



Parents guide to New Earswick Swimming Club Coaching Section (v1.1)



Introduction

Welcome to New Earswick Swimming Club.

We thank you for choosing us to develop your child's swimming technique and stamina. The training sessions that your son or daughter participate in will allow them to develop a potentially lifesaving skill, have fun, make new friends, compete against other swimmers and keep fit.

The purpose of this guide is to give parents of swimmers who are new to the Club all of the information they will need regarding their child's swimming. The guide covers the Coaching Section. There is a separate guide for parents of children in the Teaching Section.

About NESc

Firstly, a little bit of information about us. New Earswick Swimming Club (NESc) is one of the oldest swimming clubs in York, being founded in 1967. Today, we provide swimming lessons for children in the "Learn To Swim" scheme and, in addition, for children who wish to progress there is our 'Train To Swim' scheme in our Coaching section which concentrates on stamina, speed and refining technique.

Our teaching section has 7 different ability groups (identified by cap colour) starting off with the beginner 'white' caps through to 'black' caps which is the highest group in the 'Learn to Swim' scheme. All lessons take place at the 20m pool in New Earswick.

Our four squad coaching section train 3-5 days a week (depending on squad) at the New Earswick, St Peters and Mount School pools. In addition to their training, our swimmers in the coaching section compete as individuals at ASA meets held across Yorkshire. We compete as a team in leagues against other clubs from across North and East Yorkshire. All of our swimmers in the coaching section compete in the annual Club Championships held in January each year.

The club also has a 'Masters' squad for swimmers aged over 18. Details can be found on the www.newearswicksc.co.uk

All swimmers in Teaching, Coaching and Masters must be members of NESc. Membership allows swimmers free access to 8 hours per week of 'recreational' sessions. Family membership is also available. Details of recreational session times can be found on our website.

Our club is run by volunteers but we always welcome and need extra help so if you'd like to get involved please speak to your son/daughters Teacher/Coach.

We hope you and your son/daughter enjoy their swimming at NESc.

Shaun Wilkes - NESc Club Chairman

Martin Richards - NESc Head Coach



General Information

This information applies to swimmers (and parents/guardians of) in both the Teaching and Coaching Sections

Membership

All junior swimmers (under 18) must be members of NESC and if they are not so as part of a family membership then a junior membership must be taken out. In the latter case, a parent or guardian must also take 'non swimming adult' membership.

The membership year runs from 1st October to 30th September. Membership renewal packs are issued in early September. Membership can be paid by cheque or by cash. Full instructions are issued in the renewal pack. Any existing members who have not renewed by 31st October will be deemed to have left the club and will not be permitted to swim.

New swimmers joining during the membership year will pay a pro-rata fee. Membership fees can be found on our website www.newearswicksc.co.uk

Attendance

Regular attendance at sessions is essential if a swimmer wishes to progress. Our teaching/coaching sessions are held continuously throughout the year including school holidays with the exception of Good Friday/Easter weekend and a two-week period over Christmas/New Year. In addition the pool owners – Joseph Rowntree Housing Trust – shut the pool for 2-3 weeks every year (usually during August or September) for maintenance.

We ask that parents/guardians inform their Teacher/Coach if their child is to be absent from swimming for more than 3 weeks or if there is change in their child's medical situation. We have a long list of children waiting to join NESC so any swimmer who is absent for more than 3 weeks without explanation will be assumed to have left the club.

To avoid disruption to the session, it is important that the swimmer is ready, at pool side, 5 mins before the session starts with their full kit (fins, float, pull-buoy, cap, goggles and drink).



Conduct of Parents/Guardians and swimmers

We are committed to developing your child as a swimmer and for helping them to develop as an athlete. However, a swimming pool can be a dangerous place and it is essential that all children listen carefully, follow the instructions from their Coach/Teacher and respect the property of the club and other swimmers/spectators. It is also important that Parents/Guardians act as role models and encourage good behaviour in the pool and changing areas.

To re-enforce the message that good behaviour is essential we will ask all swimmers and their parents/guardians to sign a code of conduct once a year. This commits all swimmers, parents, teachers/coaches to behave in accordance with the Amateur Swimming Associations (ASA) codes of ethics and equality.

We ask that parents/guardians of all children in the Teaching Section and parents/guardians of all children aged 11 or under in the Coaching Section remain in the spectator area during the lesson or, alternatively, that they have nominated another adult who has access to an emergency contact number. This is in case of medical emergency or unforeseen termination or cancellation of the session.

Please note that our Teachers/Coaches are only responsible for the swimmers whilst they are in the pool and not when they are in the changing rooms.

Dads/male guardians/siblings **must not**, under any circumstances, enter the girls changing area. Likewise, Mum's/female guardians/siblings **must not** enter the boys changing area.

Unfortunately the New Earswick pool has no private meeting area where discreet conversations can take place so if you have any concerns about your child or the progress they are making then we ask you to wait until the session has completed. Please refrain from attempting to discuss any matters of sensitivity with the Teacher/Coach during the session or in front of other parents as this could result in embarrassment or conflict.

If you have concerns about the welfare of another child then please contact our Child Welfare Officer, Rachel Carr, immediately on 01904 760850 or email hiltonprops@talktalk.net

Photography

From time to time, the Club may wish to take photos of individual and groups swimmers at galas, meets, club championships, swimming sessions that are then used in publicity for the club such as local newspapers, NESC website and Facebook site and notice boards at New Earswick Pool. All photographs will be taken and published in line with the ASA Photography Policy. The club will seek parental consent to take and use photographs. Parents/Guardians have a right to refuse agreement to their child being photographed.



Guidelines on photo's

The ASA's guidance on photography states:

All photographs must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context.*
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimming costume.*
- Poolside shots of children should normally be above the waist only in a swimming costume, though full length tracksuit shots are approved.*
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit young swimmers climbing out of the swimming pool*

Recreational swimming

All junior, adult, senior and family members of NESC are entitled to attend, free of charge, 8 hours per week of recreational swimming. Guests can accompany the member at a cost of £3 per session. All junior swimmers aged 8 or under must be accompanied by a paid adult member or adult guest in the water. Recreational sessions take place on the below day/times but note that each session is subject to the availability of a lifeguard and door supervisor.

Day	Time	Notes
Tuesday	19:00 – 21:00	Adults only between 20:00 - 21:00
Friday	19:00 – 20:30	19:45 - 20:30 Lane swimming only
Saturday	14:00 – 15:30	
Sunday	09:00 – 10:30	
Sunday	14:00 – 15:30	



Coaching Section

Introduction

Swimmers in the Coaching Section are following our 'Train to Swim' scheme.

There are four squads in the Coaching section, starting with Age Group Development 1 (AGD1), Age Group Development 2 (AGD2), Junior Performance (JP) and Senior Performance (SP). Children are in the group based on ability rather than age.

Our Coaching Team

All of our Coaches are ASA qualified and are DBS (Disclosure & Barring Service – formerly CRB) checked:

- AGD1 – Pauline Richards, Ian Smithson
- AGD2 – Steve Walsh
- JP – Helen Taylor, Steve Carr, Dave Routledge
- SP – Martin Richards

Coaching sessions may, on occasions, be supported by parents who are training to be a teacher/coach or whom hold a NRASTC life guard qualification. AGD1 or AGD2 sessions may also be supported by our Teaching Assistants who are swimmers in the Senior Performance squad, are aged 16-20 and generally have, or are studying for, swimming teacher qualifications.

Coaching sessions - days and times

Each squad group has a minimum attendance criteria – see later in this guide.

The dates and times of sessions are as follows (all sessions at New Earswick Pool unless stated):

Group	Lesson day and time
AGD1	Tuesday 18:00 – 19:00 Friday 20.30-21.30 (St Peter's school) - optional Saturday 10:00 – 11:30 Sunday 15:30 – 16:30
AGD2	Monday 18:00 – 19:00 Wednesday 19:00 – 20:15 Friday 20:30 – 21:30 (St. Peter's School) - optional Saturday 11:30 – 13:00



JP	Monday 19:00 – 20:00 Wednesday 20:15 – 21:30 Thursday 19:00 – 20:30 Friday 20:30 – 21:30 (St. Peter's School) Saturday 13:00 – 14:00
SP	Monday 20:00 – 21:30 Wednesday 20:00 – 21:30 (The Mount School) Thursday 19:00 – 20:00 (Joseph Rowntree School Gym) Thursday 20:30 – 21:30 Friday 20:30 – 21:30 (St. Peter's School) Saturday 08:00 – 09:00

Sessions take place throughout the year, including school holidays, with the exception of Good Friday/Easter weekend, Christmas/New Year and the annual pool maintenance period.

'Train to Swim' Scheme – Squad criteria

Introduction

The coaching programme at New Earswick Swimming Club looks to provide resources for young swimmers aspiring to further their potential at county, regional and national level. The programme looks to address the needs of each athlete throughout each stage of British Swimming's Long Term Athlete Development model as best as possible.

Individuals are able to access a comprehensive programme of competition, which is suitable for swimmers of all abilities.

Age Group Development Squad 1

Our Age Group Development Squad 1 is designed to offer swimmers an opportunity to train and compete at an Age Group level. Focusing on all areas of stroke technique and skills with an emphasis is on fun and enjoyment of the sport. Competition in local swimming leagues and graded meets is also an important part of the AGD 1 swimmers' development. Swimmers must regularly attend 2 of the 3 sessions. Ensure you inform the Coach if your child is to be absent for more than 3 weeks.

Entry criteria:

- 40m Front Crawl with tumble turns and bilateral breathing.
- 40m Backstroke with tumble turns and bent arm pulling action.
- 40m Breaststroke with correct turns/underwater pull-outs.



- 20m Butterfly with correct turns.
- 80m Individual Medley with correct turns.
- 20m Backstroke kick (with or without board)
- 20m Breaststroke kick (with or without board)
- 20m Freestyle kick (with or without board)
- 20m Butterfly kick (with no board)
- 400m Continuous swim using only one stroke
- Correct Finishes on all four strokes.
- Will attend a minimum of 2 out of 3 sessions per week (not including Friday)
- Have completed all NPTS outcomes

The term 'correct turns' includes both the turn and the underwater transition.

Age Group Development Squad 2

Swimmers can progress from AGD 1 to AGD 2. The focus remains on technique and skill development. Again, fun combined with high level coaching make this part of the programme a success. Swimmers must regularly attend 2 of the 3 sessions. Ensure you inform the Coach if your child is to be absent for more than 3 weeks.

Entry criteria – as per AGD1 plus:

- 6 x 100m Freestyle on 3:00 with correct turns.
- 6 x 100m Individual Medley on 3:30 with correct turns.
- 160m Individual Medley with correct turns.
- Will attend a minimum 2 out of 3 sessions per week (not including Friday)

Junior Performance Squad

The penultimate stage is the Junior Performance Squad. Emphasis remains on medley swimming and further developing each individual's skill base. An increased focus on the development of speed will also occur. Swimmers in this squad have five sessions available. Swimmers must have achieved, or be nearing to achieve, a county qualifying time to progress into this squad. Swimmers must regularly attend 3 of the 5 sessions. Ensure you inform the Coach if your child is to be absent for more than 3 weeks.

Entry criteria – as per AGD2 plus:

- 400m Individual Medley with correct turns.
- Will attend 3 out of 5 sessions per week.
- Have or be close to a County Qualifying Time.



- 20 x 100 Freestyle on 2:00 with correct turns.
- Must have a positive attitude to training.

Senior Performance Squad

The final stage is Senior Performance. This squad provides swimmers with even more resources to further their potential at a County, Regional and National level. Emphasis for youth and senior swimmers switches to more specific training. An individual's skill base should be at its final stages of development. An increased focus on the development of speed will also occur. Swimmers in this squad have five sessions available and swimmers are expected to attend as many sessions as possible. This squad also undertakes a structured Land Training programme. Swimmers must regularly attend 3 of the 5 sessions. Ensure you inform the Coach if your child is to be absent for more than 3 weeks.

Entry criteria – as per JP plus:

- Will attend 3 out of 5 pool sessions and 1 gym session per week.
- Will compete on a regular basis.
- Have a County Qualifying Time.
- Must have positive attitude to all training and be a role model.

“When will my son/daughter move up to the next squad?”

This is the most frequently asked question that a swimming club receives. All parents, quite understandably, want their child to progress as fast as possible. The key to progression comes down to the following factors - Attendance, Attitude and Ability i.e. “The Three A’s”

- *Attendance:* Does your child attend each session regularly? Irregular attendance will mean that your son/daughter progresses at a slower rate to others. Swimmers who cannot meet the minimum attendance criteria of the next squad will not be moved up.
- *Attitude:* Does your child have a good attitude to learning? Do they try their hardest during sessions and do they listen to the Coach? Swimmers who don't concentrate during lessons will not take on board on the advice they are being given and will progress at a slower rate.
- *Ability:* Does your child meet the eligibility criteria for the next squad?

A move to the next squad is not an automatic right and will only happen when the Coach believes the swimmer is fully demonstrating the “Three A’s”. When a swimmer reaches that point, they will be asked to join the Pathway Programme. The



Pathway is where the swimmer attends a specific session of the next squad for a period of time (e.g 3 months) to see if they can cope with extra demands of the next squad. During the Pathway the swimmer must maintain the minimum attendance criteria for their current squad. There are four outcomes of the Pathway:

1. The pathway may be extended for a further period
2. The swimmer may be invited to attend an extra session of the next squad
3. The swimmer may be promoted permanently into the next squad
4. The swimmer may not demonstrate the ability or attitude requirements for the next squad and/or be unable to meet the attendance criteria and therefore they will remain in their current squad.

Club Championships

All swimmers in the Coaching Section compete in the club championships which are held in January/February each year, with the award ceremony taking place in April.

During November/December, a number of the coaching sessions will be dedicated to recording the timings for each swimmer at all four strokes and these will then be used to dictate which swimmers compete in each heat. The swimmer will enter the age category based on their age at 31st December of the year that the championships are held in. The age groups are 9 & under; 11 & under; 13 & under; 15 & under and 16 & over with boys and girls competing in separate races.

Galas

NESC are members of the Scarborough and District Swimming Association (SADSA). We compete, as a Team, against clubs from across East and North Yorkshire including Scarborough, Bridlington, Driffeld, Thirsk, Pocklington, Whitby & Beverley. The gala season runs from March to October.

There are three separate leagues and NESC compete in all.

- The Friendly League - not a league as such (there is no league table) these galas allow swimmers who are new to competition to race against other swimmers in a friendly environment. Cut off times apply i.e. swimmers who swim faster than a specified time will be disqualified. This is to deter clubs from entering their fastest swimmers into an event which is designed for swimmers who are new to competition.
- The Border League – the next level above the Friendly League allows swimmers to compete against a higher standard of swimmer with a league table and a trophy given to the winning team at the end of the season. Cut off times apply i.e. swimmers who swim faster than a specified time will be



disqualified. This is to deter clubs from entering their fastest swimmers into an event which is designed for swimmers who are still inexperienced in the competitive environment.

- Ridings League – the most competitive event with all the Teams fielding their strongest swimmers. There are three leagues: Premier, 1 and 2. NESC are in the Premier League.

All swimmers who take part in Friendly, Border or Ridings galas are then eligible to swim in the annual SADSAs championships which take place in November.

We automatically register all of our swimmers in Coaching Section with the ASA (category 1) to allow them to compete in the SADSAs Leagues.

The team sheets for the galas are generally pinned to the notice board in the spectator area at the New Earswick Pool about 2-3 weeks in advance of the gala. If your son/daughter is selected please ensure you annotate the team sheet ASAP to let the Team Manager know if your son/daughter can swim

Meets

In addition to the galas, we also encourage our swimmers in the coaching section to compete in meets. These are held at pools across Yorkshire and our swimmers compete against children from towns and cities such as Sheffield, Leeds, Hull, Doncaster, Barnsley, Halifax as well as other clubs from York.

Graded Swimming Tables

The ASA Graded Swimming Times tables were introduced in its present form in 1980 in order to provide incentive to ALL of the swimmers in the sport. It does this by creating the means to compare performances across the many available events and across all age groups. Graded Swimming gives all swimmers the means to measure their own personal progress, and also to compete in open competitions against swimmers of similar ability.

The system has five Grades which are AAA, AA A and B. Everyone below B grade is automatically a C grade. For a given time, for each of the standard events and for each sex there is a corresponding Grade. AAA Grade is approximately the same level as the National Championships qualifying times, AA grade is about Regional standard, A is about County standard, and B is good club swimmer standard, C is all other swimmers. A set of tables has been developed which cater for both sexes, for all age groups and for all events. To determine the grade of a swim is simply a matter of comparing a swimmers latest time against the times in the table for their sex, age group and event.



Licensed Meets

Meets do not have to be licensed, but where they are specific ASA guidelines must be followed. Licensed Meets are graded Level 1-4. Electronic timing must be used on level 1-3 meets. Results from these are submitted to the ASA for the National Rankings database.

Level One Meets: are intended for qualifying for National Championships. Minimum entry times apply equivalent to the ASA "A" Grade qualifying times. Pools must be either 25m or 50m long

Level Two Meets: are intended for qualifying for Regional Championships, though swimmers who achieve a National Qualifying Time at a level two meet may use that time for entry into National Championships. Qualifying Times and Upper Limit times apply. Upper qualifying time for these meets should not be faster than the National qualifying time for the respective age group. Pool must be 25m or 50m long.

Level Three Meets: are intended for qualifying for County Qualifiers, though swimmers who achieve a Regional Qualifying Time at a level two meet may use that time for entry into their Regional Championships. Qualifying Times and Upper Limit times apply. Pool must be 25m, 33m or 50m long. These galas are aimed at B/C Grade swimmers

Level Four Meets: Qualifying Times apply and Upper Limit times usually apply. Pools must be at least 25m long. These galas are aimed at Club and B/C Grade swimmers.

The disqualification codes for galas, meets and the club championships are shown in Annex A.

Entry process

If your son or daughter would like to enter a meet they first need to be ASA Level 2 registered. There is an annual fee to pay (£18 in 2016). For further details on ASA level 2 registration contact Claire Carr on claire.carr@talktalk.net

Information regarding forthcoming meets (venue, date, times, races etc) are generally pinned to the notice board in the spectator area at the New Earswick Pool. A meet entry form needs to be completed (these can be obtained from the notice board) and when completed it should be posted along with the appropriate entry fee in the black post box located in the spectator area. Further information on meets can be obtained from our Meet Entry Co-ordinator Caroline Smith caroline2509@btinternet.com

Once the swimmer has started competing in ASA licensed events, their timings will be recorded by the ASA and are accessible from <https://www.swimmingresults.org/individualbest/>



ANNEX A – ASA Disqualification Cod

The following disqualification codes apply to the Club Championships, galas and meets:

General

- 7A Delaying the start
- 7B Start before starting signal
- 7C Did not finish
- 7D Turn not from wall or took step from bottom
- 7E Walking during freestyle
- 7F Pulled on lane ropes
- 7G Obstructing or interfering with another swimmer
- 7H Device aiding speed or buoyancy or endurance used
- 7I Pacemaking, plan or device or instruction given

Backstroke

- 2A Not on back
- 2B Totally submerged
- 2C Not on back when leaving the wall
- 2D Did not touch the wall during the turn
- 2E Not on the back at finish

Breaststroke

- 3A Body not on the breast
- 3B Stroke cycle not one arm stroke to one leg kick
- 3C Arm movements not simultaneous
- 3D Arm movements not in the same horizontal plane
- 3E Hands not pushed forward together from the breast
- 3F Elbows over water
- 3G Hands brought back beyond the hip line
- 3H Head not breaking surface during stroke
- 3I Head broke surface too late in 2nd stroke
- 3J Downward dolphin kick not followed by b-s kick
- 3K Leg movements not simultaneous
- 3L Leg movements not on the same plane
- 3M Feet not turned out during propulsive part of kick
- 3N Executed a downward dolphin kick
- 3O Did not touch simultaneous at turn or finish



Butterfly

- 1A Body not on the breast
- 1B Arms not brought forward together
- 1C Arms not brought forward over the water
- 1D Arms not brought backward simultaneously
- 1E Movements of the legs not simultaneous
- 1F Alternating movements of legs or feet
- 1G Breaststroke kick used
- 1H Touch single-handed or not simultaneous
- 1I More than one arm pull under water
- 1J Head did not break surface at or before 15m
- 1K Not on surface during stroke

Freestyle

- 4A Did not touch the wall at the turn or finish
- 4B Totally submerged
- 4C Head did not break surface at or before 15m mark

Individual Medley

- 5A Incorrect individual stroke order
- 5B Finish of each stroke not in accordance with rules

Relay

- 61 Stroke Infraction swimmer #1
- 62 Stroke Infraction swimmer #2
- 63 Stroke Infraction swimmer #3
- 64 Stroke Infraction swimmer #4
- 66 Swimmer #2 started before swimmer #1 touched
- 67 Swimmer #3 started before swimmer #2 touched
- 68 Swimmer #4 started before swimmer #3 touched
- 6A Incorrect medley relay order
- 6B Team swum in incorrect order
- 6C Fewer than four swimmers in a team
- 6D Team member enters water not to swim their length