

SIDCOT SWIM ACADEMY & CLUB



Sidcot
Sports Centre

Swim Academy and Club for Sidcot School
Junior and Senior pupils

ACADEMY & CLUB AIM

The aim of the Academy and Club is to help develop members love of swimming, improve technical ability, stamina and offer additional opportunities to participate in competitive swimming if desired.

The Academy is the link between Learn to Swim lessons and Club level swimming. It focuses on motor skills (kicking, stroking and rhythmic breathing). In addition it also assists swimmers to mentally understand the properties of the water. Understanding the properties of the water helps the swimmer to develop well rounded fitness and stroke dynamics for competitive and social swimming.

The Club continues to further develop the skills learnt in Academy with additional items such as competitive turns and starts.

The Academy and Club is for all swimmers, whether they wish to compete for the school in galas, for the club in licenced meets or simply to improve their skills for social swimming.

ACADEMY & CLUB CRITERIA

Academy - Swimmers should have reached Swim England (ASA) Stage 6 and be working towards Stage 7 or higher. Swimmers must be able to swim at least 25m Frontcrawl and 25m Backstroke and have some experience of Butterfly and Breaststroke. Although predominantly for Junior pupils, it is also open to Senior pupils who have not reached the required Club skills

Club - Swimmers should have reached Swim England (ASA) Stage 7 and be working towards Stage 8 or higher. Swimmers must be able to swim at least 100m Frontcrawl, 50m Breaststroke and Backstroke and 25m Butterfly. Although predominantly for Senior pupils, it is also open to Junior pupils who have progressed from Academy.

The first session for all new Academy and Club swimmers (normally at the start of a term) will be a trial session. If after the trial session the Coach feels that the swimmer is not ready for Academy or Club, they will be directed towards Learn to Swim lessons or One to One lessons with Swim Teachers to work on specific criteria.

SESSION DAYS & TIMES

Academy:	Tuesday 5pm to 6pm Friday 4pm to 5pm
Club:	Tuesday 6pm to 7pm Friday 5pm to 6pm

Friday sessions run on Fridays before half term but not the last day of a term

PRICING

One session per week - £6.50

Two sessions per week - £7.50

Swim England Membership: Category 1 - £9.20

Swim England Membership: Category 2 - £26.75

Swim England Region Fee: £3.65

Swim England County Fee: £1.00

Open Meet entry fees: Variable (to be advised on entry)

Session charges will be added to the swimmers end of term extras bill.

Membership charges are billed annually (normally Spring term or term of joining) or when moving from Category 1 to 2.

Open Meet entry fees billed at the end of the term of entry.

SWIM ENGLAND (ASA) MEMBERSHIP

As Sidcot Swim Club is a Swim England (ASA) Affiliated Club all swimmers are required to be Swim England members after they have attended their third session. All members will initially be signed up as Category 1, unless Category 2 membership is requested. We are required to be an affiliated club to enable our members to compete against other swim clubs.

If competing at Regional, National or County Affiliated Club events or Licensed Meets, Category 2 membership is required.

There are a number of benefits to being a Swim England Member:

- Ability to compete in National, Regional and County Championships (Category 2 only)
- Ability to compete in Licensed Meets (Level of meet dependant on membership category)
- Access to Aquazone, a secure online magazine for 9-15 year olds (Category 2 only)
- Personal accident insurance
- Plus additional benefits detailed online at <https://tinyurl.com/y8sfhkfk>

Swim England's Data Protection Notice: <http://www.swimwarriors.org.uk/wp-content/uploads/2017/07/Swim-England-Data-Protection-Notice.pdf>

COMPETITIVE SWIMMING

During the school year there will be a range of opportunities for Swim Academy and Club members to swim competitively. Some of these will be part of school activities and some as optional extra-curricular activities. Swimmers will only be entered into competitions once the Swim Club Coach or their PE swimming teacher feels they are ready.

- Sidcot School swimming gala (Juniors Swim Teachers/PE Department led) (All swimmers)
- Inter-school swimming galas (PE Department led) (Selected by PE)
- Licensed Meets (Cat2 Membership) (Optional - Coach to advise when ready)

AWARDS

At least once a term a session will be focused on working towards one of the following awards:

- Competitive speed award
- Distance award

CLUB KIT

We have recently introduced a Michael Phelps Swim Club branded kit which is made from professional swimmers grade of fabric which is chlorine, colour fade, salt water and over stretch resistant. The swimsuit for girls and jammers for boys is fully lined for added modesty and durability.



Girls Swimsuit - £32.50

Boys Jammers - £27.50

Unisex Swim Hat - £6.00

Items are available to order online at <http://extramileprinting.co.uk/sidcotswim>

The kit can be worn during Academy, Club and PE sessions. We would like any swimmers representing the Swim Club at Licensed meets to wear the swimsuits, swim hats are compulsory for boys and girls.

Samples are available to view in the Sports Centre office.

CONSTITUTION

A copy of the constitution can be requested by emailing swimschool@sidcot.org.uk

CODE OF CONDUCT

A copy of the code of conduct can be requested by emailing swimschool@sidcot.org.uk

ADDITIONAL TRAINING OPPORTUNITIES

For elite and competitive swimmers there is additional support we are able to provide:

- A dedicated swim lane during free swim/family/student sessions
- Personally tailored practices and sets written by a Swim Academy/Club Coach
- Personalised land training programme written by a Swim Academy/Club Coach
- Early morning swim session for competitive swimmers (Seniors)
- There are a range of After School activities which can compliment pool sessions

CONTACTS



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