



Wirral Metro Swimming Club

Working in partnership with



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M E M B E R S H I P P A C K

Welcome to Wirral Metro

Please read through the membership pack carefully. At the end of the pack the following forms will need to be completed and signed and then returned to the Membership Secretary as soon as possible.

- Membership Form
- Code of Conduct
- Lactate Testing Programme Consent
- Photograph and Video Consent and
- Medical Information Form.

Swimmer Selection

Swimmers are selected for the Swim Wirral *Performance* and Wirral Metro Swimming Club from the Swim Wirral Academies and local clubs after displaying talent or potential talent within swimming. The swim programme guides young swimmers through a Long Term Athlete Development Plan with a vision of competing at County, Regional, National and International levels.

Club - Council Relationship

Wirral Council is committed to and proud of its swimming programme and has appointed a full-time Performance Coach and a number of fully qualified part-time coaches to run the programme. The scheme's competitive outlet is the Wirral Metro Swimming Club, and there is a close partnership between the council and club.

The first step is to begin on the Swim Wirral *Performance* Programme. Swimmers will be required to return the 3 stage documentation (**available at reception**).

After acceptance into the Swim Wirral *Performance* programme swimmers **must** make themselves full members by joining the Wirral Metro Swimming Club. This will allow swimmers to then compete at higher levels of competition than with their local club, with help, guidance and support from the professional coaching team.

Swimmers are expected to stay members with their club as part of their competitive development and to support club swimming. The swimmers will also be expected to attend a club session weekly as part of their training within the coaching groups.

All swimmers **must be dual registered with the ASA and also be ranked for Wirral Metro and not their home club**. This is a simple process by ticking the appropriate box on the dual registration form (available from Wirral Metro and your home club).

Wirral Council supports excellence in its swimmers; agreement has been made that if any of the Wirral Metro swimmers attains a national qualifying time, all entry fees for national qualifying events will be paid by the club.

Any swimmer who achieves a gold medal at the National Age Groups, Youth or Senior championships **all** the swimmers training fees for the **following year will be waived**, enabling free training in the Swim Wirral Performance programme for the next season. Any swimmer who attains a medal at the National Age Groups, Youth or Senior championships will have their training fees greatly reduced for the next season.

MISSION

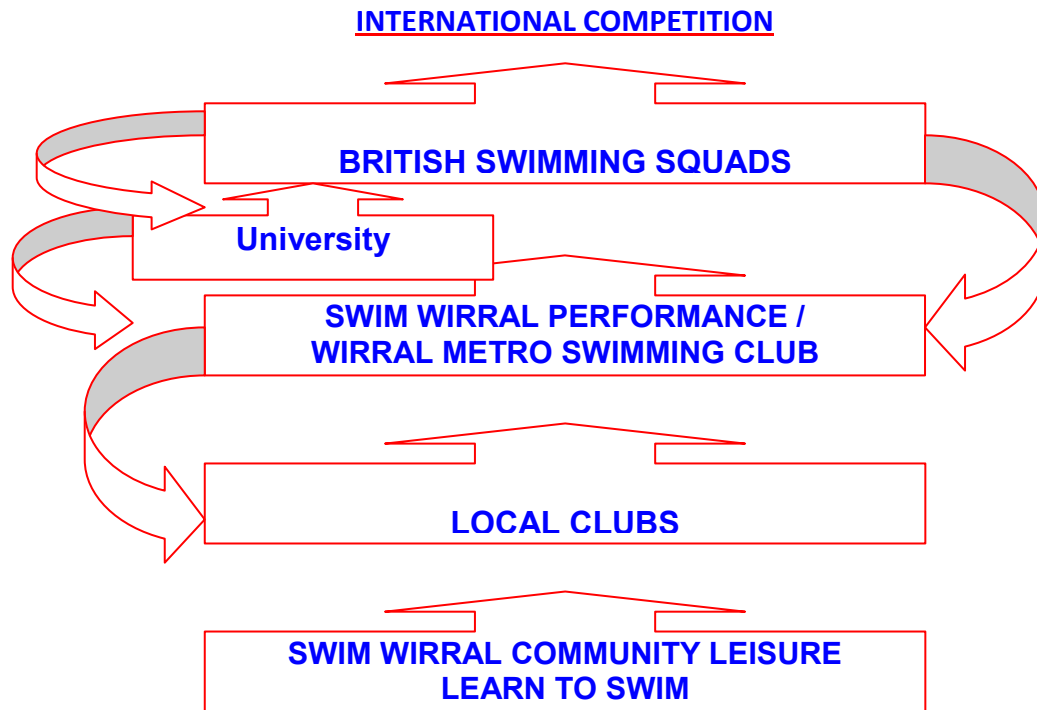
The mission of Wirral Metro Swimming Club is to provide a secure, caring environment where the uniqueness of each child is valued and upheld. Within this environment we endeavour to create a relaxed yet orderly climate, which enables the children to take pleasure from their swimming, and pride in their performances, in the full knowledge that talents of all kinds will be recognised and nurtured. Wirral Metro Swimming Club is an integral part of the community and as such has strong links exist between schools, home and other swimming clubs. Parents are encouraged to take an active part in the development and growth of their child during his/her stays with Wirral Metro. We regard parental cooperation, and involvement as essential at all stages of the child's development.

The principal objectives of the Swim Wirral *Performance Programme* are:

- ◇ To provide coaching and facilities beyond that which the feeder clubs can offer.
- ◇ To provide a progressive programme enabling talented swimmers to achieve his/her potential within the sport of swimming.
- ◇ To provide an environment from which swimmers can realise their potential at high levels.
- ◇ To provide an environment where the best swimmers from each of the feeder clubs can train together to progress and motivate each other to higher levels.
- ◇ To provide a smooth, safe and healthy progressive training environment/programme from squad to squad following the principles of the British Swimming LTAD (Long Term Athlete Development) plan.
- ◇ To provide positive encouragement and reward through awards and achievement within both training and competition.
- ◇ To provide team building encouragement and exercises to generate an atmosphere which encourages sportsmanship and swimmers to support one another.
- ◇ To set clear training standards and guidelines which will promote a suitable training environment in which swimmers can reach National and International levels.
- ◇ To set clear and progressive coaching group qualifying times which coincide with the competition levels of each group/LTAD competitive development phase.
- ◇ To nurture and develop swimmers to National and International levels and to meet the criteria of British Swimming Programmes.
- ◇ To become one of the leading performance swimming schemes in the North.

OPPORTUNITIES

The diagram below shows stages of development in a simple format leading towards an international competition such as the European Junior Championships or Olympics. The arrows represent the paths, which swimmers within the Swim Wirral Performance Programme have the opportunity to follow. Note that the arrows on the sides represent swimmers moving back down levels. Unfortunately not all within Metro will be able to meet the ever-developing performance and training criteria's. Those swimmers will be advised to continue at club levels.



TRAINING and BRITISH SWIMMING'S LONG TERM ATHLETIC DEVELOPMENT (LTAD)

Each coaching group/coach will apply the Long Term Athlete Development (LTAD) framework as the main tool for developing swimmers.

LTAD is a programme based on the principles of human growth and development. It is about achieving optimal training, competition and recovery in relation to the important growth and development years of young people. If a long-term approach to training is not adopted then neither are the opportunities for Long Term Success. Swimmers, not on a long-term programme, are likely to experience a plateau in performance when growth and development slow significantly (approximately 15-17 years for girls and 16-18 years for boys).

To simplify, if we do not apply the correct training at each development stage of a swimmers growth then they will lessen their chances of National and International success. However if we do apply the correct training at each of the sensitive periods of growth, then the swimmers opportunity of reaching their full potential is greatly increased.

Each swimmer will be monitored by taking measurements (see below) to identify periods of growth and development.

Measurement	Example of Growth & Development with considerations to be made
Height	Cardiovascular system. Increase training volume to maximise aerobic capabilities. (Approx 12-16 years)
Arm Span	Indicating growth period. Performance may reduce until height and arm span are similar. Longer arms = longer paddles and more strength and fitness to use them therefore a temporary reduction in coordination may be experienced. (Any age)
Weight	Indicates strength (muscle) development if no height and fat percentage is being gained. Therefore intensities should increase to maximise strength development. (Approx 16-18 years)
Fat %	Assist identification of above and helps to determine ideal race weights and dietary needs

Framework for the Swim Wirral Performance Programme

Swimmers will be moved on at the correct time to further their swimming at a university or regional/national performance centre if the development needs for the swimmer cannot be provided within the Swim Wirral Performance programme. (See table below)

Swim Wirral Performance	Coach	LTAD Stage	Approximate Age Groups	Development Aims	Specific Development	Session Per Week	Pool Session Length (total)	Volume Per Week
Age Group Development	Emma Lewis	Swim Skills (introduction)	Girls 7-10 Boys 7/8-11	Skill Development	All four strokes, Sculling & Feel, Starts & Turns	3 - 5	1 - 1½ hours (4 ½ - 7 total)	6 - 10 km (1.4km/hour)
Age Group Potential	Emma Lewis & Tom Ward	Swim Skills	Girls 9-12 Boys 9-12	Skill Development	All 4 strokes, Sculling & Feel, Starts & Turns	5 - 7	1½ - 2 hours (8 - 12 total)	16 - 25 km (2.0 - 3.0 km / hour)
Youth Group	Paul Kirk	Training To Train	Girls 13+ Boys 13+	Skill/Aerobic Development	Development of aerobic base, all 4 strokes/200IM	6 - 7	1½ - 2 hours (12 total)	24 - 32 km (2.5 - 3.0km / hour)
Fast Track	Sue Holden	Swim Skills / Training to Train	Girls 9-11 Boys 9-12	Skill/Aerobic Development	Development of aerobic base, all 4 strokes/200IM	5 - 7	1½ - 2 hours (9½ - 12 total)	20-30 km (2.0 - 2.5km / hour)
Age Group	Paul Remmonds	Training to Train	Girls 10-13 Boys 11-14	Skill/Aerobic Development	Development of aerobic base, all 4 strokes/200IM	7 - 8(9)	1¾ - 2 hours (13-15½ total)	35 - 45+ km
National Group	Paul Remmonds	Training To Train / Training To Compete	Girls 13+ Boys 14+	Aerobic, Competitive and Physical Development	As Age Group - into stroke/distance based events	7 - 9(10)	1¾ - 2 hours (17 total)	38- 50+ km
University, Regional & National Performance Centres	AN Other	Training To Win	Girls 16+ Boys 18+	Specialisation and Performance Development	Specialise in event(s)	10-15 sessions per week including land work	2+ hours (20-24 total)	Depends on specialisation of events.

Framework for Wirral Metro Competition Programme and Coaching Group Qualification

*Some swimmers may compete at selected club level competitions if the Head Coach feels that the swimmer will benefit.

Coaching Group	Competition Target Events	Number of Competitions	Local Club Competitions	Competitions For Wirral Metro	Competitive Standards for Squad Qualification
Age Group Development	BAGcat events	75% training 25% competition ratio	Club Championships Club Leagues Inter Association	2 compulsory team galas, Junior League, County Championship (selected) & Level 2/3/4 Open Meets	Based on a trial and assessment with the Coaching Staff
Age Group Potential	BAGcat events	75% training 25% competition ratio	Club Championships Club Leagues Inter Association	2 compulsory team galas, Junior League, County Championship & Level 2/3/4 Open Meets	Based on ASA's County Qualifying Times
Youth Group	BAGcat events up to 13/14 years	Reducing to a maximum of 12 competitions/year as training volume increase	Club Championships Club Leagues Inter Association	2 compulsory team galas, County and Regional Age Groups & Level 2/3 Open Meets	Based on ASA's County Qualifying Times
Fast Track	BAGcat events	75% training 25% competition ratio		2 compulsory team galas, County, Regional & National Age Groups & Level 1/2/3 Open Meets	Based on Regional Qualifying Times
Age Group	BAGcat events	Reducing to a maximum of 12 competitions/year as training volume increases		2 compulsory team galas, County, Regional & National Age Groups & Level 1 & 2 Open Meets	Based on Regional Qualifying Times
National Group	Moving towards specialising in a stroke/distance	A maximum of 12 competitions a year		2 compulsory team galas, County, Regional & National Age Groups and Championships & Level 1 & 2 Open Meets	Based on National Qualifying Times from ages 13 years /over

COACHING GROUP QUALIFICATION and MOVEMENT

NATIONAL GROUP

Qualification Criteria 2011-12

Age

Girls: 12 years & over (National Championship Age)

Boys: 13 years & over (National Championship Age)

Race Performances

Automatic: National Open, National Youth or National Age Group Qualifying Times

Consideration: Coaches discretion

Sessions

National								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Venue	Europa		Europa		Europa	Europa	
	Land				Make up		7.15 Gym	
	Swim	5.45-7.30am		5.45-7.30am		5.45-7.30am	8.00-10.00am	
pm	Venue	Liverpool	Europa	Europa	Europa	Europa		
	Land	6.45	5.00 Crèche	5.00 Crèche	5.15	5.15		
	Swim	7.00-9.00pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm		

Please Note:

On the first Monday of each month National Group will train at Europa, 5.15-7.30pm. Dates will be announced and published in advance.

Attendance Requirement

Swimmers, at this level, must be prepared to complete 100% of the training programme (including swim camps) required by the Head Coach. Expected attendance levels may vary depending on the training cycle and the focus for the week.

At key high volume phases of training distance swimmers will be required to attend 10 sessions per week.

Swimmers must maintain the level of attendance set by the Head Coach. Swimmers who do not make National qualifying times may be moved to a more suitable coaching group if space is needed for other swimmers who have achieved the times.

During exams, 'A' levels, 'AS' levels and GCSE exams swimmers are encouraged to maintain an average of one session per day. The coach should be notified of examination periods in advance.

All swimmers and parents should, at the earliest opportunity, discuss with the Head Coach any issues that affect attendance.

LTAD Guidelines - Training to COMPETE - *Competitive and Physical Development Phase*

Male:

14 years: 8-9 sessions per week

15 years: 9 sessions per week

16-18 years: 10 sessions

Female:

13-14 years: 9 sessions

15-17 years: 10 sessions

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach - In particular British/ASA National Open, Youth and Age Group Championships and ASA Swim North West Open, Youth and Age Group Championships.

There will be two compulsory team competitions per year.

All arrangements, including academic and personal, should be discussed with the Head Coach well in advance to ensure participation.

Exit Criteria

Any National Group swimmer unable to meet the agreed attendance criterion or who has not achieved a performance standard by the closing date for entries for the relevant National Open, Youth or Age Group Championship will be considered for an immediate move to the Youth Group.

AGE GROUP

Qualification Criteria 2011-12

Age

Girls: 11-16 years (Regional Championship Age)

Boys: 12-17 years (Regional Championship Age)

Race Performances

Automatic: National Age Group Qualifying Time

Consideration: Girls 16-18 years & Boys 17-18 Years National Youth 50m Qualifying Time + 2.0%
 Girls 14-15 years & Boys 15-16 years National Youth 50m Qualifying Time + 3.0%
 Girls 13 years & Boys 14 years National Age Group 50m Qualifying Time + 5.0%
 Girls 12 years & Boys 13 years National Age Group 50m Qualifying Time + 7.5%

Sessions

Age Group (Girls: 11-16 years; Boys 12-17 years)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Venue	Europa				Europa	Europa	
	Land				Make up		7.15 Poolside	
	Swim	5.45-7.30am				5.45-7.30am	8.00-10.00am	
pm	Venue	Liverpool	Europa	Europa	Europa	Europa		
	Land	6.45	5.00 Crèche	5.00 Crèche	5.15	5.15		
	Swim	7.00-9.00pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm		

Please Note:

On the first Monday of each month Age Group will train at Europa, 5.15-7.30pm. Dates will be announced and published in advance.

Attendance Requirement

Swimmers must attend the sessions required by the Head Coach (including swim camps). Expected attendance levels may vary depending on the training cycle and the focus of the week.

All swimmers and parents should, at the earliest opportunity, discuss with the Head Coach any issues that affect attendance.

LTAD Guidelines - Training to TRAIN

Boys:	12 years	7 sessions/week
	13 years	8 sessions/week
	14 years & over	9 sessions/week
Girls:	11 years	7 sessions/week
	12 years	8 sessions/week
	13 years	9 sessions/week
	14 years & over	9 sessions/week

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach - In particular ASA National Age Group Championships and ASA Swim North West Age Group Championships.

There will be two compulsory team competitions per year.

All arrangements, including academic and personal, should be discussed with the Head Coach well in advance to ensure participation.

Exit Criteria

Any Age Group swimmer unable to meet the agreed attendance criterion and performance standard will be moved to Youth Group or Age Group Potential (appropriate to age) or return to their home club.

Please Note:

From 1st September 2012 this group will become National Potential Group

FAST TRACK

Qualification Criteria 2011-12

Age

Girls: 9-12 years (Regional Championship Age)

Boys: 10-13 years (Regional Championship Age)

Race Performances

Automatic: 3 Regional Qualifying Times (one of which must be 200m IM or 400m Freestyle)

Consideration: 3 Regional Qualifying Times + 3.0% which must include:

- 200m Individual Medley
- 400m Freestyle
- 200m Form (i.e. Butterfly, Backstroke or Breaststroke)

Sessions

Fast Track Group (Girls: 9-12 years; Boys 10-13 years)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Venue				Europa		Europa	
	Land						7.15 Crèche	
	Swim				5.45-7.30am		8.00-10.00am	
pm	Venue	Europa	Europa	Europa	Europa	Europa		
	Land	5.00 Crèche	5.15	5.15	5.15	5.15		
	Swim	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm	5.30-7.30pm		

Please Note:

On the first Monday of each month Fast Track will train long course at Liverpool, 6.45-9.00pm. Dates will be announced and published in advance.

Attendance Requirement

Swimmers must attend the sessions required by the Group Coach. Expected attendance levels may vary depending on the training cycle and the focus of the week. All swimmers should attend at least one early morning session each week.

All swimmers and parents should, at the earliest opportunity, discuss with the Group Coach any issues that affect attendance.

LTAD Guidelines - Swim SKILLS

Boys:	9 years	4 sessions/week
	10 years	4 - 5 sessions/week
	11 years	5 sessions/week
	12 years	6 sessions/week
Girls:	9 years	4 - 5 sessions/week
	10 years	5 sessions/week
	11 years	6 sessions/week
	12 years	7 sessions/week

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach - In particular ASA National Age Group Championships, ASA Swim North Age Group Championships and Cheshire County Championships.

There will be two compulsory team competitions per year, one of which will be the Cheshire County Championships.

All arrangements, including academic and personal, should be discussed with the Group Coach well in advance to ensure participation.

Exit Criteria

Any swimmer unable to meet the agreed attendance criterion or performance standard will be moved into Youth Group or Age Group Potential (appropriate to age) or return to their home club.

Please Note:

From 1st September 2012 this group will become **Age Group (incorporating Fast Track)**

YOUTH GROUP

Qualification Criteria 2011-12

Age

Girls and Boys: Competing as 12 years & over at Cheshire County Championships

Race Performances

Automatic: County Championships Qualifying Times

Sessions

Youth Development Group (12 years & over at Cheshire County Championships)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Venue		Europa		Europa		Europa	
	Land						9.15 Crèche	
	Swim		5.45-7.30am		5.45-7.30am		10am-12noon	
pm	Venue	West Kirby 6.15-6.45	Leasowe 6.45 Squash Court next to Izone	Guinea Gap 6.30		Europa 7.15		
	Land	Squash Court 1						
	Swim	7.00-8.30pm	7.00-8.30pm	6.45-8.45pm		7.30-9.00pm		

Attendance Requirement

In line with the **ASA Long Term Athlete Development** guidelines (*Training to Train Phase*) attendances are recommended as shown below.

All swimmers and parents should, at the earliest opportunity, discuss with the Group Coach any issues that affect attendance.

LTAD Guidelines - Training to TRAIN

Boys:	12 years	6 - 7 sessions/week
	13 years & over	7 sessions/week
Girls:	12 years	6 - 7 sessions/week
	13 years & over	7 sessions/week

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach - In particular ASA Swim North West Open, Youth and Age Group Championships and Cheshire County Championships.

There will be two compulsory team competitions per year, one of which will be the Cheshire County Championships.

All arrangements, including academic and personal, should be discussed with the Group Coach well in advance to ensure participation.

Exit Criteria

Criteria for entry to this squad are based on competitive performance. Swimmers need to attain a Cheshire County Championships qualifying time. Swimmers not meeting the criteria (i.e. County qualifying times and/or attendance requirements) will be redirected to their local club to continue at a more suitable level of training and competition.

Any swimmer achieving:

1. a National qualifying time
or
2. 3 Regional Age Group qualifying times - one of which must be:
 - 200m Individual Medley
 - 400m Freestyle
 - 200m Form (i.e. Butterfly, Backstroke or Breaststroke)**and** a consideration time within the standards set out in the Age Group information (above)

will be considered for movement to National or Age Group.

AGE GROUP POTENTIAL

Qualification Criteria 2011-12

Age

Girls: 9-12 years (Regional Championship Age)

Boys: 10-12 years (Regional Championship Age)

The maximum age of a swimmer in this squad is 12 years of age

Race Performances

3 County Championship Qualifying Times (excluding 50m events) which must include one of the following:

- 200m Individual Medley
- 400m Freestyle
- 200m Form (i.e. Butterfly, Backstroke or Breaststroke)

Sessions

Age Group POTENTIAL (Girls: 9-12 years; Boy: 10-12 years)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
am	Venue		Europa					Europa
	Land							9.15 Crèche
	Swim		5.45-7.30am					10-12.00noon
pm	Venue	Europa	Leasowe	Europa		Europa		
	Land	7.15	6.15-6.45 lzone	7.15		7.15		
	Swim	7.30-9.00pm	7.00-8.30pm	7.30-9.00pm		7.30-9.00pm		

Attendance Requirement

In line with the **ASA Long Term Athlete Development** guidelines (**Swim SKILLS - Skill Development Phase moving to Training to Train Phase**) attendances are recommended as follows:

Boys:	8 - 9 years	4 sessions/week
	10 years	4 - 5 sessions/week
	11 years	5 sessions/week
	12 years	6 sessions/week
Girls:	8 - 9 years	4 sessions/week
	10 years	5 sessions/week
	11 years	6 sessions/week
	12 years	6 sessions/week

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach. All arrangements should be discussed with the Group Coach well in advance to ensure participation.

Swimmers will be prepared and expected to compete at selected Open Age Group Meets, Cheshire County and prepared to swim at ASA Swim North West Age Group Championships subject to achieving the qualifying standards.

There will be two compulsory team competitions per year, one of which will be the Cheshire County Championships.

Exit Criteria

Swimmers will be considered for movement to:

1. Fast Track on the achievement of 3 Regional qualifying times + 3.0% which must include:
 - 200m Individual Medley
 - 400m Freestyle
 - 200m Form (i.e. Butterfly, Backstroke or Breaststroke)
2. Age Group on the achievement of 3 Regional Age Group qualifying times - one of which must be:
 - 200m Individual Medley
 - 400m Freestyle
 - 200m Form (i.e. Butterfly, Backstroke or Breaststroke)

and a consideration time within the standards set out in the Age Group information (above)

Swimmers not meeting the criteria (i.e. competitive performance and/or attendance requirements) by the age of 13 years will be moved to Youth Group or redirected to their local club to continue at a more suitable level of training and competition.

AGE GROUP DEVELOPMENT

Qualification Criteria 2011-12

Age

Girls: 7-11 years

Boys: 7/8-11 years

Swimmers are normally 9 to 11 years of age and while stroke development is still a main priority, swimmers in this group also undertake aerobic training, begin to learn how to pace themselves correctly, and are taught a variety of race techniques such as starts and turns. Criteria for entry to this coaching group are primarily based on attitude and skill development. The maximum age of a swimmer in this squad is 11 years of age.

Sessions

Age Group DEVELOPMENT (7-11 years)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Am	Venue							Europa
	Land							9.15 Crèche
	Swim							10-12.00noon
Pm	Venue	Europa		Europa	Europa	Europa		
	Land	7.15		7.15	7.15	By INVITE		
	Swim	7.30-9.00pm		7.30-9.00pm	7.30-8.30pm	7.30-9.00pm		

Attendance Requirement

In line with the ASA **Long Term Athlete Development** guidelines (**Swim SKILLS - Skill Development Phase**) attendances are recommended as follows:

Boys:	8 years & under	3 sessions/week
	9 years	3 - 4 sessions/week
	10 years	4 sessions/week
	11 years	4 - 5 sessions/week
Girls:	8 years & under	3 sessions/week
	9 years	3 - 4 sessions/week
	10 years	4 sessions/week
	11 years	4 - 5 sessions/week

Competition Criteria

It is expected that all members attend the designated competitions assigned by the Head Coach. All arrangements should be discussed with the Group Coach well in advance to ensure participation.

Swimmers in this group will experience the fun of competition in Junior League, Graded Swim Meets and be prepared to swim at Cheshire County Championships subject to achieving the qualifying standards.

There will be two compulsory team competitions per year, one of which will be the Cheshire County Championships.

Exit Criteria

Swimmers will be considered for movement to:

1. Fast Track on the achievement of 3 Regional qualifying times + 3.0% which must include:

- 200m Individual Medley
- 400m Freestyle
- 200m Form (i.e. Butterfly, Backstroke or Breaststroke)

or

2. Age Group Potential on the achievement of 3 Cheshire County Age Group qualifying times which must include:

- 200m Individual Medley or 400m Freestyle
- 200m Form (i.e. Butterfly, Backstroke or Breaststroke)

Swimmers not meeting the criteria (competitive performance and/or attendance requirements) will be redirected to their local club to continue at a more suitable level of training and competition.

GENERAL NOTES

Swimming Squad Structure and Objectives

The structure provides a number of progressively graded coaching and training squads catering for each swimmer's individual needs and **long term** development. Training squads are divided according to age, ability, competitive experience and level of commitment. The number, duration and intensity of the training sessions are geared to individual levels of development and maturation – in line with the ASA Long Term Athlete Development Plan.

Depending upon the training squads assignments, specific requirements are established for the benefit of the individual swimmer as well as the team. Swimmers participating according to the guidelines provided by the coaching staff will realise the greatest gains. This allows for the development of an environment that challenges the swimmer to excel and provides the best possible coaching environment.

Squad Movement Guidelines

Movements from one group to another are made in the best interests of the swimmer and are based on a combination of age, performance, ability to train, attendance, attitude and technique, not age or performance alone. Group promotions will normally only take place in September - only in exceptional circumstances will promotions be considered mid-season.

Swimmers are expected to train with the highest level for which they have qualified. Promotions will be co-ordinated between the swimmer, parents and coaching staff at a time most beneficial to the individual. Should maturational considerations warrant no immediate movement a longer-term progression plan will be established between the coach and the parent.

Swimmers who show signs of “late-development” may be retained in the programme on a probationary period of between 6-12 months with goals set by the Head Coach. The swimmer must be able to show commitment and demonstrate progress towards these goals. **Swim Wirral Performance is a competitive programme. Should an individual not be able to meet the training or competitive requirements for the coaching group to which they have qualified, movement to a more suitable group or a return to their home club will be necessary.**

Important

The Head Coach reserves the right, at his discretion using his experience/expertise, to authorise movements that do not comply strictly with the entry criteria for a particular coaching group.

Training Attendances

Each training squad will have specific attendance requirements appropriate for the objectives of that group. In order to obtain the maximum benefits from the programme all swimmers will need to attend all available training sessions. If during some weeks this proves to be difficult the parent and/or swimmer should discuss in advance with the Group Coach.

A positive attitude towards training is important and it begins with the determination to start **on time** and to obtain full value of the training time available. Swimmers are expected to remain for the duration of each session.

Review - Performance and/or Attendances

There will be three review periods per year:

- i) September - December
- ii) January - March (i.e. after the Cheshire County Championships)
- iii) April - July (i.e. end of season)

There will be a mid-term review, with the swimmer and parent, when the swimmer is not meeting the performance or attendance criteria for group membership. The Group Coach will advise swimmers not making reasonable progress on the expected levels of improvement over the following four weeks. This will benefit both the individual swimmer and the coaching programme as a whole.

Entry Policy for Swim Meets

A calendar of events is established and controlled by the coaching staff. Competition will be purposeful, and therefore, if swimmers are to gain maximum benefit from the programme, they are encouraged to attend the designated meets. The Group Coach should be notified of any swimmer unable to compete.

Training will be based around major meets throughout the year. All swimmers will be prepared for these meets and will be expected to attend. The coaches will assign swimmers particular meets to attend and designate the events to be entered. It is important for swimmers and parents to understand that the coaches assign swimmers to meets to evaluate their progress and to determine the focus for future training. Unless excused by the coach, it will be assumed that each swimmer will attend all of the scheduled meets and stay for the duration of the meet.

Swimmers must only compete in swim meets selected by the coaching staff. Permission must be sought from the Group Coach to attend a swim meet not designated by the Swim Team.

A Swimmers Personal Development

Wirral Metro aims, not only to develop the swimming skills of individual swimmers but also to develop the various personal attributes required for a swimmer to become a good competitor and hopefully, a future champion.

These attributes are:

<ul style="list-style-type: none">➤ Physical ability➤ Motivation➤ Self discipline➤ Self Confidence➤ Mental strength & endurance➤ Will to win➤ Commitment	<ul style="list-style-type: none">➤ Ability to handle a heavy workload for long periods➤ Emotional stability➤ Ability to organise his/her personal life➤ Maturity to accept and act on coaching advice and constructive criticism➤ Ability to work with other swimmers as a team member
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It must be recognised that external factors can influence the development of any of these qualities either positively or negatively. The support given and the commitment shown by a swimmer's parents will greatly influence a swimmer's development and his/her eventual success.

TRAINING DISCIPLINES

Equipment

Swimmers are responsible for their own equipment before, during and after training sessions. Swimmers should be prepared for every session and will require the following on poolside.

Age Group Development, Potential & Youth

- Swim hat + spare
- Goggles + spare
- Short Fins (zoomer type)
- Kick Board
- Pull Buoy
- Speedo finger paddles (Biofuse)
- Drinks Bottle (750ml minimum)
- Poolside Kit Bag

Fast Track, Age Group and National

- All equipment listed opposite
- Hand Paddles
- Finger Paddles

Nutrition

- Drink plenty of fluids during training to avoid dehydration
- After each session eat a small snack and drink more fluids to restore energy and avoid dehydration
- Adopt a healthy eating lifestyle...*Low Fat...High Carbohydrate...No Alcohol*

How much a swimmer gains from his/her individual training sessions will, to a great extent, be dependent on their personal discipline, application and attitude to their swimming.

Organisation

- Arrive early to ensure you are ready to start your session on time
- Attend as many sessions as your coach advises
- Bring all of your training equipment with you
- Keep a logbook to record how often you have trained, how far you have swam and to register your improvements in both training and competitions. Logbooks are available from group coaches.

At the Pool

- Arrive in a positive frame of mind, ready to train at the level your coach requires
- A stretching routine before/after swimming reduces the risk of injury and increases mobility as well as providing efficiency in any sports
- Listen and respect your coach. He/she is there to advise you and to help you to become a better swimmer
- Do **all** that is asked of you.....Do less, and achieve less!!!
- Learn to use the pace clock to check your times during training. Train at the correct intensities which your coach requires
- Execute **ALL** Turns correctly and quickly
- Think about your technique at all times. Technique is a major key to success in swimming. **Perfect** practise makes **Perfect**
- Always swim down to remove lactic acid and other waste products within your muscles ensuring a better practice next time
- Leave the pool after each session having accomplished something positive

Each practice session provides a chance for you to improve. Never miss an opportunity to practice.

The Role of Parents

The support of parents is vital to a swimmer's development and success in swimming. However, parents, in their enthusiasm for their child's success, should guard against exerting undue pressure on their child. Parents can make a positive contribution in the following ways:

- All parents must sign and abide by the clubs code of conduct.
- Any dispute between another parent or swimmer will be dealt with through the Wirral Metro committee.
- The Wirral Metro executive committee will deal with any dispute against any of the coaching staff in the first instance.
- Help create an environment within which your child's personal ambitions within swimming can flourish.
- Be positive! Congratulate success and provide support and sympathy when required.
- Support all swimmers, practices and coaches positively. Discuss any issues privately.
- Make positive suggestions rather than negative criticism.
- Parents must ensure that the session is running before leaving any swimmers. Coaches are only responsible for swimmers if/when the session is running. Unfortunately unforeseen circumstances can on rare occasions force the session to be cancelled.
- **All swimmers must use their membership card for entry into the pool, a ticket stub must be provided before each session, as attendance will be based on the use of the card.**

Finally and most importantly:

Always be positive. Adopt an optimistic attitude towards your child's competitive swimming and training achievements. Swimmers don't fail on purpose, there is often a reason and there will always be a next time!

Child Protection Policy

Wirral Metro has adopted the ASA Child Protection Policy. Full details of this policy are available on the clubs website.

The clubs Welfare officer is Julie McCreadie.

Equity Policy

Wirral Metro has adopted the ASA Equity Policy. Full details of this policy are available the clubs website.

Insurance

Wirral Metro holds comprehensive insurance arranged through its association with the ASA. Details of this are on the club notice board and also on the club website.

Your contact point for this is the Club Secretary,

Procedure for Dealing with Internal Disputes

Wirral Metro has adopted the ASA guidelines for dealing with internal disputes. Full details of this procedure can be found within the club constitution and also is available on the clubs website.

Parental Role

Competitive swimming provides many benefits to young children. They develop self-discipline, good sportsmanship and time management skills. Competition allows the swimmer to experience success and learn how to deal with defeat, while becoming healthy and physically fit.

As a parent, your role is to provide a stable, loving and supportive environment which will encourage your child. Show your interest by ensuring your child's attendance at training sessions and by coming to swim meets.

Be Enthusiastic and Supportive

Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards achieving them. The most important part of your child's swimming experience is that they enjoy the sport.

Parent-Coach Communication

There will be meetings with parents on an individual or group basis throughout the year.

A PARENTAL GUIDE TO HELPING THE YOUNG SWIMMER

Today more children than ever before are taking part in swimming. Some do so just for fun, other children take the sport more seriously and spend many hours every week training to perfect their technique and increase fitness. Whatever the level of participation, parents play an important role. They are naturally interested and want to help out as much as possible. Indeed in many cases the support and interest of one or more parent is crucial to a child's participation.

Some mums and dads help by taking their child to and from training or competitions, others by coping with extra washing, early mornings and irregular mealtimes. Sometimes however, a mother or father can become over involved and inadvertently put pressure on the child to train harder than they should, or to win at the expense of enjoying taking part in swim meets.

Watching your child can be an emotionally draining experience. However, **you** may be taking your child's sport more seriously than he or she is. Of course most parents are only trying to help. It is important that the young swimmer learns to see training and competition not as a threat, but as an enjoyable **CHALLENGE**. It is very important that the child knows **EFFORT** as well as success will be rewarded. An over-emphasis on winning by parents can result in fear of failure - with your love and respect being seen by your child as conditional upon winning.

It seems that much of the problem may be that parents are not sure how they can best help their child. This guide is aimed at the swimming-parents who want to learn to maximise their contribution, while at the same time ensuring that their child enjoys their involvement in swimming.

SOME QUESTIONS

Before reading on think for a moment about how much your child's sport means to you. Now gauge your involvement in your son or daughter's sport by reading through the questions listed below.

Do you want your child to win events more than he or she does?

Do you show your disappointment if he or she has a poor result?

Do you feel that you have to "psyche" your child up before a race?

Do you feel that your child can only enjoy swimming if he or she wins?

Do you conduct "post mortems" immediately after events or training?

Do you feel yourself frequently wanting to interfere during training or competitions thinking that you could do better?

Do you find yourself disliking your son or daughter's opponents?

If you have answered "yes" to any of the questions above you may be putting unnecessary pressure on your child, which in turn could lead to his or her eventual rejection of the sport or even lasting damage to your child/parent relationship. The Do's and Don'ts which follow will help you maximise your contribution to your child's sport whilst minimising any adverse effects. Have you answered the above questions honestly?

HOW CAN YOU HELP? SOME DO'S

Do get to know your child's Coach - after all he or she can play an important role in your child's general development.

Do respect the Coach's opinion - the coach should be more knowledgeable than you - both about swimming and the development of young swimmers.

Do assess your child's progress - don't be afraid to ask the coach the training plans and objectives. Ask the coach to explain to you the reasons for any decisions you don't understand, by knowing the objectives you will be able to assess your child's progress (perhaps every few months).

Do talk to other parents - it is often a good idea to get to know other parents so that you can share problems or car duties.

Do establish clear lines of communication - in case you need to speak to the coach regarding training or competitions, find out when it is convenient and appropriate to contact him or her, and the best way of doing so. Don't ever address a criticism to or of your child or the coach in front of other parents and swimmers.

Do encourage effort as well as results - don't assess your child's progress solely by how many medals they win. It is important to recognise and reward effort.

Do be generous in your applause - it is important during an event that you applaud all the swimmers efforts as this acts as encouragement for all the participants.

HOW CAN YOU HELP? SOME DON'TS

Don't respond to a bad result or mistake with punishment or criticism - give your child time to work out for him or herself why things went wrong. If they ask your advice, first compliment them for something he or she did right, then give advice emphasising the positive results if the instruction is followed rather than the negative consequences of a mistake or not following the instruction. It is **VITAL** for a parent to avoid giving an impression that they do not still value a child after a loss.

Don't turn a blind eye to any bad behaviour, cheating or bad manners by your child - in such instances reasonably prompt action is appropriate. To do otherwise will infer that you condone such behaviour or at least do not consider personal standards and respect of people and rules important in sport.

Don't forget that your child is still growing - training which may be appropriate for an adult (e.g. prolonged repetitive activities and work with heavy weights) can have adverse long term effects on the growth and development of a young child.

Don't ignore aches and pains - children are often reticent to describe sports-related injuries, especially if it means missing training or a competition; so keep an eye on persistent grumbles about health; it is important to take injuries seriously. If your child has an injury get professional advice as soon as possible from your GP, Physiotherapist or local Sport's Injury Clinic.

Don't ignore other children in the family - sometimes brothers and sisters may feel left out or bored if the whole household revolves around the needs of the young swimmer. It is important to try to keep a balance between swimming and the interests of the other members of the family.

Don't allow the situation to develop where your child is frightened of losing because of the way you respond - a fear of failure can often result in children feigning injury and not entering or withdrawing from competitions.

Don't force a young child to specialise entirely on swimming - children should be allowed to develop their own preferences.

Don't always greet your child with "Did you win?" why not start "Did you enjoy it?"

Don't attend every training session and competition - it is important for your child's future development in sport that he or she is trusted to make the correct decisions during either training or competition. This is the first stage in the development of self motivation and self reliance. Constant parental supervision can result in the swimmer becoming emotionally, and otherwise over-dependant on your presence and advice.

Don't say "we" won or "we" lost - it is important that you don't become over involved in your child's swimming. Remember it is your child who is participating - you are there to support and encourage, not compete.

IN SUMMARY:

Providing that a child is faced with realistic challenges, swimming should be fun at whatever level they participate. With appropriate parental support, your child will be able to develop his or her athletic potential in an enjoyable, rather than stressful, sports environment. You can provide your child with the opportunity to obtain a sense of achievement, competence and self worth.

Parental example is important. If YOU cannot cope with the ups and downs of your child's swimming life - how can you expect THEM to?

This leaflet has been adapted and reproduced by kind permission of the Lawn Tennis Association Trust and is based on an original by Stephen Rowley, Bsc, M.Phil. entitled "Parents are important too".

METRO CODE OF CONDUCT

In order to promote an environment in which all members of the Swim Wirral Performance Programme can enjoy our vision of success. The Club have developed the following codes that swimmers and parents must follow:

- Always follow the instructions of the coaches and sports centre staff
- Always use your pass card for entry into the pools
- Obey the Zero Tolerance policy implemented within the centres and pools by Wirral Borough Council. (See notices within reception windows)
- Follow the guidelines within the Metro membership packs
- Be prepared with all the required equipment (stated early in this pack) at every session.

Swimmers who fail to follow the above rules and guidelines may be removed from sessions, coaching groups or Metro altogether.

Payments

Method of Payment

The prices can be found below for each of the squads. Parents/swimmers will be charged for 12 payments monthly no later than the 1st of each month.

All payments must be made by Direct Debit; forms available at the reception in Europa Pools. Failure to complete a monthly payment will result in the swimmer not being allowed to participate in any future sessions until the debt is satisfied.

Fees (Commencing 1st September 2010)

Coaching Group	Cost/Month
Age Group Development	£33.00
Age Group Potential	£42.95
Youth Group	£42.95
Fast Track	£37.00
Age Group	£49.70
National	£49.70

Code of Conduct for Swimmers and Parents/Guardians

Swimmers, coaches, Team managers, Parents/Carers, attending daily training sessions with Wirral Metro are representing themselves, the swim team, the sport of swimming and the community of the Metropolitan Borough of Wirral when they travel to compete in an event.

Wirral Metro wishes to project an image that makes the sport, community and the whole of the borough proud of us as a team. Therefore, all individuals representing or travelling on behalf of Wirral Metro will abide by the following code of conduct before the swim team agrees that he/she shall become a member. Anyone signing the code agrees that, they will abide by it whilst representing Wirral Metro swim team.

Infractions of the code of conduct may result in the swimmer's family having to assume the full cost of the trip plus return fare if the swimmer is sent home, together with any cost incurred if an adult has to accompany the swimmer.

The Code

I the undersigned athlete, participating in training and competitions with Wirral Metro both understand and agree to comply with the guidelines listed below as set forth by Wirral Metro swim team.

1. All swimmers must compete in Wirral Metro kit whilst training or representing Wirral Metro.
2. All swimmers must wear full Metro kit on the presentation podium.
3. Swimmers refusing to swim team races will burden the full cost of the event.

General Behaviour

1. Wirral Metro swim team members will display proper respect and sportsmanship towards coaches, officials, administrators, competitors, team-mates and the public to include both their person and property.
2. Illegal or inappropriate behaviour that will reflect negatively on Wirral Metro swim team or be detrimental to performance objectives will not be tolerated.
3. The transportation, possession or use of alcohol or illegal drugs by any Wirral Metro swim team member is prohibited.

Travel Behaviour

1. Curfews established by the staff will be adhered to each day.
2. Unless otherwise excused or instructed by a coach, each member participating in a team trip (home or overseas) will attend all team functions (on time), to include meetings, practices and any other team-sanctioned event.
3. Any additional guidelines will come from the staff as and when needed.

The Head Coach will only be available after an appointment has been scheduled.

The Group Coach will only be available after the session has finished and prior notice has been given.

Session content and planning will only be discussed in the presence of the Head Coach.

Rules for Parents/Guardians.

1. I understand that I am a guest of the Head of Swimming and it is at his discretion that I am allowed to watch a training session.
2. I will not interfere in any way a training session that is taking place.
3. I will not distract my own or any swimmer during a training session.
4. I will enter and I will leave all training sessions through the appropriate door and not via the changing rooms or poolside.
5. I will abide by all leisure centre rules and procedures.
6. Only parents/carers who sign this code of conduct will be allowed to watch training sessions from poolside.

Implementation

Failure to comply with these guidelines will result in disciplinary action which may lead to dismissal from the club.

NAME OF SWIMMER: _____ **DATE:** _____

SWIMMERS SIGNATURE: _____

PARENT/GUARDIAN 1 SIGNATURE: _____

PARENT/GUARDIAN 2 SIGNATURE: _____

Lactate Testing Programme – Consent

Dear Swimmer,

As part of your training programme, you are required to undergo lactate testing, which involves providing blood samples from the earlobe or thumb. Please complete the consent form below giving your permission to participate in this testing procedure.

I understand that the benefits of participation in the Lactate testing programme will be feedback on the training prescription (i.e. training speeds) for successive training cycles.

I have been informed that there will be no risk involved in participation in blood testing, and that the health and safety procedures will be followed throughout the test.

I have read the above and accompanying documentation and give my consent to taking part in the lactate-testing programme. I understand that permission can be withdrawn at any time.

NAME OF SWIMMER: _____

SIGNED: _____

SIGNED: _____

DATE: _____

PARENT/GUARDIAN (if swimmer is under 18)

Photograph and Video – Consent

Dear Swimmer/Parent/Guardian,

As part of your Involvement in Wirral Metro’s coaching programme, from time to time the swim team will require photographs, video recordings and audio be supplied to support the programme. (All images will be in good taste and relevant to the coaching programme)

Please complete the consent form below to give us permission to use your child’s image for use in Wirral literature and media (including Metro’s Website). This will include the use of photographs, video and audio.

I have read the above information, **and understand that all video taken is the property of the Head Coach and Wirral Metro, and may be used in the context of teacher / coach training.** I give my consent to my child’s image being used for the purpose of Wirral Metro, Wirral Borough Council, newspapers and media; I also understand that my permission can be withdrawn at any time.

NAME OF SWIMMER: _____

SIGNED: _____

SIGNED: _____

DATE: _____

PARENT/GUARDIAN (if swimmer is under 18)

All video will be stored on an independent hard drive which, when not in use will be stored in the safe at Europa pools.

Membership Details and Application Form

In order to compete under the name of Wirral Metro SC, and to ensure that all swimmers are covered by ASA insurance during training sessions, it is necessary for all swimmers to join Wirral Metro Swimming Club. Membership commences annually on September 1st and lasts until 31st August in line with the swimming season.

The fees for 2011/2012 are: £30.00 for 1st swimmer
 £15.00 for 2nd and subsequent swimmers in the same family
 £5.00 non-competitor/volunteer.

Joining Fee

For swimmers joining the club there is a one-off joining fee of £25.00. This fee covers the issue of a Wirral Metro Club Polo Shirt and a Swim Cap.

Along with the Membership Form please also complete and return the following enclosed forms:

- Code of Conduct
- Lactate Testing Programme Consent
- Photograph and Video Consent and
- Medical Information Form.

All forms must be completed signed then printed and returned **by 1st September**, along with a cheque payable to **Wirral Metro SC**.

If you have changed clubs during the last year you may need to complete a new ASA registration form. Please contact the Membership Secretary to discuss.

It is not the intention of Wirral Metro Swimming Club to stop any swimmer participating and achieving their potential. Therefore if there are any financial difficulties, please contact Basil Gillett, Secretary, in strictest confidence so that where possible a compromise can be reached.

Please ensure that you return the forms by the 1st September as due to the serious safety issue, swimmers could be denied access to sessions.

All forms should be returned to the Membership Secretary:

Email: wmmembership@hotmail.com

If you are no longer swimming with Wirral Metro, please email wmmembership@hotmail.com so that we can delete your information from our records, and thank you for your support in the past.

There is always a need for new members on the Committee and other volunteers. Please come and join and have some say in what happens within the Club. New ideas and initiatives are always welcome. **Get involved!!**

Thank you for your co-operation and good luck with your swimming.

Wirral Metro Swimming Club

Membership Form 2011/12

Name:										
Address:	Tel no :									
Postcode:	Mobile:									
	E mail (parent):									
Date of Birth:	A.S.A. Competitor Number/A.S.A ID number									
Male/Female:										
School Attend:	Other clubs & date joined:									
School year:	Name of Group joining:									
Contact in case of emergency:	Category of membership:									
Name:	Competitive:									
Address:	Non-swimming:									
Tel no	For competitors with a disability:									
Relationship:	Please indicate classification if known									
2ND CONTACT:	<table border="1"> <tr> <td><input type="checkbox"/> S</td> <td><input type="checkbox"/> SM</td> <td><input type="checkbox"/> SB</td> </tr> </table>	<input type="checkbox"/> S	<input type="checkbox"/> SM	<input type="checkbox"/> SB						
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Name:	If classification unknown, please tick nature of disability									
Address:	<table border="1"> <tr> <td><input type="checkbox"/> Physical disability (ambulant)</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/> Physical disability (wheelchair user)</td> </tr> <tr> <td><input type="checkbox"/> Learning disability</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/> Hearing impaired</td> </tr> <tr> <td><input type="checkbox"/> Visually impaired</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </table>	<input type="checkbox"/> Physical disability (ambulant)	<input type="checkbox"/>	<input type="checkbox"/> Physical disability (wheelchair user)	<input type="checkbox"/> Learning disability	<input type="checkbox"/>	<input type="checkbox"/> Hearing impaired	<input type="checkbox"/> Visually impaired	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> Physical disability (ambulant)	<input type="checkbox"/>	<input type="checkbox"/> Physical disability (wheelchair user)								
<input type="checkbox"/> Learning disability	<input type="checkbox"/>	<input type="checkbox"/> Hearing impaired								
<input type="checkbox"/> Visually impaired	<input type="checkbox"/>	<input type="checkbox"/>								
Tel no:										
Relationship:										
<p>I acknowledge receipt of the rules of WIRRAL METRO SWIMMING CLUB and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules.</p> <p>By signing this form you agree that you have read and will comply with Wirral Metro Swimming Club's Code of Conduct as set out in this Membership Pack and the Club's constitution.</p> <p>Please also read the information contained in the "British Swimming Data Protection – Membership Data Collection – Consent" at the end of the Membership Pack. By signing this Membership Form you consent for your information to be used for the purposes stated therein.</p>										
Signed:	Date:									
Signature of parent/guardian (if under 18 years):	Date:									
<p>The Club always needs the help of parents and other volunteers. Please help your and your child's club by volunteering to help in some way. Ways of helping can be found in the enclosed "Interested in Supporting Your Club" brochure. Please help in some way.</p>										

Wirral Metro Swimming Club

Medical Information Form

It may be essential at some time for the Head Coach or Team Manager accompanying your son/daughter to have the necessary authority to obtain any urgent treatment which may be required whilst on the training camp or other organised team events. Would you therefore complete the details on this form and sign below to give your consent?

Name	
Address	
Date of Birth	Telephone Number

Please tick Yes or No and complete further details as necessary

Does your child have any specific medical conditions requiring medical treatment and/or medication?	Yes	If yes give details
	No	
Does your child have any allergies?	Yes	If yes give details
	No	
Does your child take any medication for asthma?	Yes	If yes give details
	No	
Doctor's Name Surgery Address		
Surgery Telephone Number		
Any other relevant information		

I, _____ being parent/guardian of the above named child hereby give permission for the Coach or Team Manager to give immediate necessary authority on my behalf for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.

Signature _____ (Consent by parent/guardian)

Print Full Name _____

Date _____

British Swimming
Data Protection – Membership Data Collection - Consent

The Data Protection Act 1998 (“the Act”) sets out certain requirements for the protection of your personal information (i.e. information about you) against unauthorised use or disclosure. The Act also gives you certain rights.

References below to the British Swimming include a reference to the three members of British Swimming, the Amateur Swimming Association (ASA), Scottish Swimming Association (SASA) and Welsh Swimming Association (WASA). By virtue of your membership direct or indirect to ASA, SASA and WASA you agree to your personal data being made available to British Swimming and its members, subject always to compliance with the Data Protection legislation. This does not include sensitive personal data such as health or medical conditions, which require the explicit consent of the data subject i.e. a signature for this specific purpose.

Except to the extent that your club or British Swimming is required or permitted by law, (the information you provide in the above forms, and any other information obtained or provided during the course of your membership (“the information”)) **will be used solely for the purposes of processing your application and dealing with you as a member.**

If you cease to be a member of the British Swimming, the information will not be held for longer than is necessary, after which time it will be destroyed.

You agree to use all reasonable endeavours to keep your club and British Swimming informed of any changes to your personal data.

So that we may use the information for the above purpose and on the above terms, we are required under the Act to obtain your consent. Members are therefore requested to sign the consent clause on the Membership Form or by confirming to their Club Membership Officer that they agree to the above by providing their data for electronic submission to the ASA, SASA or WASA.