

# WWHSC – New Members Information



Wantage White Horses Swim Club is run by coaches, volunteers, and even older swimmers.

It must be emphasised that the purpose of joining WWHSC is for coaching towards competitive swimming NOT purely for pleasure or keeping fit.

We encourage parents to participate in as much of the running of the club as possible – this could be as a member of the committee, helping with a lane during training sessions (guidance given) or very importantly, setting up of the equipment for training sessions and/or galas. The club will also be willing to organise and pay for those wishing to take courses and exams in life guarding, timekeeping/judging or coaching. If you have any other skills you think are appropriate to the swim club, don't hesitate – see any member of the club that is on poolside – they will always point you in the right direction !!!

## TRAINING SESSIONS

### Evening Training

Tuesday	5 – 6 pm (by invitation only)	Wantage Leisure Centre
Wednesday	7 – 8.30 pm	Our Lady's Convent, Abingdon
Friday	5.30 – 6.30 pm or 6.30 – 7.30 pm	Wantage Leisure Centre
	(whichever session you have been allocated to)	
Sunday	6 – 7 pm Or 7– 8 pm	Wantage Leisure Centre
	(whichever session you have been allocated to)	

### Early Morning Training

Monday	6.30 – 7.30 am	Wantage Leisure Centre
Wednesday	6.30 – 7.30 am	Wantage Leisure Centre
Thursday	6.30 – 7.30 am	Wantage Leisure Centre
Saturday	6.30 – 8.00 am	Wantage Leisure Centre

**PARENTS:** Please endeavour to get your child/ ren to training on time – missing part or all of warm-up puts your children at risk. It is not good for them to go straight into a main session set without a warm-up. Strain injuries will be inevitable!!!

## What do I need to bring to every training session ?

### ESSENTIAL

Towel

Girls – 1 piece swimming costume

Boys – fitted trunks

Club hat

A drink in a plastic bottle (not fizzy !)

Goggles

### OPTIONAL

Flippers, pull buoy and kickboard

## Training Sessions – The do's and don'ts !

- Please try to leave an hour between eating and swimming.
- Please make sure that you arrive on poolside in good time for the warm up and bring any equipment you might need, including your drink, to the end of your lane. Bags can be brought onto poolside for security reasons if you do not use a locker but make sure they are put on the seats or under the seats.
- Please make sure you go to the toilet and have a quick shower before coming onto poolside. If you need to go to the toilet during a session, please try to go during the gaps between sets, not in the middle of one.
- After the training session, make sure you pick up all your equipment as this is often when goggles get lost !!
- Please leave the changing rooms tidy.

## Term dates

Jan – April    May – Aug    Sept – Dec

WWHSC swims throughout the whole year. We do NOT stop training during school holidays. But please keep an eye on the notice board for changes or cancellations.

## Sponsorship

WWHSC, like many local organisations, are always looking for sponsors for galas or equipment. If you own a company or know of a company that may be willing to give any amount at all, then please speak to any member of the committee or the Sponsorship Secretary: Stuart Pettifer.

## Membership Fees & Trials

A fee of £10 will be payable at the initial trial. This will cover a 3 week /3 session trial period, after which you and/or we will decide if WWHSC is the right place for you.

On joining, you will be given a club hat.

Joining gives permission for swimmers information to be kept on a club database.

It is a condition of membership that you will make yourself available to swim for the club in gala's as and when selected, unless there are exceptional circumstances. A yearly calendar from Jan to Dec will be given to you – it has important club gala dates. There are also opportunities for you to enter Club Championships throughout the year.

Fees (monthly by direct debit)

Yellow squad (under 10 only swimming twice a week) £18 / month

Blue squad (under 10 swimming more than twice a week) £28 / month

Green squad ( over 10 swimming at local level) £28 / month

Red squad ( swimmers swimming 5+ times a week) £35 / month

This includes land training for reds / blues. Also for green / yellow if spaces available

In addition to the monthly fees you will be required to pay:

- Annual club fees (2010) – families with only 1 swimmer £30, families with 2 or more swimmers £35, non resident students £10 and associate members £15
- Annual ASA registration fees £26
- Insurance £6

## Breakfast Swims and other social events

WWHSC try to hold 'breakfast swims' 2/3 times per year.

These are held on a Saturday morning, usually from 6.30 – 9 am. At these sessions swimmers are videoed whilst training and after the pool session has finished the coaches use the TV upstairs to make comments whilst swimmers eat the breakfast provided, e.g. croissants, French bread, jam, butter, hot and cold drinks, etc. The breakfast swim is not included in the swim fees – if you wish to attend special events then you will be have to sign up to the list on the notice board and pay as required.

Other social events may include Christmas disco, summer barbque, etc.

## WHAT ARE GALAS, CLUB CHAMPIONSHIPS & OPEN MEETS ?

### Representing WWHSC

Please remember, when you swim for WWHSC you are representatives for your club and therefore the club expects nothing less than your very best behaviour and effort. Club hats are not a choice at these events – they are a MUST!

### Galas

WWHSC attend and host galas throughout the year. A team is selected from swimmers generally with the fastest times in each event and in each age group required. Once the team has been selected, a list will be put onto the club notice board, and swimmers must tick their names off to indicate whether they are available to swim or not. If there is a coach to the gala please also indicate how many seats are required. If you have agreed to swim you MUST turn up. If you are ill on the day you must inform your Team Manager—ASAP so we can try to fill your place.

It is the Team Manager that decides who is going to swim which event. You may not be swimming your favourite stroke and you may only be selected for a relay event but remember, a gala is a TEAM EFFORT – the team rely on everyone participating 100%. You should be honoured to be selected to represent your club !

### Club championships

Every swimmer in the club is expected to take part in club championships – there is a small entry fee to pay for medals, etc. They usually take place 3 times per year – May, October/November and December. Various distances are swum and different age groups are recognised. For example – May club championships include 25 metre races for 11 yrs and under age groups. This give the younger and/or newer swimmers a taste of competitive swimming. In more recent years we have had an evening in mid-December when you can swim virtually whatever you need to try to obtain qualifying times to enter the County Championships.

Championships are an opportunity to improve your own personal best times or if you are new to the club, to get officially recognised times.

These events rely on a lot of parental help. At the bottom of each entry form is a 'help slip'. Please make sure you fill in at least 1 session that you can help at. Don't worry, you won't always be the new parents and we won't bite if you need to ask what to do !!!

## Food

At team galas and home championships with a duration of a couple of hours, there should be no need for swimmers to be eating on poolside. Apart from anything else, it is unhygienic. Jelly cubes and plenty of soft drinks should be more than sufficient. Please do not bring drinks on poolside in glass bottles – it is a major safety hazard!!!

## Open meets (Competitions)

All local open meets are photocopied and displayed in plastic wallets on the WWHSC notice board. Where possible we also notify you by email. It is up to you to look and decide if you'd like to enter. Don't forget that entries have deadline dates so make sure you hand in the entry form before the date!!

From the age of 9 yrs a swimmer can compete in an open meet. Often these are time banded and are open only to swimmers that are within the 'no slower than' time and the 'no faster than' time depending on the stroke and/or distance – these times are posted on the notice board with that particular open meets information and entry forms. Open meets are hosted by local swimming clubs and usually consist of 3 sessions – morning, afternoon and evening. Coaches may advise you on open meets if you are unsure of which meet or events would be suitable for you. But it is your choice and it will be your parents that have to pay!! Entry fees are usually around £4 – £4.50 per event – even if you decide not to swim or you aren't well on the day you will still have to pay as it all has to be booked in advance. So choose open meets wisely!! The aim for the swimmer is to better their own times in a competitive environment. Medals are usually given for the first 3 or sometimes 6 places. Results are usually sent to the Herald series and are posted on the notice board – so keep looking. All individual results are updated in the database/RANX system and are displayed in a blue folder that hangs on the notice board (or can be accessed via our website).

Prior to the open meet you will generally be given a card for every event you have been accepted into. When you arrive at the open meet you must post these cards into the slots for the appropriate event in the boxes provided. At any event it is important you go straight to poolside to find your team/coach/team manager. Please do not go to sit with your parents as we will not know if you have arrived.

## Warm Ups

The purpose of the warm up is to warm up your muscles for work, but it is also a chance to get to know the pool and practice sprints. Every warm up should start with

easy front crawl. During a long open meet, warm up may be swum a long time before your event. Even so, you must still warm up but afterwards put on appropriate clothing to keep warm, e.g. a tracksuit, trainers and a warm hat.

### Food

Eating the wrong types of food can affect your performance because blood is drawn away from the muscles to digest the food. Swimmers will need to bring food to all day open meets. It is important to eat foods high in slow release carbohydrates e.g. pasta, bread or rice. Try to avoid fatty foods or chocolate. Try not to eat at all within an hour of a race.

It is essential to drink plenty of soft drinks throughout the day to keep hydrated – swimming pools are very hot and humid and you can very easily dehydrate if you are not sensible !!

## Committee members

Chair	Stuart Pettifer	Swim 21	Andrew Gardener
Secretary	Sue Marlow	Members	Crawford Harvey
Treasurer	Rolf Soderstrom	P.R.	Pam Stokell
Membership Secretary	Angela Pettifer	Disability Officer	Andy Nisbet
Welfare Officer	Maria Tomsett	Workforce coordinator	
Event Organiser	Marion Betts		Andrew Gardener
Fixtures Secretary and Open Meet		School liaison	Anne Willson
Organiser	Sharon Jenkins	Records/RANX	Stuart Pettifer
Head Coach	Simon Senior	Trophies/Medals	Tara Kay
Billing Secretary	Kaye Gibbard	Swim Shop	Angela Pettifer
Social Secretary	Lisa Harvey		
New Members	Maria Tomsett		

## Swim Shop

The Swim shop sells club teabags, T-Shirts, ruck sacks, club hats, goggles and club hoodies. Either fill in a request sheet on the notice board, or see Angela on pool side.