



[www.haringeyboroughsc.co.uk](http://www.haringeyboroughsc.co.uk)



### **1. Mission Statement**

To be a club in and for the community, to inspire individuals and through a structured teaching and training programme help them to achieve goals and reach their full potential. We aim to achieve this by providing a secure and caring environment where every member is valued and encouraged to work as part of a team and where the only possible outcome will be sporting excellence.

### **2. Club Organisation**

The day-to-day management of the club is run by the Club Committee, which is elected each year at the Annual General Meeting (AGM). The Committee members are all volunteers and are current or previous parent/carers of swimmers of the Club. There are a variety of roles including Chair, Treasurer, and various Gala Secretaries and so on. The Committee usually meet on the first Monday of each month. (See website for a more detailed list).

### **3. Annual General Meeting**

In order to comply with the club's constitution, the club holds an AGM annually. This is where the Chair, Head Coach and Treasurer provide annual reports to parents and swimmers informing them of the year's performance and to outline their expectations for the forthcoming year.

### **4. New Membership**

The forms new members need to complete are:

- Club membership Application Form\*
- ASA Membership Application Form completed and ASA\*
- Monthly Bank Mandate

\*Please return completed forms to: Carol Ferguson or Linda Samworth.

## 5. Club Activities

The club provides a timetable of swimming training throughout the week (check the website for more details regarding the training sessions).

### Park Road (PR)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane 1	8-9 pm	8-9 pm	7-8 pm	8-9 pm	8-9.30 pm	9-10 am	9-10 am
Lane 2	8-9 pm	8-9 pm	7-8 pm	8-9 pm	8-9.30 pm	9-10 am	9-10 am
Lane 3	8-9 pm	8-9 pm	7-8 pm	8-9 pm	8-9.30 pm	9-10 am	9-10 am
Lane 4	7-8 pm	7-8 pm	7-8 pm	7-8 pm	7-8 pm	8-9 am	8-9 am
Lane 5	7-8 pm	7-8 pm	7-8 pm	7-8 pm	7-8 pm	8-9 am	8-9 am
Lane 6	6-7 pm	6-7 pm	6-7 pm	6-7 pm	6-7 pm	8-9 am	8-9 am

### Tottenham Green (TG)

	Monday	Tuesday	Wednesday	Thursday	Sunday
Lane 1	7.30 – 9 pm	7.30 – 9 pm	7 – 8.30 pm	7 – 8.30 pm	5.45 – 7.15 pm
Lane 2	6.30 – 7.30 pm	6.30 – 7.30 pm	6 – 7.00 pm	6 – 7.00 pm	5.45 – 7.15 pm
Lane 3	6.30 – 7.30 pm	6.30 – 7.30 pm	6 – 7.00 pm	6 – 7.00 pm	5.45 – 7.15 pm
Lane 4	6.30 – 7.30 pm	6.30 – 7.30 pm	6 – 7.00 pm	6 – 7.00 pm	5.45 – 7.15 pm

### Performance Squad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Sunday
Venue	TG	TG	TG	TG	PR	PR	PR	TG
	7.30 – 9 pm	7.30 – 9 pm	7 – 8.30 pm	7 – 8.30 pm	8 – 9.30 pm	8 – 10 am	8 – 10 am	5.45 – 7.15 pm

Sessions are timetabled at:

- Park Road Leisure Centre  
Park Road  
Hornsey, N8 8JN
- Tottenham Green Leisure Centre  
1 Philip Lane  
London, N15 4JA

## **6. Time Trials**

These are held every month and all members are eligible to attend. With alternate months being 50 metres of all four strokes and the next being another stroke and distance (check website for date, time and venue). The 50 metre times are very important in the way the club is structured as the combined personal best totals are how the groups are organised. All swimmers will swim each stroke over 50m (butterfly, backstroke, breaststroke and front crawl). This allows the coaching team to get a picture of how everyone is doing. It also allows the swimmers and parents to clearly understand and see what they have to do to move upwards through the club. It is also a friendly and supportive introduction to gala procedures for our younger swimmers. Please do your best to ensure your child attends.

## **7. Gala Information**

There are a number of different types of galas that Haringey Aquatics squad members can compete in:

### **Internal Galas**

**Davy Trophy** galas are held three times a year and all squad members are invited to take part. Swimmers are placed in one of four teams: Red, Yellow, Green or Blue. Swimmers will be contacted by their team manager before the gala to confirm whether the swimmer can attend. Two of the Davy Trophy galas are held at Tottenham Green Pool and one at Park Road Pool.

Twice a year the **Club Championships** are held, in June the Summer Championships include 200IM and 50 metres for all strokes. The Winter Championships held in November includes 200IM (Open only), 100IM and 100 metres all strokes (Under 10s and Under 12s compete in 50 metres Fly) both Championships are held at Park Road Pool. All squad members are expected to take part. Cups, medals and ribbons are awarded for the fastest swimmers in each event, in the following age categories: Under 10, Under 12, Under 14, Under 16 and Open.

### **External Galas**

#### **Graded Galas**

Haringey Aquatics also competes in the North London Graded League (NLGL) for developing and improving swimmers. In these galas each event is graded according to set

times, with some events aimed at the faster swimmers and some aimed for the developing swimmers. Graded galas are a good opportunity for developing swimmers to gain experience of competing against other clubs, whilst racing against swimmers of similar ability. The club competes in five NLGL galas during 2010, which are held at various swimming venues.

The Club's **Trophy Galas** (the Gordon, Allen Davies, Milbank and John Watson Trophies) gives the swimmers the opportunity to compete against other clubs. These galas are held at Park Road Pool.

### **Middlesex County Galas**

Middlesex County, of which the club is a member also hold competitions at different levels first are the Development Meets which are held twice a year. In April the Spring Development Meet include all ages and in October the Autumn Development Meet is for the younger Age Groups both are held at Southbury Pool in Enfield.

For both Development Meets the swimmer is entered as an individual rather than as a team. Swimmers will be notified in advance (check the website for details), and it is up to the swimmer and their parent/carer to return the form no later than the closing date. There is an entry fee for competing in these development galas based on the number of events entered. Swimmers will be told a few days before the gala whether their entry has been accepted. Medals and ribbons are presented to the finalist of each event.

The next level of competition is the Age Groups (held in February/March) and the Winter Championships (held in December). For swimmers this is the next level and puts the best swimmers and clubs in the county into direct competition.

### **Regionals**

These are the next rung on the swimming ladder. Qualification for this is pitched at a much higher level and incorporates swimmers from clubs from all of the greater London area.

### **Open Galas**

Open Galas are held by other Swimming Clubs (ie Edmonton Phoenix Swimming Club, Enfield Swimming Club, etc), entry is by invitation and as with the Development Meets it is

up to the swimmer and their parent/carer to return the form no later than the closing date. The entry fee for competing in Open Galas is based on the number of events entered. Medals and ribbons are presented to the finalists of each event. The dates for these Galas are posted on the Haringey Aquatics website which can be found in the *Fixtures Section*.

## 8. **Club Structure**

- The club runs a house system based on the venue a swimmer prefers to swim at. Swimmers remain in their house throughout the Learn to Swim (LTS), Skills Development and Squads. This provides both continuity and a secure environment in these early stages.
- Each site runs its own Learn to Swim scheme, which follows the Amateur Swimming Associations – National Plan for the Teaching of Swimming. Levels 1 – 7 fall within the LTS. Progress is assessed on a regular basis in order to decide on when to move on.
- After the LTS swimmers move into the Skills Development Levels 8 - 10 phases and it is here that they begin to learn and master many of the drills and techniques that will ease their progression into the next phase.
- Swimmers next move into the squads, where they will begin to hone previously learned skills and get ready for competition.
- The Performance Squad is the top group within the club and selection of this is achieved through attitude, ability and application. Again the expectation level rises.

## 9. **Fees**

Haringey Aquatics' only source of income is by collecting monthly squad fees. The fees go towards paying for:

- Pool hire
- Lifeguard Costs
- Coaches Fees

The fees for 2011 are:

- £32 for the first swimmer
- £27 for the second member of the same family
- £22 for the third member of the same family and any subsequent swimmers.

The first month's fee can be paid on joining Haringey Aquatics to the Members Secretary at poolside; **subsequent fees must be collected by standing order.**

When leaving the club one month's written notice is required to be addressed to the Members Secretary.

### **10. ASA Registration**

All swimmers must be registered with the ASA. It is vital that each member at 9 years and over has an ASA registration number which allows them to compete in galas. The cost also covers swimmers for insurance purposes and is a legal requirement of the ASA. No swimmer can be allowed to train or compete unless covered by the ASA insurance.

The ASA membership fees for 2011:

£9.60 for Category 1 (swimmers who swim in squad sessions and take part in club gala's);

£25.75 for Category 2 (swimmers who swim in squad sessions and take part in Middlesex County Open Events); and

£4.10 for Category 3 (supporting members, parents, club helper or official).

### **11. Important Club Contacts**

Chair	Lesley Walker	
Secretary	Pam Crofts	Tel:01727 827433 Email: croftsp@aol.com
Head of the Performance Programme.	Paul Doyle	Mob: 07832 400 000 Email: pfdoyale60@googlemail.com
Head of the Teaching Programme.	Joe Doyle	Mobile: 07809 612 126 Email: teamharingey@gmail.com
Membership Secretary (LTS)	Linda Samworth	Mobile: 07958 219 459
Membership Secretary (Squad)	Carol Ferguson	Mobile: 07946 180 134 Email: cazfergie1@blueyonder.co.uk

Gala Secretary	Jill Bentley	Mobile 07957 340 960 Email: jill.bentley@goldstein-kersen.com
Open & County Galas Secretary	Clare Philpott	Email: claremail@blueyonder.co.uk
*Welfare Officer	Lena Lawrence	Mobile: 07931 373 364 Email: welfarehbsc@hotmail.co.uk
Web Master	Rachel Herring	Email:

*\* The Welfare Officer's role is to assist with safeguarding and protecting children and young people in Aquatics, and to implement ASA Wave Power policy and procedures. They are also responsible for understanding best practice and to have an understanding of child protection policy, also to use the Criminal Record Bureau (CRB) checks according to procedure to protect the children.*

## **12. Offering your Assistance**

Haringey Aquatics cannot exist without its volunteer helpers. The club is always open to any offers of assistance from parents willing to help at swimming events and with fund raising, to serving on the Committee, or becoming Swimming Officials.

Further information can be found on our website [www.haringeyboroughsc.co.uk](http://www.haringeyboroughsc.co.uk).