event for the club, but requires significant support from membership to organise and run. Sponsorship is essential.**

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6.4 - Technical Officials

The club has an obligation to provide Technical officials in order to enter competitions and to run club galas. It is essential we have adequate numbers to support the competition calendar.

- Time keepers – expected at least one family member per swimmer
- Judges – as many as possible to share the role. Current high reliance on few members. Red / Yellow / Green squad swimmers need judges !!
- Referees – club has **no** referee's and **reliant on others to run galas**
- Starters – Club has **2** starters, **again reliant on others**
- Recorders – Club **2** recorders.

Without STOs the ability to compete may be restricted. !!!

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6.5 - Club Fees and Finance

Training fees are levied in 3 terms, in January, April, August.

Training fees cover the costs of pool hire, coaches, and any other coaching Costs.

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

Swimmers pay for meet entries. An entry fee may be between £4 - £7

S.A.S.A. fees are levied annually in January. S.A.S.A. membership provides insurance cover for the swimmer and is mandatory in order to allow swimmers to compete in many competitions.

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6.6 - Communications

Aberdeen Dolphin SC prides itself on being 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.

Formal Communication via:

- Notices on the notice board at Hazlehead pool.**
- Email distribution of information about upcoming events**
- Information given verbally to swimmers by their coaches.**
- The club newsletter (Dolphin Flyer) distributed at training sessions.**
- The club web site: 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!**
- Note ; Swimmers who do not attend training sessions regularly are likely to miss information.**

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6.7 - Sponsorship and Fund raising

Sponsorship and fund raising is an essential part of the clubs income.
Without the additional income provided the fees would have to increase.

Sponsorship opportunities ;

- Mitchell Trophy
- Novice Gala
- Clubs major sponsor – (Kit , banners, travel to meets etc)

Fundraising

- Bag packing – major success
- Swim shop
- Club Galas – raffles, tom bola etc
- Disco / awards night
- Barbeque

6.8 - Kit and swim shop

The club runs a swim shop

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7.0 - WHY WE NEED SUPPORT

- New membership to maintain club numbers and bring new blood into the club for the next generation of swimmers.
- New committee members and future stewardship of the club. Information needs to be passed on. Current committee have many years service and few swimmers in Dolphin squads. Committee are volunteers – no payment is made to any club official.
- Squad representatives for improving communications
- Technical officials – without support the club cannot compete
- Financial support – assist with fundraising events and pursuit of sponsorship
- Running and organising Galas – typical 24 TKs and 6 Judges, referee, starter and recorder plus miscellaneous support from individuals for marshalling / food, drinks / photo copying and MC duties. Big commitment and organisational issue.
- Competitions – Away meets need chaperones, Tech officials and accommodation, meals and travel. Entries timely response from parents. Lots of organisation involved and support is appreciated.

SWIMMING IS A WONDERFUL AND REWARDING SPORT BUT IT NEEDS SUPPORT FROM ALL CLUB MEMBERS IN ORDER TO ACHIEVE THE SUCCESS THAT THE DOLPHINS ENDEAVOUR TO DELIVER.....YOU CAN BE PART OF THAT SUCCESS. WITHOUT YOU WE MAY FAIL !!!

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8.0 BEHAVIOUR and IMPORTANT ISSUES

Note for Parents

- Sessions start promptly and swimmers must be on time and be on the poolside *10 minutes* before the start of each session.
- Before leaving any child at the pool, ensure that a coach is present and session is not cancelled !!!!!
- Collect children within 10 minutes of the close of the session.

Behaviour of swimmers

Swimmers MUST NOT:

- Enter the water until instructed to do so by the coach.
- 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, give due respect and listen to the coach. (Important for training and meets.)
- Bring all their equipment to training and meets.
- Obey council pool attendants and meet officials
- 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