



Welcome to Bilston Swimming Club



INFORMATION BOOKLET



WELCOME ...

Welcome to Bilston Swimming Club. This booklet is designed to give you all the key information you need to know about our club and how to join.

Bilston Swimming Club is affiliated to the Staffordshire County in the West Midland Region of the Amateur Swimming Association (ASA). All potential new members are entitled to 2 free trials before deciding if they would like to join us. We recommend that potential new members trial on either Tuesday evenings at 7pm or Fridays at 7pm. However, alternative times can be arranged by speaking to one of our coaches.

We cater for children of all abilities from learn to swim to national performance level. After your trial session, one of our coaching or teaching staff will speak to you and advise you as to which one of our squads your child would be best suited to.

Upon deciding to join there is a membership form that needs to be completed. Fees are paid monthly via standing order on the 1st of each month and these monthly fees include club membership and insurance fees for the year. There is a one off joining fee of up to £30.

Our home is the Bert Williams Leisure Centre where we train on all weekdays but we also use a school pool (Willenhall E-Act Academy), Darlaston Leisure Centre for some of our sessions and SWB Academy for our land training.

| OUR POOLS | | | |
|---|---|---|--|
| Bert Williams Leisure Centre Nettlefolds Way Bilston WV14 0EF | Willenhall E-Act Academy Furzebank Way Willenhall West Midlands WV12 4BD | Darlaston Leisure Centre Victoria Road Darlaston WS10 8AP | SWB Academy Dudley Street Bilston West Midlands WV14 0LN |



OUR COACHING AND TEACHING STAFF

HEAD COACH:
Luke Trout



Email: lukerichardtrout@hotmail.co.uk

Telephone: 07772806052

Junior Coach
Kim Dean



ASSISTANT COACH
Mitchell Page



ASSISTANT COACH
Josh Lockley



COACHING STAFF

Ryan Gutteridge
David Gallagher
Derrick Turner
Kerry Harris
Aaron Crinnian
Eleanor Harley
Charlie Taylor
Karl Brown
Luke Eccleston

TEACHING STAFF

June Hodges (swim school co-ordinator)
Gary Cattell
Eleanor Harley
Mark Jacques
Sophie Clayton
Maria Watkins
Taylor Hodges

TEACHING ASSISTANTS

Leah Arthurs
Megan Colley
Nathan Cattell
Sian Ellis
Bethany Harris
Katie Bourne
Pavan Johal



OUR COMMITTEE

Our club is run by a committee of approximately 12 members comprising of parents of existing swimmers and long standing supporters of the club. These volunteers meet on the first Wednesday of every month.

Executive committee members are as follows:

Chairperson: Karl Bourne
Vice Chairperson: Mark Jacques
Club President: Gary Cattell
Secretary: Val Thomas
Treasurer: Peter Trout

Anyone can put themselves forward to join the committee after 6 months membership in the club.

Our Competitions

Our club competes in the following league competitions each year.

| | | |
|-------------------------------|---|-------------------|
| JUNIOR SWIMMING LEAGUE | - | Ages 9,10,11,12 |
| ARENA SWIMMING LEAGUE | - | Ages 11,13,15,Op |
| STAFFORDSHIRE SWIMMING LEAGUE | - | Ages 11,13,15,Op |
| MERCIAN SWIMMING LEAGUE | - | Ages 10,12,14, Op |

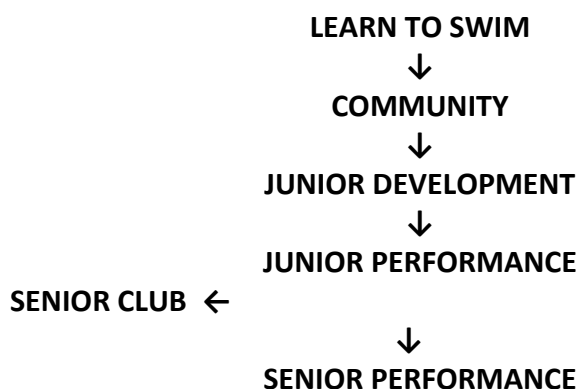
All team selections are made by the coaching staff and posted on the club noticeboard.

Our Club Kit

Club kit can be ordered from our club website. Click on the club kit tab for further information or speak to the club desk on a Tuesday or Friday evening. Pictures of club kit can be found on the club notice board at Bert Williams Leisure Centre.



CLUB STRUCTURE



There are 6 sections to our club catering from non-swimmers to those swimming at national level.

| Age guidelines | PROGRAMMED BY | ATTENDANCE | WHEN? | FEES |
|--|--|--|--|---|
| LEARN TO SWIM (5yr +) | JUNE HODGES and instructors | 1 per week | TUES/FRI | £40 per 11 week course |
| COMMUNITY (7yrs +) | KIM DEAN/ELEANOR HARLEY/JOSH LOCKLEY/KARL BROWN/MARK JACQUES | 1 per week | TUES FRI | £22 per month |
| JUNIOR DEVELOPMENT (7 – 12 yrs) | KIM DEAN | Recommended: 3 times per week Minimum: 2 per week | MON/TUES THURS/FRI/SUN | £48 per month (up to 5 times per week) £37 per month (twice) |
| JUNIOR PERFORMANCE (9-12 years) | LUKE TROUT/KIM DEAN/MITCH PAGE | Recommended: 4 times per week Minimum: 3 times per week | MON/TUES/ THURS/FRI/SAT/ SUN Land training Tues 6 -6.45 Thurs 7 -7.20 Fri 6-6.45 Fri 9 – 9.20 | £55 per month |
| SENIOR CLUB (13+) | LUKE TROUT | Up to 3 times per week | TUES/FRI/SUN | £37 per month |
| SENIOR PERFORMANCE (11/12 yrs +) | LUKE TROUT | Recommended: 5+ times per week Minimum: 3 times per week | All week days plus two weekday mornings plus land training on Tues 6 – 6.45, Thurs 7-7.20pm Fri 6 – 6.45 & 9 – 9.20 | £58 per month |

Progression from one squad to the next is at the Coach's discretion.



SQUAD EXPLANATIONS

LEARN TO SWIM → 5 years +

Our swimschool runs on Tuesday and Friday evenings (7 – 7.40pm, 7.40pm – 8.20pm and 8.20 – 9pm) in the learner pool. Unlike the rest of the club, fees are paid by cheque or cash via 11 week courses. June Hodges, our swimschool coordinator, is in charge of this section of the club and is always happy to answer any questions.

COMMUNITY → 7 years +

This section of the club is for swimmers that can swim 25m metres or more and want to improve their swimming skills further. Swimmers in this section are entitled to one session per week on either a Tuesday or Friday evening.

| | |
|--------|---|
| When? | Tuesdays: 7pm – 7.45pm Fridays: 7pm – 7.45pm |
| Where? | Bert Williams Leisure Centre |
| Cost | £22 per month payable on 1 st of each month via standing order |

JUNIOR DEVELOPMENT → 7 – 12 years old

This section of the club is for those who are interested in competitive swimming and are therefore able to commit more time to the club. Swimmers in this section are entitled to swim up to 5 times per week and have access to more than 7 hours of pool space. The aim is develop all 4 strokes as well as to teach proficient diving and all 7 competitive turns. 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.

Training Times

| <u>DAY</u> | <u>TIME</u> | <u>WHERE</u> |
|------------|--------------------------|-------------------|
| Monday | 7 – 8.30pm | Bilston |
| Tuesday | 7 – 7.45pm 7.45 – 9pm | Bilston |
| Thursday | 7 – 8.30pm | Willenhall School |
| Friday | 7 – 8 or 8 – 9pm | Bilston |
| Sunday | 12noon – 1.15pm | Bilston |

Fees (payable on 1st of each month by standing order)

1. **£48 per month** (recommended) – entitled to 5 sessions per week
2. £37 per month (twice per week)



JUNIOR PERFORMANCE → Selected 10 – 12 years

Those swimmers in our junior development squad that have good long term potential and have qualified for multiple county events may be invited to join the junior performance squad. Please note that movement from the development to performance squad is at the discretion of the coach. Swimmers must train a minimum of three times per week in Junior Performance One and a minimum of four times per week in Junior Performance Two. Swimmers in this squad are entitled to a free log book whereby swimmers should record all of their times from competitions and keep a record of their attendance. The coach will request to see log books three times per year and set targets as to that swimmers future development

Training Times

| DAY | JUNIOR PERFORMANCE 1 | JUNIOR PERFORMANCE 2 |
|------------------|----------------------------------|--|
| MONDAY | 7 – 8.30PM BILSTON | 7 – 9PM WILLENHALL |
| TUESDAY | | 6 – 6.45pm land training @ SWB 7 – 9 pm BILSTON |
| WEDNESDAY | 7 – 9PM BILSTON | |
| THURSDAY | 7 – 8.30pm WILLENHALL | 7.00 – 7.20pm land training poolside @ BILSTON 7.30 – 9PM BILSTON |
| FRIDAY | 7 – 9pm | 6 – 6.45pm land training @ SWB 7 – 9PM BILSTON 9 – 9.20pm flexibility |
| SATURDAY | | 9 –11AM BILSTON |
| SUNDAY | 1.15 – 2.30pm BILSTON | 1.15. – 2.30PM BILSTON |

Fees (payable on 1st of each month via standing order)

1.£55 per month – unlimited sessions + £6 per month for land training

SENIOR CLUB → 13 years +

This is for swimmers who are unable to commit to 3 or more sessions per week but still want to keep fit and be considered for team selection. Swimmers in this squad are entitled to train twice per week in the sessions outlined below.

Training Times

| DAY | TIME | WHERE |
|----------------|----------------------|----------------|
| Tuesday | 7 - 9pm | BILSTON |
| Friday | 7 – 9pm | BILSTON |
| Sunday | 1.15 – 2.30pm | BILSTON |

Fees (payable on 1st of each month via standing order)

1.£37 per month – 2 sessions per week



SENIOR PERFORMANCE → 12 years +

This is the club's top squad for our best athletes. Swimmers in this squad are expected to have multiple county times and be aiming for Midland and National times. It is recommended that swimmers in this squad train 5 times per week. Swimmers in this squad are entitled to a free log book whereby swimmers should record all of their times from competitions and keep a record of their attendance. The coach will request to see log books three times per year and set targets as to that swimmers future development.

Swimmers in this section will also have the opportunity to do land training where the focus will be core stability training.

Training Times

| <u>DAY</u> | <u>TIME</u> | <u>WHERE</u> |
|-------------------|---------------------------------|---------------------|
| MONDAY | 5.55am – 7.25am | Darlaston |
| | 7 – 9 pm | Willenhall |
| TUESDAY | 7 – 9 pm | Bilston |
| | 6 -6.45 land training | SWB |
| WEDNESDAY | 7 – 9pm | Bilston |
| THURSDAY | 5.55 – 7.25am | Darlaston |
| | 7 – 7.20pm land training | Bilston |
| | 7.30 – 9pm | Bilston |
| FRIDAY | 7 – 9pm | Bilston |
| | 9 – 9.20pm flexibility | Bilston |
| | 6 – 6.45pm land training | SWB |
| SATURDAY | 9am - 11am | Bilston |
| SUNDAY | 1.15 – 2.30pm | Bilston |

Fees (payable on 1st of each month via standing order)

1.£58 per month – unlimited sessions + £6 per month for land training

Additional land based work now runs on Thursdays 7 – 7.20pm on poolside and on Fridays 9 – 9.20pm on poolside.

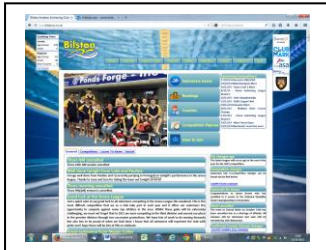


Communication:

Club Noticeboard

Please remember to check our notice board at the Bert Williams Leisure Centre every time you swim as all the latest information will be here. Team selections for galas will normally be posted on this board 10 days before the gala takes place.

Club Website



Once a new member has been registered with the ASA, they will have an account created on the club's website (www.bilstonsc.co.uk). The username is their ASA number and their initial password is sw1mm1ng. When you logon to the site for the first time, you will be prompted to change the password. The website noticeboard is regularly updated and it should be checked on a regular basis

Club Phone

Whenever a session is cancelled at short notice, the club will endeavour to contact you via text to let you know but you should always check the website if you are not sure.

Facebook

Join our Bilston SC supporters page

Club desk

Our club desk operates on Tuesday and Friday evenings and you can ask questions you may have.

Email

The club will email members about upcoming open meets and session changes/cancellations. Please ensure you pass your email address to the club desk on a Tuesday or Friday evening at Bilston.

Text or email the Head Coach

You may email or text the head coach if you have a query that you are unsure about.

07772806052

lukerichardtrout@hotmail.co.uk