



Affiliated Club



WELCOME TO SHARKS' SWIMMING CLUB 2012

The Sharks' swimming club is a competitive swimming club, which is qualified to coach anyone from non-swimmers through to East Region A.S.A. competition standards. The club is **Swim 21** accredited, which gives members confidence that the Coaches are A.S.A. qualified and the club administration is at the required standard. We hope you have many years of enjoying swimming, improving your swimming and also competitive swimming. Please complete the attached Membership form and return it with your remittance. Cheques should be made payable to **Mildenhall and District Swimming Club** or **M&DSC**.

The Club is based at Mildenhall swimming pool. Swimming for non-squad members is on Friday nights and is on throughout the year except at Christmas. Squad swimmers are expected to compete in galas and open meets and should train most nights (see below) except in August when training times are limited.

Membership Fees

Membership fees are to cover ASA Registration Fees and liability insurance. This is due from 1st January. Any members joining after 30th June the fees will be reduced pro-rata over the six months period.

Single Member	2 nd Family Member	3 rd Family Member	Each extra member
£36.00	£27.00	£18.00	£9.00

Associate Membership is £6.00. The Associate Membership is needed for any non-swimming member who helps the club either on committee or poolside. **The GREEN A.S.A forms must have been completed by ALL members !!!**

Sharks Training Times

Mondays - Squads	6.00 - 7.30 pm	Junior / Senior	Lengths
Tuesdays - Squads	5.00 - 6.30 pm	Junior / Senior / Transition	Lengths
Wednesdays - Squads	6.00 - 7.30 pm	Junior / Senior	Lengths
Fridays - Minnow / Catfish	5.30 - 6.00 pm	Stage 1&2 Non-Swimmers / Beginners	Widths Shallow End
Fridays - Elfin	5.30 - 6.00 pm	Stage 3 Swimmers	Widths
Fridays - Hammerhead	6.00 - 7.00 pm	Stage 4 Swimmers	Lengths
Fridays - Marlin	6.00 - 7.00 pm	Stage 5 Swimmers	Lengths
Fridays - Great White Shark	6.00 - 7.00 pm	Stage 6 Swimmers	Lengths
Fridays - Tiger Shark	7.00 - 8.00 pm	Stage 7 Swimmers	Lengths
Fridays - Junior Squad	7.00 - 8.00 pm	Junior Squad / Transition	Lengths
Fridays - Seniors	8.00 - 9.30 pm	Senior Squad / Masters	Lengths
Sunday - Transition Squad	4.30 - 5.30 pm	Transition Squad	Lengths
Sunday - Junior Squad	4.30 - 6.00 pm	Junior Squad	Lengths
Sunday - Seniors	4.30 - 6.00 pm	Senior Squad	Lengths
Sunday - Masters	4.30 - 6.00 pm	Masters Squad	Lengths

Monthly fees for swimmers

Single member	Second family member	Third family member	Each extra member
½ Hour session			
£14.00	£12.00	£10.00	£8.00
1 Hour session			
£20.00	£18.00	£16.00	£14.00
Transition			
£24.00	£22.00	£20.00	£18.00
Junior			
£30.00	£27.00	£24.00	£21.00
Senior Squad			
£34.00	£31.00	£28.00	£25.00
Masters Swimmers			
£24.00	£22.00	£20.00	£18.00

Please note that if you have swimmers in multiple Friday groups and / or Squad swimmers the fees will be calculated for any Senior / Junior / Squad swimmers first then other swimmers.

All fees are to be paid by standing order on the 5th day of each month.

Transitions to Junior Squad have swim training available Friday, Sunday and Tuesdays. (The Head Coach will notify the eligible swimmers and duration period. Approx 3 months.)

Junior squad is expected to train at least twice a week and the Senior squad three times a week.

All training fees must be paid each month whether you train or not.

For any squad swimmer who leaves the club and rejoins within the year.

- | | | |
|----|--|--|
| 1. | The Membership Fee should be paid in full. | |
| 2. | There are three options for the Training Fees. | <u>Examples</u> |
| a. | Repay all outstanding training. | Leave April rejoin in June outstanding 2 months |
| b. | Pay 3 months training fees. | Leave April rejoin in September outstanding 5 months |
| c. | Pay an extra 50% of the training fee. | Leave April rejoin in October |

For those absent for more than two weeks with serious illness, broken bones or similar, application may be made in writing to the Membership Secretaries for the fees to be waived for this period only.

Swimmers taking 'A' Levels or participating in Further Education that are only able to swim a maximum of 2 swims a week are eligible for a reduction of 50% to Senior Squad monthly fees. Full yearly membership rates will still apply.

Committee members on applying to a committee meeting in writing are eligible for a 10% discount on their children's monthly fees. This is only applicable if no other reductions are being taken. Full yearly membership rates will still apply.

Those swimmers who cannot make training regularly; e.g. attending boarding school, left school and working, second claim swimmers at Mildenhall, GCSE or A level exams imminent, can apply in writing for reduced fees to the committee but these will only be granted under certain circumstances. If concessions due to low income are required please contact a committee member for the relevant form.

Please note that training fees are set on a yearly basis and then divided into twelve equal amounts. There will be some months where training time will be short because of Christmas or County Championships etc. Information regarding these events can be found on the SHARKS notice board and web site www.mildenhallsharks.co.uk.

Masters swimmers (Over 18).

Teacher / Helpers may be asked to swim with Transition or Junior Squad swimmers to assist with timing and technique. Masters Swimmers are expected to be active committee members and will be CRB checked before being allowed to help on poolside.

Bus Fees for Galas will be £5.00 per gala.

New Members

1. New members get 2 free sessions to see if they would like to join and must be at least 4 years old. Assessment, by a coach, is usually at approximately 5.30 pm on a Friday.
2. New members get :-
 - (a) Welcome letter showing fees.
 - (b) A Swimmers Booklet (after payment).
 - (c) A Membership Form and Code of Conduct sheet.

The membership form must be completed and signed to show compliance with the Code of Conduct.

Annual Membership Payment

In January, all members need to renew Membership. New members joining after June will be eligible for a reduction in membership fees of 1/6th per month thereafter. To ensure we have all the correct contact details please hand completed forms and payment to the Membership Secretary at the front desk on a Friday swim session.

Note

The Club cannot be held responsible for any personal properties.

Data Protection Act 1984

Personal information given on application forms, past and future swimming performances will be held on computer at the discretion of and for purposes determined by the Clubs Committee.

Club Constitution

Please refer to the club website www.mildenhallsharks.co.uk for the details of the club constitution

Membership sheet



If a GREEN A.S.A. membership form has not been completed by each member, then please ask at front desk or contact John Browne

Please sign the declaration below, and return it with your annual membership fee.

I declare that I have received the Club Constitution and Club's Code of Conduct. By signing below agree to abide by these rules.

I agree that photographs can be taken for use in publicity material for Mildenhall and District Swimming Club. Yes / No

N.B. If your child has any medical condition or disability which you feel it beneficial to notify the Club Coach please tick the appropriate box below and give details on reverse of this form.

Address..... Family E-Mail.....
 Home Tel No
 Mobile Tel No
 Post Code..... Relation Tel No

School or schools attending if applicable

Swimmer's Name _____ Date of Birth
 (Or Associate Member) Medical Condition Disability
 E-Mail Address Signature _____

Swimmer's Name _____ Date of Birth
 (Or Associate Member) Medical Condition Disability
 E-Mail Address Signature _____

Swimmer's Name _____ Date of Birth
 (Or Associate Member) Medical Condition Disability
 E-Mail Address Signature _____

Membership Fee	£
Squad Fee	£
Associate Membership	£
Total Cash/ cheque	£

<u>For official use Only</u>
Payment amount. £ _____
Date : _____

Parent/ Guardian's Name _____ Signature _____
 (If under 18)

All persons who assist in any way with the Club's activities will need to become members or associate members of the Club and hence of the ASA and the relevant membership fee shall be paid.



Standing Order

PLEASE USE THIS FORM FOR STANDING ORDERS FROM AN ACCOUNT AT ANOTHER BANK. IF YOU WISH TO SET UP YOUR STANDING ORDER FORM FROM A GIROBANK CURRENT ACCOUNT PLEASE USE ANOTHER FORM.

To _____ Bank _____

_____ Branch _____

Please pay

Bank	Branch title (not address)	Sorting Code Number							
SANTANDER	BOOTLE	0	9	-	0	1	-	5	5

For the Credit of

Beneficiary's Name	Account Number*	Quoting Reference (Swimmers name)
M&DSC	4 8 1 4 8 8 0 5	

The sum of

Amount in figures	Amount in words
£	

Commencing

Date of first payment	Amount of first payment
	£

and thereafter every

Due date and frequency
5th of every month

**Until further notice
In writing or**

Date of last payment
5 th dec 2012

**and debit my/our account
accordingly**

Name of account to be debited	Account Number

THIS REPLACES MY/OUR PREVIOUS STANDING ORDER FOR THE TRANSFER OF _____ TO THE SAME ACCOUNT (Cross out if not applicable)

* NOTE – The first digit of the Girobank account number should be entered as the last digit of the bank sort code, the remaining eight digits representing the account number.

Name(s) _____

Signature _____

BLOCK CAPITALS PLEASE
Address _____

Signature _____

Postcode _____

For joint accounts where both signatures are required

Date _____

AFTER COMPLETION PLEASE FORWARD THIS FORM TO THE BANK BRANCH WHICH LOOKS AFTER YOUR ACCOUNT

Mildenhall & District Swimming Club

COMPETITIVE SWIMMING SQUADS CODE OF CONDUCT

PURPOSE

The Swimming Club exists for the benefit of the swimmers, to develop their skill in competitive swimming and to instil a code of behaviour that will carry them forward with credit.

To create the atmosphere and example necessary to achieve this objective the following code of conduct will be adopted.

Swimmers

At training sessions it is expected that they will:

- endeavour to attend at least 75% of their sessions.
- arrive in good time for the beginning of the session with all necessary equipment in good order.
- spend time prior to session preparing for the session by doing flexibility exercises.
- put every effort into the training sessions and avoid short cutting or missing sections by toilet excuses etc.
- always consult their coach if they arrive late, wish to leave early, feel unwell etc.
- pay attention to the coach when he/she is talking to them.
- keep up with the activities of the Club by reading the notice board and consulting coaches/officials.
- generally act in a responsible manner at all times.

At all galas it is expected that swimmers will:

- arrive at the venue in plenty of time for the warm up and immediately join their team group.
- remain at all times throughout the gala with their team group unless they have agreed with the team manager a reason to leave the poolside.
- not leave the poolside after their last swim until their team manager has agreed for them to go. In a trophy gala they must remain to acknowledge the winning team.
- **not consume food on the poolside.**
- provide encouragement and support to fellow team members.
- keep in constant touch with the programme and prepare themselves in plenty of time for their race without relying on the team manager.
- wear a Club hat if a hat is to be worn.
- swimwear should be Club swimwear, most especially for relay events,
- generally act in a responsible manner at all times.

Note: It is expected that swimmers be available for all league galas.

Any difficulties must be discussed with the squad coach.

Parents / Guardians

At training sessions it is expected that they will:

- ensure that the swimmers get to training sessions in good time.
- keep in touch with the Club activities, through notice boards and Club officials.
- direct any queries to Club Officials or Coaches, when not involved in training sessions.
- where queries are unresolved, request the issue be raised with the Committee.
- wherever possible, offer assistance in Club activities.
- promote a responsible and disciplined attitude.

At all galas it is expected they will:

- get swimmers to the gala venue in good time.
- remain in the spectator area, whilst in the pool hall, unless requested to assist.
- encourage swimmers to remain with the team group.

Coaches / Officials

At all times it is expected that they will:

- arrive in good time to organise and control their activities.
- meet the commitments they make to the club.
- be supportive of the agreed Club policies.
- be prepared to assist swimmers and their Parents/ Guardians in any queries they may have and carry

forward to the Committee any issues they are unable to resolve.

- display a disciplined and sporting attitude and help to promote the same from the swimmers.