



WELCOME PACK 2018

Welcome to Pembroke & District Swimming Club

Pembroke & district Amateur swimming Club are affiliated to the Welsh Amateur Swimming Association.

Pembroke swimming club was started with the opening of Pembroke Leisure Centre in the mid 1970s as an after school club for the schools within the Pembroke area by Mr Larry Jones the then Leisure Centre manager and his wife June along with Mrs Trina Bowen. Larry was a Welsh international swimmer with Llanelli in his younger days. Pembroke SC soon attracted more swimmers and became and remains one of the top sporting clubs in Pembrokeshire. Pembroke as a club have trained many champion swimmers and have also won a great many galas. However our main aim was and still is to teach children to swim, and since our humble beginnings it is well thought that the club has achieved this aim very well.

Pembroke & district Amateur swimming Club is based at Pembroke Leisure Centre and one of 5 satellite clubs of Pembrokeshire Performance Club. Pembrokeshire Performance Club is a County run club with a base of swimmers identified with potential for further development and as such train with a professional coach appointed by Pembrokeshire County Council. Pembroke & District Amateur Swimming Club is a completely voluntary run club with no paid members. The club has an excellent coaching team all of which have attained ASA teaching or coaching qualifications. Pembroke Leisure centre has a 4 lane 25m pool plus a 12m teaching pool. The main pool has been modified to have 5 lanes for competition.

The club has between 80-90 members most of which are of school age. The club has squads set up according to ability giving a good pathway for improvement Our Squads are:-

Water Dragons squad - For swimmers working towards stage 7/8/9 swim up to 2 hours per week Bronze, Silver, Gold & Platinum squads are arranged so that each squad swims within its own ability range within our own unique club rating system.

To progress through the squads, swimmers will be monitored on training ability & speed, commitment (attendance to training sessions) and gala/meet participation.

Progression through the squads will be initiated by a continuous assessment process. Swimmers will be moved upwards when head coaches feels that they are ready.

Contact us : - pembrokeanddasc@btinternet.com

General enquiries:- Keith Thompson
ka.thomp@btinternet.com

Training times

As from Sept 2017

Day	Time	Squad	Lane No's
Monday	5:05pm - 6:05pm	Bronze	2
	5:05pm - 7:05pm	Silver	1
		Gold	1
Wednesday	3:45pm - 4:45pm	Water Dragons	3
	4:55pm - 6:55pm	Silver	1
	4:55pm - 6:55pm	Gold	1
Thursday	5:10pm - 6:10pm	Bronze	2
	5:10pm - 7:10pm	Silver	1
		Gold	1
Friday	6:00pm - 7:00pm	Water Dragons	4
	7:00pm - 8:00pm	Bronze	2
		Silver	1
		Gold	1
	8:00pm - 9:00pm	Silver	1
		Gold	1
	9:00pm - 9:50pm	Aquatics Masters	2
Public		2	
Sunday	8:00am - 9:15am	Water Dragons	4
	9:15am - 9:55am	Bronze	
		Silver	2
		Gold	

Hours Available

Water Dragons	up to 4
Bronze	5
Silver	7
Gold	9
Aquatics Masters	2

The club also also runs a masters session which at present meets on Friday club night 8pm-10pm with its own coach.

Membership Fees

ANNUAL WASA & SEALS SUBSCRIPTION FEE 2018/2019

(Please note, these are subject to change via swim Wales)

Membership subscription to Pembroke & District Swimming Club is £8 that is run from 1st January 2016 to 31st December 2016 - All committee members, coaches and swimmers pay this fee unless you are a club Honorary life member.

WASA Fees for 2016/17 are due by the 1st April 2016. These are the fees that enable swimmers to swim in training and at galas with full insurance and affiliation to the governing body of swimming in Wales and is mandatory

Under 10 (On 1 st April)	Category 1 £32
Competitive swimmer	Category 2 £34
Non Swimming member	Category 3 £22
Competitive member (over 70)	Category 4 £30
Non Swimming (over 70)	Category 5 £22
Reduced Fee (1 st Jan - 31 st March)	£15

**This payment will be due after your four week trail if you are a new swimmer or by the date requested by membership secretary each year (usually by mid March each year).
Cheque or cash is acceptable and this is to be paid at the club desk on a Friday evenings.**

Monthly Training Fees

(Please note, these are subject to change via Pembrokeshire County Council)

Monthly Fees are Payable by Direct Debit to Pembrokeshire County Council and are based on the amount of hours that are offered to swimmers.

£17.50	Tier 1 Waterdragons (upto 2 hours per week)
£26.00	Tier 2 Development Club Squads (Water dragons that swim more than 2 hours, Bronze , Silver & Gold Squads)
£28.50	Tier 3 (Pembrokeshire County Junior Academy)
£31.75	Tier 4 (Pembrokeshire County Senior Academy)
£36.00	Tier 5 (Pembrokeshire County Junior National)
£40.25	Tier 6 (Pembrokeshire County National Squad)
£44.50	Tier 7 (Pembrokeshire County National Performance Squad)

Swimming Club members will also be eligible to:

Junior Fitness Sessions and Classes (Children 13+ will also be able to access the fitness suites at all times and attend adult fitness classes - exemptions Apply - see leisure centre)

Public Swimming

Discounted holiday scheme activities (25% off)

Tier 2+ members will also include Rookie Lifesaving, Junior Tristars & Water polo.

Forms and payments are required after your trial at Pembroke & District swimming club
These include:

- ✓ Membership Forms & WASA forms signed
- ✓ Cash or Cheque for WASA & Club fees
- ✓ DD mandate (new members only)
- ✓ Consent forms – signed
- ✓ Code of Conduct forms - Signed

Pool time is allocated, monitored and agreed by Pembrokeshire County Council.

Please remember to swipe your membership cards at reception for ALL sessions. The Leisure Centre can (and do) deny entry for anyone who does not produce their membership card to swipe in on arrival. Swimmers failing to swipe in can be asked to leave their training session by the Leisure Centre.

Club Shop

We sell club hats, hoodies, t-shirts, shorts, swimming costumes, bags and equipment - please see website or Tania Rogers at the desk on Friday evening as samples are available for sizes, viewing & ordering.

Willingness to compete for the club!

We are a competitive swimming club and therefore expect a certain level of competing from our swimmers.

Quick Gala Guide

All information on galas will be on our website and notice board & club desk on a Friday night. We will target some events throughout the year and encourage swimmers to enter. All of this can be very confusing to start so we will try to help you.

Team Events

These are galas where you swim as part of a team for Pembroke & District Swimming Club. They are interclub events often against other Pembrokeshire and /or Dyfed swimming clubs. They are a great opportunity to gain competition experience in a friendly environment, to swim as part of a team, be encouraged by and encourage your fellow team mates, and have a bit of fun on poolside. There is no cost to enter.

In House Gala's (Our Club Champs)

It is Mandatory that all swimmers enter these events.

Our Club Champs (June/July & December) offer the chance to update/gain new times for squad allocation and to break club records, receive trophies and medals all in the friendly atmosphere of our club! &

Pembrokeshire County Championships (normally held the end of September in Haverfordwest Leisure Centre)

Pembroke & district amateur swimming club

Championship Competition Swimming Rules

Section one :General conditions

All competitions to be swum under W.A.S.A. Laws.

All competitors must be registered with W.A.S.A.

All competitors must be fully paid up P&DASC club members.

Competitions are open to any paid up P&DASC club member

All competitions are closed competitions and open only to Pembroke &

District A.S.C. club members. All life and Honorary members are eligible to enter competitions.

All competitions to be held at the Pembroke Leisure Centre 25 metre pool.

All competitions to use 4 or 5 lanes with anti turbulent lane markers All competitions to use diving platforms/blocks fixed at the deep end.

All starts to start at the deep end

All competitions to use backstroke flags for backstroke, freestyle and medley events.

Gala referee and officials to be appointed by the incumbent committee.

All competition records times to be recorded and stored by the club competition secretary.

All competition record times to be published or announced prior to the event.

No annually awarded trophies may be taken out of Pembrokeshire

Section two :End of year Championships

Competition to be called :-Pembroke & District Amateur Swimming Club

Annual Club Championships.

The competition to be held annually in December. Date set by the incumbent committee.

All events to be decided by heat declared winner. All heats to be seeded and spearheaded on time.

All seeded by entry times slowest to fastest

Events:- Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley for all age groups of both sexes. Plus Family freestyle 4x25m relay.

Age Groups consisting of:- 7 & under, 8 & 9 years, 10 & 11 years, 12 & 13 years,14 & 15 years, 16+, open age group. All ages as at 31st December

Event distances :- 7 & under, 8 & 9 years all strokes 25 metres. 10 & 11 years all strokes 50 metres.

12 & 13 years, 14 & 15 years, 16 years and over 100 metres, open age group freestyle 200 metres. All age groups 4 x 25 metre Individual Medley.

All age groups are eligible to enter the Open age group 200m freestyle event.

Medals will be presented to the first five in each event(disqualified swimmers do not receive a medal).

Perpetual trophies to be awarded to the winners of each event and retained by

the swimmer for one year. Trophies must be returned prior to the following years competition. No

Trophy may be taken out of Pembrokeshire

Section three :Distance championships

Competition to be called Pembroke & District Amateur Swimming Club

Annual Long Distance Championships.

Competition to be held annually in June or July. Date set by the incumbent committee.

Events :- 10/under-11/over Freestyle & Individual Medley. All events are to be heat declared winners.

All heats seeded 10/under or 11/over and spearheaded on time, slowest heat first.

Age groups :- Main event 10 years and under, 11 years and over.

A separate trophy and medals to 5 places will also be awarded to individual age groups:- 8yrs/9yrs/10yrs/11yrs/12yrs/13yrs/14yrs/15yrs

All ages as at 31st December.

Event distances :- 10 years & under 200 metres, 11 years and over 400 metres.

Medals will be presented to the fastest five swimmers of each sex in each age group.

Perpetual trophies will be awarded to the winners in each event and retained

by the swimmer for one year. All trophies must be returned to the club prior to the following years competition. No Trophy may be taken out of Pembrokeshire

Open Meets

These are for swimmers to gain & update licensed times for all strokes & distances.

They are events organised by other clubs (e.g. Swim Swansea Open), the county (Pembrokeshire Championships) or an organising body (West Wales/Swim Wales). Notification and Meet Packs for these events are put on our desk on a Friday evening as early as possible, often some months before they take place. The Meet pack contains all the information you will need, the dates, venue, programme of events, necessary qualifying times

It is the parent and swimmers responsibility to keep these times updated yearly

Notice Board

Located on the right hand side of the green room in the viewing area of the swimming pool. Please check this notice board on a regular basis so you are kept updated with events and information.

Swimmer / parent commitment

Code of Conduct

We manage a large number of swimmers / parents, and in order for us to do this we ask that you reflect the effort put in by the volunteers and follow a few rules:

SWIMMERS

- Swim for fun, because you want to, and not just to please others, remembering that the goals of the sport are to improve your skills and feel good.
- Strive to do your best and measure yourself performance against this, not necessarily the ability of other

Rules

- Swim within the spirit of the rules of Swim Wales and Pembroke & District Swimming Club.
- Practice hard for yourself, the team and your Club. Encourage others to do the same. Listen to advice given during training sessions. Tell your teacher/coach why you might not be able to swim your best.

Respect

- Respect your teacher/coach - listen to what they have to say. Set a good example to other swimmers. During competitions applaud all good effort from your team and other teams.
- Look up and listen to the coach while he/she is talking. Do not chat with friends or go underwater while being talked to.
- During Training session you are expected to work to the best of your ability. Slacking, chatting or messing about with friends is not acceptable. Make sure you have a pair of goggles that's fits. Fiddling with goggles during training waste valuable time.
- Be on time for the training sessions. Swimming without a warming up can result in injury.
- Never enter the water or leave the water or poolside without telling your teacher/coach.

Behaviour

- Treat other swimmers as you would like to be treated. Act in a safe and considerate manner. Be kind and courteous, no bullying, control your temper, no disrespectful language, no throwing etc.

PARENTS

General

- Encourage your child to swim for their own enjoyment, and to develop their swimming skills.

Rules

- Encourage your child to participate within the rules of the sport and show respect for official's decisions and encourage your child to do the same.

Commitment

- Encourage your child to attend the swimming sessions provided for them.
- Read the Notice Board and Website and respond to requests by the Club as soon as possible.
- Inform the Club of any medical condition that may affect your child during swimming.

Respect

- Recognise the value and importance of all the volunteers, teachers and coaches etc that enable your child/children to swim within the Club.

Behaviour

- Parents are reminded that they are responsible for their child's behaviour and safety until they are handed over to the teacher and when they leave poolside.
- Support all efforts made by the Club to encourage good behaviour.

Additional

Parents of swimmers aged 10 years of age and under must stay on the premises whilst their child is swimming/ land training. As a Club we will not be held responsible for any swimmer once they have left poolside/Sports hall within a training session to go the toilet etc.

CLUB

General

- The Club will provide an environment where your child can learn new skills, develop existing skills and enjoy swimming and good sportsmanship.
- The Club is operated by volunteers and will encourage parents to help.

Rules

- The Club will encourage and promote the rules of the sport so that
- participation for the swimmers is more enjoyable

Commitment

- The club will provide information on the Notice Board and Website regarding any Club activity and competition. The Club will ensure that swimming sessions run regularly and safely.

Respect

- The Club will respect the rights, dignity and worth of every swimmer.

Behaviour

- The club expects and will encourage good behaviour. Poor/bad behaviour will be referred to the Clubs Management Committee and dealt with in accordance to the Clubs constitution.

Complaints procedure

All of our coaches and committee members are volunteers therefore if you have a complaint please respect their volunteer roles. Issues can be raised with coaches and/or committee members but if you have a complaint, please forward in writing to our club email address or Club Chairman so we can deal with it calmly & fairly.

Whenever any dispute may arise which involves a Club Member or if any alleged breach of discipline by a Club Member may occur - the Club shall endeavour to resolve the dispute/breach as quickly - informally - and as amicably as possible and in accordance with the Club's relevant Code of Conduct. Where appropriate the Club Welfare Officer shall be involved and consulted from the outset.

b) Subject to the said Code of Conduct - any need to discipline Club Members for minor incidents of misbehaviour or to resolve a dispute - can usually be done by the Coach/Team Manager. If this fails or cannot be resolved within a period of 7 days or if it is clearly necessary to discipline a Club member - the Club shall follow its published Disciplinary Code unless the disciplinary process/dispute resolution shall be conducted by Swim Wales.

This discipline code has been adopted from and follows the WASA guidelines.

Club Constitution

A copy of the Club Constitution is available to view on the club website.

As a Club we do not employ any employees, all our Coaching team, Management Committee, Officers and helpers are volunteers

Pembroke & District Committee & roles.

President	Trina Bowen
Vice President	Dorothy Morgan
Chairman	Phill Thomas
Vice Chairman	Keith Thompson
Head Coach	Keith Thompson
Competition Secretary	Kirsty Thomas
Secretary	Alanna Sturley
Treasurer	Kathryn Lee
Membership secretary	Coral Howlin
County Rep	Phil Thomas/Alanna Sturley
Shop & Kit Co-ordinator	Michelle Thompson
Club Welfare Officer	Sharon Thomas

Committee Members Sarah Greenwood, Laura Lewis, Tracy John,, Colin Griffiths, Nicola Griffiths, Dani Busby, Francesca Morgan , Lisa Callen, Jill Williams, Juila Webb,

Coaches and Club Officials give up their time freely.

The running of the club is by volunteers. The club would welcome more support from additional parents.

Further club information including training times, squad lists, galas, events, news, results and more information can be found on our website at

<http://www.pembrokeswimmingclub.co.uk>



Nutrition Information Sheet for Swimmers and Parents

The constant energy demands within swimming can often lead to poor performance. However, with some careful planning this limitation can be minimised. The main source of energy during training is derived from carbohydrate, therefore, it is not surprising that high-carbohydrate meal and drinks are essential to provide energy and facilitate recovery. The timing of meals and snacks, however, is important.

30 Minute Rule: The muscles are most susceptible to restoration of carbohydrate stores within the first 30 minutes after exercise. Thereafter, the process becomes progressively more difficult. The swimmer should eat 50 to 100 grams of carbohydrate, whilst keeping fat ingestion low, as soon as training finishes, and definitely within the first 30 minutes after training.

Food Examples: The following are examples of appropriate snack foods and their approximate carbohydrate content:

An apple, banana or orange: 15-20g

Nutrigrain 25-30g

Mulle: Rice 20g

Fruit shake or Smoothie 25-30g

Taiek jam or honey sandwich 50g

Malt Loaf 18g per eighth of a loaf

Fig Rolls 13g per biscuit

***Energy/Protein Drinks:** After high intensity training it may be appropriate for older swimmers to ingest protein mixed with high carbohydrate. Excess protein is converted into fat by liver and stored in the adipose tissues. As a guideline protein 0.8g/kg body weight. Older swimmers in Performance Squad may be permitted to use energy drinks under the supervision & advice of the coach.

Morning Training: Have a snack item (examples above) with fruit juice 30mins before training with breakfast after training.

Pre-Event Guidelines: (Before) High Carbohydrate/Low Fat meal 2-4hrs before the race. Suitable types of food include: breakfast cereals, porridge, bread, rolls, toast, fruit juice, fruit, rice cakes, plain crackers, boiled rice, potatoes, boiled pasta, dried fruit, oatmeal biscuits, plain wholemeal biscuits and muffins. These examples of complex carbohydrates release energy slowly. Avoid simple carbohydrates (sugars) as these release energy quickly but trigger the release of insulin, which can have a negative impact on performance. A small snack may be eaten about 30mins prior to the race.

Inter-Event Food Guidelines: (During) If the interval between races is less than 30mins. The swimmer should drink fluids/juices or a sport drink. If the interval between races is up to 1hr: The swimmer should have a snack from the above list, with plenty of fluid, up to 30mins before the next race. If the race interval is 1-2hrs. The swimmer should have a small high carbohydrate/low fat meal.

Post-Event Food Guidelines: If the rest period between races is longer than the swimmer should have a substantial meal no later than 2hrs before the next race.

Hydration: As water is stored with carbohydrate it is essential that substantial amounts of fluid is drunk with meals and snacks. Swimmers should bring their own water bottles with water or weak squash. The size of these should be sufficient enough to last the whole session. Energy drinks such as 'Lucozade' are not necessary. No fizzy drinks, drinks with high caffeine content or glass bottles should be brought poolside. Swimmers in Performance I may be permitted to use energy drinks under the supervision & advice of the coach. Swimmers should be well hydrated throughout the day.