



## ABOUT THE CLUB

### Kingston ASC Mission Statement

*Kingston Swimming Club is committed to respect the rights of our members and to treat everyone equally. We aim to provide a safe environment free from threat and to create a culture of support and encouragement for others. By building team spirit and lasting friendships, we promote a sense of pride, which we believe allows our swimmers to achieve their full potential.*

Founded in 1892, Kingston Swimming Club is the oldest amateur swimming club in Glasgow. We are based at Castlemilk Pool and the club training nights are on Mondays and Fridays, with an additional session for selected swimmers on Wednesday nights. We also offer additional land training and Sunday sessions. Using all three pools our programme runs for children from school age through to young adults.

We train hard, participate in competitions but ensure there is also a fun element for the children. Over the last few years the club has found success at District and National Level competitions as well as graded championships. In addition, our younger swimmers participate in the Clyde Coast Mini-Leagues and we are well known for being the loudest club at the swim meets we attend - due largely to the support of parents and families. This is something we are keen to maintain and ask all parents to participate as often as possible.

Swimming as a sport provides children with many obvious health benefits. The positive role sport plays in the community is well documented, and is embodied in the following extract from **SportScotland**, the national agency for sport in Scotland:

*“The impact of sport and physical activity on children and young people can be extremely positive, providing an opportunity for personal and social development and a positive alternative to crime, drugs and alcohol abuse. Naturally, it improves health and fitness; but it can also boost confidence and self-esteem, teach leadership, teamwork and social skills that can be used in all aspects of life. Sport also offers valuable lessons on how to win and how to lose. It teaches the benefits of hard work and how to treat others with respect.”*

We aim to provide an atmosphere which allows children and young adults the opportunity to develop these skills. We believe that the structure of our club, with its many parent volunteers, shows a commitment and enthusiasm which motivates the young. Making friends and being part of a team gives the children confidence and allows them to develop and improve.

## WHO'S WHO AT KINGSTON ASC

### COACHING TEAM

**Head Coach:**

Paul Donald

**Assistant Coaches:**

Hannah Paterson, Kirsty O'Shea

**Boom Pool:**

*Volunteers*

**Teaching Pool:**

*Volunteers*

**Poolside Helpers:**

*Volunteers*

### Office Bearers & Committee Members 2018

**Chairperson:** Cantekin Tuzcu [chair@kingstonasc.com](mailto:chair@kingstonasc.com)

**Vice Chairperson:** Alasdair Nisbet [vice-chair@kingstonasc.com](mailto:vice-chair@kingstonasc.com)

**Secretary:** Lizette Craig [secretary@kingstonasc.com](mailto:secretary@kingstonasc.com)

**Website Admin:** Stefan Cent [website@kingstonasc.com](mailto:website@kingstonasc.com)

**Treasurer:** Andrew Moloney [treasurer@kingstonasc.com](mailto:treasurer@kingstonasc.com)

**Registration Secretary:** Gillian McCarthy [registrations@kingstonasc.com](mailto:registrations@kingstonasc.com)

**Membership Secretary:** Gillian McCarthy [memberships@kingstonasc.com](mailto:memberships@kingstonasc.com)

**Coach Co-ordinator:** Alan Wilson [coaches@kingstonasc.com](mailto:coaches@kingstonasc.com)

**Minute Secretary:** Trish Dobson

**STO Secretary:** Rose-Marie Goutcher

**Entry Secretary:** Iona Reid [entry.secretary@kingstonasc.com](mailto:entry.secretary@kingstonasc.com)

**Meet Secretary:** [meet.secretary@kingstonasc.com](mailto:meet.secretary@kingstonasc.com)

**Meet Co-ordination Team:** Stefan Cent, Cantekin Tuzcu, Iona Reid

**Child Protection Officer:** Jenny Pelosi, Linda Tuzcu [childprotection@kingstonasc.com](mailto:childprotection@kingstonasc.com)

**Parents' Representative:** Dawn Armitt

**Swimmers' Representative:** -

**Team Captains:** Luke Pelosi, Abbie Moloney

**Equipment Secretary:** Alan Wilson [equipment@kingstonasc.com](mailto:equipment@kingstonasc.com)

**Social Convener:** Angela Wilson, Nicola MacLeod

**Ordinary Members:** Norman Thomson, Sian Mclay, , Nicola Thomson, Emma Hollywood

## **EVENT DESCRIPTIONS**

### **Clyde Coast Mini League**

This is a three-round team competition for swimmers who will be under 12 years of age on 30th June of the competing year. A nominal entry fee is charged to swimmers selected to be on the team. Swimmers compete in individual races as well as team relays. Points are awarded for each race swum and the grand total gives the team its final score. The top six teams swim off in the final (which is normally held sometime in June) for medals and trophies.

### **Winter League**

This is a team competition for swimmers of all ages. The 'age category' swimmers compete in is determined by the age they will be on 31st December of the competing year. A nominal entry fee is charged to swimmers selected to be on the team. This competition takes place on the one day (usually in October) and up to 12 clubs compete. As with the Mini League, swimmers compete in individual races and team relays. Points are awarded for each race swum and the grand total gives the team its final score. Medals and trophies are presented to the top teams.

### **Graded Meets**

These are competitions for swimmers from various clubs whose entry times are not faster than those imposed for each event by the organising club. Events are normally swum for individual medals. Swimmers who swim faster than the set times will not receive a medal; the medals will be awarded to the fastest swimmers within the stipulated time band. "Too Fast" prizes are normally awarded to swimmers who break the time band. Costs per race are set by the organising club (generally between £4.00 and £6.00 per race). All entries along with the appropriate fees should be submitted to the club before the final entry date.

### **West District Championships**

These are competitions for swimmers from all affiliated clubs in the west of Scotland who have met a set qualifying time. Entry for each event is not guaranteed and swimmers may be rejected or held as reserves. All entries along with the appropriate fees (generally between £5.00 and £5.50 per race) should be submitted to the club before the final entry date.

### **Invitational Meets**

These are team events (rather than individuals) with rules decided by the organising club. They can be for medals but are usually for a team trophy or cup. Generally, a nominal entry fee is charged for these types of event which also covers any transport the club arranges to and from the gala.

## BEHAVIOUR AT COMPETITIONS

- Kingston swimmers are expected to wear a club tee-shirt at poolside between swims. Club swimwear, i.e. swimming costume and cap, are expected to be worn for all swims.
- Whenever and wherever a Kingston swimmer wears any item of club uniform, he/she should remember that his/her actions reflect on the image of the club to all those who see them. Thus, swimmers should behave in an appropriate manner reflecting the pride they have in being part of the team. Inappropriate behaviour will be dealt with in accordance with club disciplinary procedures.
- As a matter of courtesy to the officials and meet hosts, swimmers and parents are asked to stay off the poolside unless they are competing or serving in an official capacity. Swimmers should not impede the progress of officials on poolside during events.
- As a matter of courtesy, all questions swimmers or parents may have concerning meet results, an officiating call or the conduct of a meet should be referred to the coaching staff. They, in turn, will pursue the matter through proper channels.
- As a matter of pride, swimmers should leave the poolside in a neat and clean condition at the conclusion of each session of the meet. This again is a reflection on the image of the club and affects how others perceive it and you. Ensure it is a positive one.
- Swimmers should not leave the poolside without the permission of a coach and must return promptly when directed.
- Swimmers should immediately act on the directions of coaches and should have their goggles and caps easily to hand in preparation for proceeding to the marshalling area.
- Swimmers must always compete within the rules of the sport and within the spirit of fair play of competition. Swimmers (or spectators) must never “bad mouth” or show disdain for their teammates or competitors from other clubs, whatever the reason.
- During presentations, swimmers should always offer their congratulations to the other Swimmers being presented. This is generally best accomplished by shaking hands and saying, “well done”.
- Team spirit is a key ingredient of a successful club. Swimmers should cheer their team colleagues, wear team clothing and be proud to be a Kingston swimmer. Senior swimmers are expected to serve as positive role models for all team members.

## EQUIPMENT

Having the right equipment is essential for any sport and listed below are some of the items necessary for swim training and competition. We have a selection of equipment available for sale which can be ordered from our equipment secretary.

*Goggles:* These are necessary for all swimmers to prevent irritation to eyes from chlorine in the water. There is a wide range on the market and choosing the right pair is essential.

*Costumes:* A well-fitting costume is essential to reduce ‘drag’ in the water; these are generally made from lycra material. Swimming shorts for boys are not suitable for training and competitive swimming. Jammers are the preferred option.

*Water Bottle:* Every child should be encouraged to drink plenty of water during training and competition to avoid dehydration.

*Club Swim Cap:* A cap helps to protect hair from the damaging effects of chlorine as well as serving to differentiate Kingston swimmers from other pool users. A club cap must be worn at all swim meets.

*Floats (Kickboards):* We have a selection of floats; pull buoys and fins *Pullbuoys and Fins* available for use on club nights. This is particularly useful for the younger swimmers but the older swimmers in the main pool are encouraged to provide their own.

*Club Bag:* A large bag is essential particularly when competing away from home as lockers are not always available.

*Club T-Shirt:* There is often a lot of time between swims at competitions so a t-shirt is essential to keep warm.

*Care of Equipment:* After swimming rinse out all equipment in cold water to remove chlorine. Costumes should be rinsed (not soaked) in cold water only, with a little detergent if required, and left to drip dry. This will prevent the chlorine from attacking the material and the costume will last longer. Do not use fabric softener.

When we take part in competitions we pride ourselves on the conduct of each member of our team. Wearing club gear makes the team stand out, helps us with security and makes it easier for lost items to be returned.

The web site will be updated shortly to allow the ordering of equipment online via the equipment secretary.

## **SAFETY AND SECURITY**

The normal rules of water safety should be understood by all. At poolside there are notices explaining these e.g. no running, no diving etc. Absolutely no glass items are allowed poolside (this includes the shower and changing areas). Swimmers should always listen to the coaches, should do as they are instructed, and should not enter the pool until they are told to do so.

As we do not have sole use of the pool on club nights, some precautions should be taken to protect personal possessions. It is recommended that you remove all valuables prior to training and place them in a locker. Better still, do not bring valuables with you on club nights (and that includes the wearing of jewellery, rings, ear rings, necklaces etc.). If you have reason to be suspicious of anyone in or around the changing areas, please let a coach or a member of staff know.

In accordance with the Child Protection Act and to comply with the rules of SASA, no photography (Video or Stills) is permitted on club nights or at competitions without permission (this includes the use of mobile phones with a camera facility). For club nights prior approval must be obtained from the Child Protection Officer. At competitions approval must be obtained from the hosting club's Meet Coordinator.

Remember this is for the protection of your child and others so please don't be offended if you are challenged if you have not obtained permission. For further details, please refer to the following documents which can be found on the club website:

- ***Child Protection Policy***
- ***Policy for Use of Photographic and Video Equipment***

## TRAINING SESSIONS

The club training nights are on Mondays and Fridays, with an additional session for selected swimmers on Wednesdays. We currently have the use of three pools at Castlemilk: the Main Pool (4 lanes), Boom Pool and Teaching Pool. When you start the coaches will assess which pool and session most suits your needs. Progress is not based on age; it is based on skill, i.e. the faster you learn the techniques the further and faster you progress. So it is not unusual to have children in the same session with age differences of 3-4 years. An older child in the same class as younger children may feel out of place but it is important that this should not put them off at the start because, as they learn the techniques, they often progress faster due to their stamina. Everybody progresses at their own individual pace.

## TEACHING POOL

Monday	TP1 class	6.45pm – 7.25pm
	TP2 class	7.25pm – 8.05pm
Friday	TP1 class	6.30pm – 7.10pm
	TP2 class	7.10pm – 7.50pm

**Monthly fees £21/month**

## BOOM POOL

Monday	BP1 class	6.45pm – 7.30pm
	BP2 class	7.30pm – 8.15pm
	BP3 class	7.30pm – 8.30pm
Friday	BP1 class	6.30pm – 7.15pm
	BP2 class	7.15pm – 8pm
	BP3 class	7.15pm – 8.15pm

**Monthly fees £21/month**

## MAIN POOL 1

Monday	6.30pm – 7.30pm
Friday	6pm – 7pm

**Monthly fees £21/month**

## MAIN POOL 2

Monday	Land Training	7pm – 7.30pm
	Pool	7.30pm – 9pm
Wednesday	Pool	7.30pm – 9pm
Friday	Pool	7pm – 9pm
Sunday	Pool	10am – 11.30am (optional session)

Sunday morning session at Castlemilk is an optional session currently offered free of charge and is subject to change with 1 month's notice.

**Monthly fees £31/month**

## FEES SUMMARY – MONTHLY

Teaching Pool 1 & 2	£21
Boom Pool 1, 2 & 3	£21
Main Pool 1	£21
Main Pool 2	£31

## MEMBERSHIP AND TRAINING FEES

For insurance purposes the club is required to register all swimmers with its governing body, the Scottish Amateur Swimming Association (SASA). This cost, along with annual club membership towards the running of the club is included in the Membership Fee which each swimmer pays on an annual basis. The membership fees are currently as follows:

- Families with 1 child swimming **£75**
- Families with 2 children swimming **£140**
- Families with 3 or more children swimming **£210**

***Please note that the Annual Membership Fee is payable to the club by 28<sup>th</sup> February each year***

## **HEALTH AND FITNESS TIPS**

If you have any health-related problems which you or your doctor feel we should know about please tell us. It is a specific requirement of the club that you let us know if you have a medical condition and if you are taking medication. The information you provide will be treated in confidence. Also if you are recovering from illness or are feeling unwell prior to training or competitions, tell us before entering the pool – this is for your own safety.

### **Sport requirements**

Depending on the distance you cover in your event, you may need quick energy or more sustained energy. Your training is usually very difficult and exhausting, so it is important that you fuel properly. Try to have a snack an hour or so before training. This will help keep your energy levels high so you can train hard during practice. Also, have breakfast every morning to ensure you are getting an appropriate amount of calories into your body.

### **Pre-competition**

For pre-competitive snacks and meals, choose primarily carbohydrates. A little fat and protein are fine, but high-fat meals do not digest quickly or easily and can leave you feeling sluggish. If you are eating a carbohydrate meal, allow three to five hours for a large meal to digest and two to three hours for a smaller meal. Eat foods that will digest easily. Nerves may make it more difficult to digest precompetition meals.

### **Competition**

Swim meets are long and you should therefore drink or eat some carbohydrates. You will perform better if you keep your energy level up. Any carbohydrate fluid replacement drink will work. Depending on how much time you have between races, eating carbohydrates such as fruits, a bagel, crackers or cereal bars, may be an option. Also, be sure your nerves are such that your stomach will be able to digest food. Try to eat within two hours after a competition – this will allow you to refuel your energy sources quickly.

### **Post-competition and training**

To recover from training every day, you need to refuel your body. Eating high carbohydrate foods within two hours of training is the best tactic. This will help keep you fuelled and ready to go on competition days.

### **Drink up**

Drink fluids regularly during training and competition (you are sweating even if you cannot feel it). During swimming it is more difficult to judge how much you are sweating, so just keep drinking. If you are dehydrated, your performance and coordination will decrease. Do not wait until you are thirsty to begin drinking. If you only drink when you are thirsty you will replace just 50 percent to 70 percent of your body's needs. Avoid beverages containing caffeine as they may have a diuretic effect which can lead to dehydration.

### **Hazards**

A frequent hazard of swimming is over-training and glycogen depletion. If you are not recovering from training, have an increased heart rate and are fatigued, try to take a couple of rest days and ensure that you are eating properly. You may not be eating enough to allow your body to refuel properly from exercise.

## **PARENTS' RESPONSIBILITIES**

Parents play an important role in the success of any swimmer. A parent's role should be supportive, and this support should also extend to the club. It is therefore expected that parents should take an active role in what their child is doing. With the right kind of support and encouragement, your child will progress steadily and enjoy a rewarding experience. The following is a guide for you to work with.

- Give your child every opportunity to improve by being on time for training and attending all available sessions. Latecomers interfere with the smooth running of sessions.
- Do not drop off your children to training and leave; we are not a crèche.
- Be a supporter and stabiliser through the inevitable ups and downs of victory and defeat. Remember losing a race is not necessarily a defeat if a swimmer achieves a Personal Best time.
- Encourage swimmers to take their swimming related problems to the coaching staff. The coaches have the training, experience and perspective needed to deal with these problems.
- Be patient with your swimmer's progress. Every athlete progresses at a different pace. Keep in mind that long-term improvement is the ultimate goal for a happy successful career.
- Leave the coaching to the coaches. Do not pressure or offer swimming advice. It is the coaches' job to offer constructive criticism of a swimmer's performance. It is the parents' job to supply the support, recognition and encouragement necessary to help their swimmers feel good about themselves.
- If you have a concern about coaching, arrange a meeting and work it out. Coaches always have the best interests of the swimmer in mind and at heart. Never let a disagreement with a coach be known to the swimmer. This can destroy a positive relationship.
- Help swimmers develop good health habits with respect to pre-training and pre-race meals, general diet, rest, appropriate dress and positive attitudes.
- Please volunteer to work for and with the club. Parental support helps minimise costs.
- Stay informed: check the website, notice boards, meet information and other hand-outs distributed on training nights. If you are required to give a response or make payments, please do so promptly and on time.
- All Kingston families are encouraged to participate in swim team related activities and social events. Much can be gained from socialising away from the competitive and training arena.
- During competitions, parents and family members should adopt a positive and sportsmanlike attitude. Do not 'boo' the opposition or encourage others to do so; remain in the spectator area and support your child and the team. Never dispute results and rulings of meet officials; the coaches will take up any issues they feel are contentious.
- Understand that all coaching decisions are just that. Coaches are not perfect, but will always try to do what they feel is right and fair. Their job is to think of all the swimmers, not just one or a few.



**Kingston Swimming Club**

**STANDING ORDER MANDATE:**

To: ..... (Name of Bank)

.....

.....

.....

Please make payments as detailed below: FROM :

..... (Account Holder(s))

Sort Code: ..... Account Number: .....

**TO: KINGSTON ASC**

Sort Code:        Account:

Reference: ..... (Swimmer)

Amount: **£12 Per Month/£22 Per Month / £34 Per Month** (delete where applicable)

Start date: .....

End Date: **1<sup>st</sup> FEBRUARY 20....**

Signature(s) ..... Date .....

## Useful Contacts

**Castlemilk Pool:** Phone: 0141 276 1420

**Head Coach:** Paul Donald

**Club Chairperson:** Cantekin Tuzcu; chair@kingstonasc.com

**Club Secretary:** Lizette Craig; secretary@kingstonasc.com

**Scottish Swimming:** Website: www.scottishswimming.com

**SwimScotland:** Website: www.swimscotland.org.uk

**West District of Scottish Swimming:** Website - www.scotswimwest.co.uk

**Club Child Protection Officer:** Jenny Pelosi, Linda Tuzcu; childprotection@kingstonasc.com

**Childline:** Phone: 0800 1111 Website: www.childline.org.uk

**Parentline:** Phone: 0808 800 2222 Website: www.familylives.org.uk

**The following club policies and procedures can be found on the Kingston ASC website:**

- Code of Conduct for Coaches
- Code of Conduct for Parents/Spectators
- Code of Conduct for Officials/Volunteers
- Code of Conduct for Swimmers
- Child Protection Policy
- Equity Policy
- Club Constitution
- Club Policy for use of Photographic & Video Equipment

[click here](#)

Subscribe to  
email updates

*Please visit the club website for more information and take the opportunity to receive the latest club news by signing up to our email update service, **Kingston Splash**.*

[www.kingstonasc.com](http://www.kingstonasc.com)



## KINGSTON ASC CHILD PROTECTION POLICY STATEMENT

We, the Club, believe that Good Practice at Kingston Amateur Swimming Club is as follows:

1. The welfare of children is everyone's responsibility, particularly when it comes to protecting children from abuse. Everyone in swimming – administrator, Club official, coach, parent, friend, children themselves, everyone – can help. Children and young people have a lot to gain from swimming. Their natural sense of fun and spontaneity can blossom in positive sporting environments. Swimming provides an excellent opportunity for children to learn new skills, become more confident and maximise their own unique potential. The Club will place the needs of the child first and winning and competition second.
2. The underlying principles with respect to Child Protection are that:
  - The child's welfare is the first consideration.
  - All children, regardless of age, any disability they have, gender, racial origin, religious belief and sexual identity have a right to be protected from abuse.
  - Children and young people must be treated with integrity and respect.
  - Children and young peoples' programmes and competitions will be relevant to their ages and stages of development.
3. We are committed to following the current Scottish Swimming's Child Protection guidelines. All our volunteers / staff are members of Scottish Swimming.
4. The Club:
  - aims to create an enjoyable environment, where young people have the right to be safe, secure and free from threat
  - acknowledges that young people have the right to be treated with respect and for their concerns to be listened to and acted upon
  - will aim to ensure that junior members have specific programmes designated for them, with adequate supervision
  - is committed to ensuring that all helpers, whatever their role, complete a Club Registration Form, sign a Code of Conduct and complete PVG Scheme Application (if in a regulatory position) and a Self-Declaration Form in relation to Child Protection
  - provides clear, comprehensive, easily understood procedures for dealing with - allegations of abuse - requests for help and support on a confidential basis
  - is committed to an equitable recruitment selection policy for coaches
  - will always emphasise fair play
5. Our Child Protection Officer is: Jenny Pelosi , Linda Tuzcu: [childprotection@kingstonasc.com](mailto:childprotection@kingstonasc.com)

## KINGSTON ASC EQUITY POLICY STATEMENT

Kingston ASC is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the following equity statement:

*“Kingston ASC is strongly committed to equality for all sectors of the community. It is the policy of Kingston ASC to ensure that no club personnel will receive less favourable treatment on the grounds of age, gender, marital status, sexuality, employment status, social class, colour, race, ethnic or national origin, religious belief or disability, or will be disadvantaged by conditions or requirements which are not relevant to performance level.”*

The club will ensure that all members are aware of, understand and follow the club’s equity statement and in doing so aim to eliminate any barriers or “perceived” barriers to participation within the club.

The implementation of this policy will ensure that the following aims are met by Kingston ASC:

- Increased awareness within the club of the needs of those who face discrimination.
- The club considers equality in all areas of the club’s services.
- The club’s premises are accessible to all, including disabled people.
- The rules of the club state that discriminatory language or behaviour is not acceptable.

The implementation of this policy will be reviewed regularly and monitored for effectiveness by the club committee.