



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.

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) 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 Telephone: 01902 633070	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

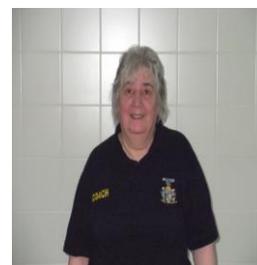
Junior Coach
Kim Dean



ASSISTANT COACH
Mitchell Page



ASSISTANT COACH
Pauline Trout



COACHING STAFF

Hayley Wilkes
June Hodges
Derrick Turner
Sara Gamble
John Lockley
Gary Price
Kerry Harris

TEACHING STAFF

John Lockley (swim school co-ordinator)
Gary Cattell
June Hodges
Sam Probert
Josh Lockley
Robbie Cattell
Tas Cox
Nichola Thomas
Eleanor Harley
Ajay Johal
Eleanor Beddoe Purchase

TEACHING ASSISTANTS

Leah Arthurs
Sophie Clayton
Taylor Hodges
Maria Watkins
Elliott Cox
Nathan Cattell



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: Lyndon Probert



Vice Chairperson: John Lockley

Club President: Gary Cattell

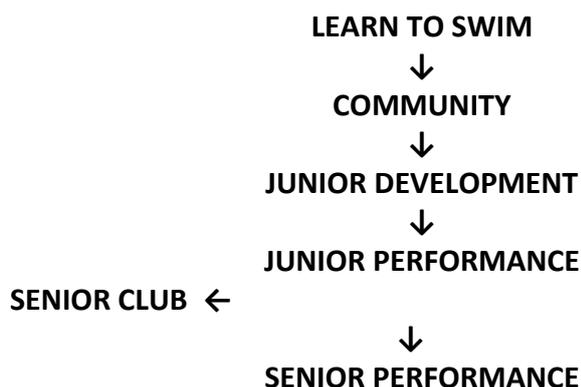
Secretary: Val Thomas

Treasurer: Peter Trout

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



CLUB STRUCTURE



There are 7 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 +)	JOHN LOCKLEY and instructors	1 per week	TUES/FRI	£40 per 11 week course
COMMUNITY (7yrs +)	PAULINE TROUT/KIM DEAN/HAYLEY WILKES/LYNDON PROBERT/JUNE HODGES/KIM DEAN/ELEANOR HARLEY	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	Recommended: 4 times per week Minimum: 3 times per week	MON/TUES/ THURS/FRI/SAT/ SUN Land training Tues 6 -6.45 Fri 6-6.45	£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 & Fri 6 – 6.45	£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. John Lockley, 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.

Swimmers in this squad are entitled to a free log book as long as they are of competitive age(9 in that year), 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

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

DAY	TIME	WHERE
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

<u>DAY</u>	<u>JUNIOR PERFORMANCE 1</u>	<u>JUNIOR PERFORMANCE 2</u>
MONDAY	7 – 8.30PM BILSTON	7 – 9PM WILLENHALL
TUESDAY	7 – 9 pm BILSTON 6-6.45pm land training	
WEDNESDAY		7 – 9PM BILSTON
THURSDAY	7 – 8.30pm WILLENHALL	7.30 – 9PM BILSTON
FRIDAY	7 – 9pm 6-6.45pm land training	7 – 9PM BILSTON
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

<u>DAY</u>	<u>TIME</u>	<u>WHERE</u>
Tuesday	7.45 - 9pm	BILSTON
Friday	8 – 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 → 11/12 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	Willenhall
	7 – 9 pm	Willenhall
TUESDAY	7 – 9 pm 6 -6.45 land training	Bilston SWB
WEDNESDAY	7 – 9pm	Bilston
THURSDAY	5.55 – 7.25am	Willenhall
	7.30 – 9pm	Bilston
FRIDAY	7 – 9pm 6 – 6.45pm land training	Bilston SWB
SATURDAY	9am - 11am	Bilston
SUNDAY	1.15 – 2.30pm	Bilston
	TOTAL	17hrs 30 mins

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

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



Ordering Club Kit

Club kit can be ordered from our club website. Click on the club kit tab for further information.

Enquiries about club kit should be made to Rae Cox, Lisa Pegg or Julie Westwood.



Parent Liaison Officer

Lisa Pegg

Lisa joined the club's committee in Dec 2013, Her son, Cieran, trains in the junior performance group. Lisa is available to listen to parents issues on Monday, Tuesdays, Thursdays, Fridays and Saturdays at training.



Parent Liaison Officer

Julie Westwood

Julie joined the club's committee in Dec 2013. Her sons, Zak and Jack, both swim in the junior performance group. Parents can raise issues with Julie on Mondays, Thursdays, Fridays, Saturdays and Sundays at training sessions.



Parent Liaison Officer

Rachael Cox

Rae joined the committee in Dec 2013 and her children (Jack, Ellie and Mia), all train with the club. Rachael is available to listen to any issues or concerns on Mondays, Tuesdays, Thursdays, Fridays and Sundays.



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

A screenshot of the Bilston Amateur Swimming Club website. The page has a blue and white color scheme. At the top left, there is a "Qualifying Times" table with columns for County, Age Group, and Youth. The main header features the Bilston logo and a navigation menu with links for Home, Club info, Learn To Swim, Club Kit, Gallery, Members, Admin, Contact Us, and Links. A central image shows a group of swimmers and coaches posing in front of a building. To the right of the image is a sidebar with buttons for Swimmers Home, Rankings, Coaches, Competition Planner, and How To Join. Below the image is a "General" section with several news items, including "Thurs AM cancelled", "Well done tonight from Luke and Pauline", "Thurs morning cancelled", "Good luck at the Arena League", and "Great swimming from Megan Collev". On the far right, there is a "Upcoming Competitions" list and a "Swim21 Accredited CLUB MARK the asa" logo.

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.

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