

## **Development Squad Information**

### **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.

### **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).

### **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.

### **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.

## Haringey Aquatics

Affiliated to the Amateur Swimming Association

### Club Activities

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

### **Development Squad Training Sessions**

There are five sessions, Monday to Friday between 6.00 - 7.00 pm

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Level 8*	Level 8*	Level 8*	Level 8*	Level 8*
Level 9	<b>Level 9</b>	Level 9	<b>Level 9</b>	Level 9
Level 10	Level 10	Level 10	Level 10	Level 10

Level 8: One session a week (\*SAME\* day each week)

Level 9: a) two sessions a week (**Tuesday and Thursday**); or  
b) three sessions a week (Monday/Wednesday/Friday)

Level 10: Five sessions (Monday - Friday)

Sessions are timetabled at:

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

### **Time Trials**

These are organised every month and will be held within the 6.00 - 7.00 pm slot. All swimmers will swim each stroke over 50m (butterfly, backstroke, breaststroke and front crawl).

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This will benefit the coaching team to see how things are progressing and not used to move them within the development squad programme. It is also a friendly and supportive introduction to gala procedures for our younger swimmers.

### **Internal Galas**

There are internal galas which Haringey Aquatics development squad members can compete in if they want to:

**Davy Trophy** galas are held three times a year (January, March and October, dates are announced on the club website) and all squad members (development and club) 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 50metres 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.

### **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.

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- 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.

### **Fees**

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

- Pool hire
- Lifeguard Costs
- Coaches Fees

The fees for 2011 are:

- Level 8: £23.00 per month
- Level 9: Either
  - o Two sessions a week £26.00 per month
  - o Three sessions a week £29.00 per month

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- Level 10: Up to five sessions a week £32.00  
per month

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

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

### **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 open galas. The cost also covers club/swimmers for insurance purposes. This is an annual subscription to the ASA.

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).

\*Category 2 membership will be required once the swimmer moves from Development Squad into the Club Squad

### **Important Club Contacts**

Chair	Lesley Walker	
Secretary	Pam Crofts	Tel:01727 827433 Email: croftsp@aol.com

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Head of the Performance Programme.	Paul Doyle	Mob: 07832 400 000 Email: pfdoyle60@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: cazfergiel@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

*\* 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.*

### **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

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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).