



Welcome to
Bilston Swimming Club



INFORMATION BOOKLET



WELCOME

Welcome to **Bilston Swimming Club**.

We are pleased you and your child have chosen to swim at the club and hope you have an enjoyable and happy time here as a swimmer and a family.

This booklet is designed to give you all the key information you need to know about our club and how to join with relevant contact information.

Please explore the Clubs website www.bilstonsc.co.uk which provides lots of useful information. Please also remember to look at the notice board, Social Media pages and your emails. For any other queries, please speak to our parent liaison/coaches.

Bilston Swimming Club is affiliated to the Staffordshire County in the West Midland Region of Swim England. All potential new members are entitled to 2 free trials with our Development/Performance groups before deciding if they would like to join us.

- Trial dates/times can be arranged by contacting: Kimdean.bilstonsc@gmail.com or Marierusson.bilstonsc@gmail.com. (After your free trial session, one of our coaching or teaching staff will speak to you and advise you which squad your child would be best suited to)

We cater for children of all abilities from learn to swim to national Performance level.

We have our own Learn to Swim/Mini Club program, which offers top quality swimming lessons for children from the age of 5 to 11. Our learn to swim program offers an ideal pathway into competitive swimming. If you would like to join our learn to swim program, please contact: miniclub.bilstonsc@gmail.com



www.bilstonsc.co.uk



Joining and Membership Fees

Upon joining the club, a £25.00 Annual membership fee is payable by direct payment. This is facilitated by the company GoCardless and the necessary link will be sent to you by the membership team.

The fee is renewable each year and will be taken on or around 22 January. The initial fee at joining will be pro rata and the full fee will be taken on or around the date indicated above. Your monthly fees will then be set up depending on the squad you join and include insurance fees for the year. **We do not accept cash payments for membership and monthly fees.**

ASA Categories – *Swim England Annual payments are due every January or upon joining (one payment per year) will be collected by membership team via GoCardless.*

Your child will fall into one of the below categories: *(Fees may vary each year)*

Club Train membership: £20.35 (Age 7-8)

This is for individuals who are part of a club and are learning to swim or are swimming at any level within the club network. It is not for people who compete in open competition in any sport, unless the event has an exemption under Swim England Law or is designated as Low Level Competition.

Club Compete membership £42.70 (Age 9+)

Club Compete is our biggest category as it is for people who want to compete and be part of a structured competitive pathway. It is for your club members who want to compete in competitions not exempted under Swim England law, or designated as Low Level Competition.

Club Support membership £10.00

Club Support is for anyone involved in a club who isn't covered by Club Train or Club Compete, such as volunteers, coaches and teachers.

Please note: Our Membership team/Treasure will liaise with you to arrange your membership, payments, annual fees & any other GoCardless payments required.

Please see membership policy via our website

www.bilstonsc.co.uk



Club Monthly Fees

Fees are stage-related and are payable by Go Cardless -monthly. The coaches will decide on the squad your child will join.

If a family has two swimmers they are entitled to a family discount. (if paying full maximum membership- excludes reduced session plans) Discount of £7 per month (from family total) if two swimmers. – Please liaise with Membership for clarification

Junior Development X2 Sessions a week (expectation to swim-twice weekly) *excluded from family discount	£40.00
Junior Development X3-5 Sessions a week (expectation to swim x3 mini a week)	£55.00
Performance 1 (Minimum 3 sessions a week)	£59.00
Performance 2 (Minimum 4 sessions a week)	£70.00
Performance 3 (Minimum 4/5 sessions a week)	£70.00
College/Temporary Exam Plans – Senior Swimmers in Year 11 or above: <i>To be discussed/agreed with Head coach</i> <i>(parents to liaise with Kim)</i> (x3 max sessions a week) (x2 max sessions a week) *excluded from family discount	£50.00 £40.00
Uni Students/Adhoc sessions We offer a pay as you go for adhoc sessions attended during uni holidays etc.. <i>To be discussed/agreed with Head coach</i> <i>(parents to liaise with Kim)</i>	£5 per session: (to be billed at the end of each month)

Please note: Anyone joining performance will receive updates regarding criteria required.



Our home pool is the Bert Williams Leisure Centre, but we also use Darlaston Leisure Centre, Wednesbury Leisure Centre and a school pool for some of our sessions.

OUR TRAINING LOCATIONS

Bert Williams Leisure Centre Nettlefolds Way Bilston WV14 0EF	Darlaston Leisure Centre Victoria Road Darlaston WS10 8AP	Wednesbury Leisure Centre High Bullen Wednesbury WS10 7HP
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Bert Williams



Darlaston



Wednesbury



Our TEAM

HEAD COACH

Kim Dean



Email: kimdean.bilstonsc@gmail.com
Contact number will be provided upon joining

Lead Development Coach

Marie Russon



Email: marierusson.bilstonsc@gmail.com
Contact number will be provided upon joining



Performance Coaches

Haley Millard, Lily-Ann Dean, Melanie Handley

**Development/Performance Support
Teachers/Coaches & Teaching Volunteers**

Mia Seager	
Alexander Soloman	Emma Hindle
Jane Ambrose	Denni Powers



Committee

Bilston Swimming Club is administered by an elected committee, who meet throughout the year to discuss relevant management and strategic issues. Members of the committee are all volunteers formed from parents of club swimmers and other suitable representatives.

An Annual general meeting (AGM) is held by the club on a yearly basis and all parents and members of the swimming club are encouraged to participate.

The club rules and procedures are defined in the club constitution. Copies of the constitution can be obtained upon request and via the Club Website www.bilstonsc.co.uk

Executive committee members are as follows:

- *Chairman:* chairperson.bilstonsc@gmail.com
- *Vice Chairman:* vicechair.bilstonsc@gmail.com
- *Treasurer:* treasurer.bilstonsc@gmail.com
- *Secretary:* secretay.bilstonsc@gmail.com

The Club is a none profit Organisation and relies on the good of Parents etc to run as effective as possible.

There are many volunteering opportunities throughout the club ranging from officiating at competitions, team managing, fundraising etc.

We are actively seeking Volunteers and would be grateful for your help. So, if you wish to get involved for the benefit of the Children, Please just ask 😊



Club Competitions

As a competitive swimming club, we compete in a range of competitions throughout the year. These include open meet competitions at weekends, county and regional championships and league Saturday evening galas.

We have teams in the following league competitions each year. Each has slightly different age categories (age at end of year as defined by specific competition rules)

JUNIOR "Diddy" Swimming League	Ages 9,10,11,12
National Arena Swimming League	Ages 11,13,15, Open
STAFFORDSHIRE Swimming League	Ages 9/10, 12u,14u,15s Over
MERCIAN Swimming League	Ages 10,12,14, Open

Junior league swimmers are selected by Lead Development coach – Marie &

All other Team selections are made by the Head coach – Kim

- Swimmers are contacted for availability via Whatsapp

OPEN Meets

We regularly offer swimming competition opportunities to our swimmers from Age 9+, we highly recommend all swimmers participate in these events. Your coach will send relevant information to you throughout the year.

For any open meet queries- please contact our competition secretary:

- Competition Secretary: meetsecretary.bilstonsc@gmail.com

All swimmers within our Performance groups are expected to participate in regular open meets throughout the year.



Equipment required for training

- Well-fitting goggles (& spare goggles)
- BILSTON SC drinks bottles ONLY- (filled with water/Squash-No fizzy)
- Swimming costume or swim trunks (no beach type shorts)
- Swimming hats for long hair (Pack spare hats)
- Mesh kit bag requirements:

Development require: Kick board, Pull buoy and Fins

Performance require: Kick board, Pull buoy, Snorkel, Hand paddles and Fins

Equipment required for Competitions

- Two swimming costumes and a warm up swim suit
- Goggles and a spare pair
- Two Towels – one to keep you warm and one to dry off afterwards
- Club Kit –pool side T-Shirts and a Bilston Swimming Hat
- Food to last the day or sessions you are attending- (healthy Snacks)
- Plenty of water/squash drinks (No fizzy drinks)
- Reading book/homework
- Poolside shoes – flip flops/Clean trainers or similar
- Please note that Phones are not allowed poolside or in changing areas (they must be left in bags if swimmers need them to contact parents)
- Please remember all belongings are the swimmers responsibility so it is a good idea not to send anything valuable particularly with young swimmers. Swimmers are not allowed to take photographs/videos on poolside.

A Guide to competitions

Further information can be located via the Club Website www.bilstonsc.co.uk
;(under: Club information – Beginners Gala Guide)

Club Kit

Club kit including hoodies, T-Shirts, Joggers etc – these can be ordered via our club shop website

Club Swimming caps, bottles & Swimming equipment can be purchased via our club shop on Tuesdays/Fridays -Available form Bert Williams – See Russ Powers



CLUB STRUCTURE

MINI CLUB (LEARN TO SWIM) → 5 years +

We are extremely proud of a mini club programme, which offers top quality swimming lessons for children from the age of 5 to 11, following our own unique framework similar to ASA framework, but with a greater focus on technique.

We have a 40 minute swimming lessons on Sunday afternoons & 30 minutes swimming lessons on Monday evenings both at Darlaston Leisure Centre swimming pool.

Upon completion of the framework (approximately equal to ASA level 6/7), Children are ready to progress onto competitive swimming, in a 25 meter pool, with Bilston Swimming club junior development squad, if they wish to do so.

All of our teachers come from a competitive swimming background and are able to call upon their own experiences to ensure children develop good technique in all strokes.

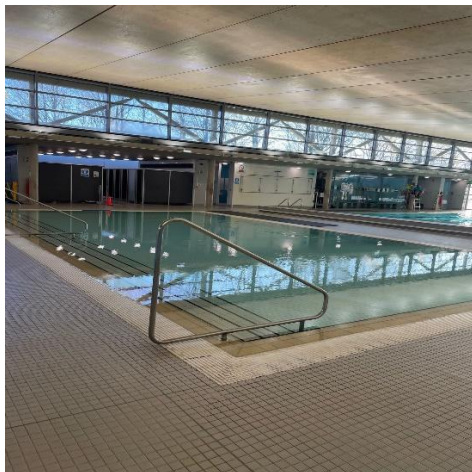
Our learn to swim program offers an ideal pathway into competitive swimming.

Spaces in our swim school are limited therefore if you are interested in enrolling please contact our coordinator to make an enquiry:

Email: miniclub.bilstonsc@gmail.com

Website: <https://www.bilstonsc.co.uk/StaticPage.aspx?idPage=6>

***Swim School Location: Darlaston Leisure Centre. WV10 8AP**





DEVELOPMENT: usual age range 7–12 years old

This section of the club is for those who are beginning and developing their interest in swimming and starting take part in competitions. Swimmers in this squad can swim up to 5 times per week. The aim is to develop all 4 strokes, to teach proficient diving, to learn competitive turns and take part in competitions. Some swimmers in this section will be expected to gain County qualifying times.

It is recommended that swimmers train at least 3 times per week but there is an option to train 2 times per week. (to be discussed with Lead Development coach)

Training Times

<u>DEVELOPMENT SQUAD SESSIONS</u>		
DAY	TIME	WHERE
Monday	2000 - 2100	Bilston
Tuesday	1900 –1945 or 1945 - 2100	Bilston
Wednesday	2000-2100	Wednesbury
Friday	1900 - 1945 or 1945 - 2100	Bilston
Sunday	1530-1700	Darlaston





PERFORMANCE

The performance squads are for swimmers who are committed to competitive swimming and are felt to have long term potential. They will be aiming to qualify for county, regional National & competitions as they progress through the squads.

Please note that movement from the Development to Performance squad is at the discretion of the Head coach with support from Lead Development coach.

Swimmers must train a minimum of three times per week in P1 and a minimum of four times per week in P2 & P3. As swimmers move through P2 into P3 they will be aiming for further county & regional qualification and set their sights on qualifying for Nationals.

Swimmers who require to reduce sessions temporarily due to GCSE's/A-Levels etc – This will need to be discussed/agreed with Head coach prior to commencing a reduced training plan.

Training Times

DAY	P1	P2	P3
MONDAY	1900 – 2030 @ DARLASTON	1900 – 2100 @DARLASTON	1900 – 2100 @ DARLASTON
TUESDAY	-----	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON
WEDNESDAY	2000 – 2100 @ WEDNESBURY	2000 – 2100 @ WEDNESBURY	2000 – 2100 @ WEDNESBURY
THURSDAY	1915 – 2100 @WEDNESBURY	1915 – 2100 @WEDNESBURY	1915 – 2100 @WEDNESBURY
FRIDAY	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON
SUNDAY	1500 – 1700 @ BILSTON	1500 – 1700 @ BILSTON	1500 – 1700 @ BILSTON

LAND TRAINING Available Every Friday at Bert Williams 6-7pm for Age 12+ swimmers
(To be agreed with Head coach)





Club Noticeboard

Please regularly check our club's notice board at the Bert Williams Leisure Centre every time you swim for any new information/updates etc.

Team/Gala Selections:

Coaches will contact parents for availability. *Please respond/confirm your child's availability promptly.*

Club Website

Once a new member has been registered with the Swim England, they will have an account created on the club's website by Membership Team (www.bilstonsc.co.uk). The website noticeboard is regularly updated, and it should be checked on a regular basis. Competition results are also uploaded to the website. (if you require help- please liaise with coaches or parent liaison)

Club Contacts:

Head Coach: Kimdean.bilstonsc@gmail.com

Development Lead Coach: Marierusson.bilstonsc@gmail.com

Please note: Contact numbers will be provided upon joining the club

Other contacts:

- Chairperson: chairperson.bilstonsc@gmail.com
- Vice Chairperson: vicechair.bilstonsc@gmail.com
- Welfare: welfare.bilstonswimmingclub@gmail.com
- Treasurer: treasurer.bilstonsc@gmail.com
- Secretary: secretay.bilstonsc@gmail.com
- Competition Secretary: meetsecretary.bilstonsc@gmail.com
- Membership: membership.bilstonsc@gmail.com
- Mini Club: miniclub.bilstonsc@gmail.com

Facebook/Instagram/TIK TOK

You are encouraged to like and follow our Bilston SC supporters page. IT'S A GREAT QUICK WAY OF SEEING IMPORTANT NEWS AND ACHIEVEMENTS

Facebook:

<https://www.facebook.com/BilstonSwimmingClub>

Instagram:

<https://www.instagram.com/bilstonswimmingclub>

Email/WHATSAPP

The club will email/Whatsapp members about upcoming open meets and session changes/cancellations & all relevant Club information/News. (You will be asked for your contact number/email address(es) upon joining the club)

Please note: Development are contacted via a Whatsapp broadcast list – Marie's contact number MUST be saved into your phone in order to receive messages. (number will be provided upon joining the club)

THANK YOU