



Welcome to
Bilston Swimming Club



INFORMATION BOOKLET



WELCOME ...

Welcome to **Bilston Swimming Club**.

We are pleased you and your child have chosen to swim at the club and hope you have an enjoyable and happy time here as a swimmer and a family.

This booklet is designed to give you all the key information you need to know about our club and how to join with relevant contact information.

Please explore the Clubs website www.bilstonsc.co.uk which provides lots of useful information. Please also remember to look at the notice board, the Facebook page and your emails. For any other queries there will be a volunteer parent or committee member at Bert Williams on the club desk on Tuesday and Friday evenings 7-8.30pm

Bilston Swimming Club is affiliated to the Staffordshire County in the West Midland Region of Swim England. 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 or Friday evenings 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 which squad your child would be best suited to.

Joining and Membership Fees

Upon joining the club, a £24.00 membership fee is payable by direct debit. This is facilitated by the company GoCardless and the link will be sent to you by the membership team. Your monthly fees will then be set up depending on the squad you join and include insurance fees for the year. We do not accept cash payments for membership and monthly fees. Please see membership policy.

Membership.bilstonsc@gmail.com

Club Monthly Fees

Fees are stage-related and are payable by Go Cardless between the 1st and 4th of each month. The coaches will decide on the squad your child will join.

If a family has two swimmers they are entitled to a family discount. Discount of £7 per month (from family total) if two swimmers. .

Junior Development Can swim 2 nights a week (expectation to swim-twice weekly)	£40.00
Junior Development Can swim 5 nights a week (expectation to swim 3 times plus per week)	£55.00
Performance 1	£59.00
Performance 2	£70.00
Performance 3	£70.00
Masters – senior swimmers in year 11 or above (max twice weekly)	£40.00



Our home pool is the Bert Williams Leisure Centre, but we also use Darlaston Leisure Centre, Wednesbury Leisure Centre and a school pool (Willenhall E-Act Academy) for some of our sessions.

OUR TRAINING LOCATIONS

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	Wednesbury Leisure Centre High Bullen Wednesbury WS10 7HP
--	--	--	--

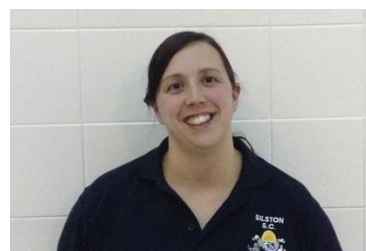
Lead Coaches

Lead Development Coach:
Luke Trout



Email: lukerichardtrout@hotmail.co.uk
Telephone: 07772806052

Lead Performance coach
Kim Dean



Email: juniorcoach.bilstonsc@gmail.com

Coach – P2/development.
Josh Lockley



Committee

Our club is run by a committee and these volunteers meet on the second Wednesday of every month.

Executive committee members are as follows:

Chairman: Caroline Negrine chair.bilstonsc@gmail.com

Vice Chairman: John Howes

Secretary: Claire Cotton secretary.bilstonsc@gmail.com

Treasurer: Peter Trout

There are many volunteering opportunities throughout the club ranging from helping at the desk, officiating at competitions, team managing, fundraising etc. So, if you want to get involved, just ask!

Club Competitions

As a competitive swimming club, we compete in a range of competitions throughout the year. These include open meet competitions at weekends, county and regional championships and league Saturday evening galas. We have teams in the following league competitions each year. Each has slightly different age categories (age at end of year as defined by specific competition rules)

JUNIOR "Diddy" Swimming League	-	Ages 9,10,11,12
National Arena Swimming League	-	Ages 11,13,15, Open
STAFFORDSHIRE Swimming League	-	Ages 9, 11,13,15, Open
MERCIAN Swimming League	-	Ages 10,12,14, Open

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



Equipment required for training

- Well-fitting goggles
- 'Soft' Plastic drinks bottles – preferably Bilston club bottle and filled with water
- Swimming costume or swim trunks (no beach type shorts)
- Swimming hats if long hair
- Mesh kit bag with Kick board, pull buoy, snorkel, hand paddles and fins (speak to coaches to see if required for your child)

Club Kit

Club kit including hoodies, hats and T-Shirts can be ordered from our club website or via the Club Shop Co-Ordinators. They are contactable via the club desk (Friday evenings) or by emailing

theshop.bilstonsc@gmail.com

Information is also available on the club kit tab of the website. Pictures of club kit can be found on the club notice board at Bert Williams Leisure Centre.



There are 5 sections to our club catering from non-swimmers to those swimming at national level.

CLUB STRUCTURE

MINI CLUB (LEARN TO SWIM) → 5 years +

Our swim-school CURRENTLY runs on Sunday afternoons and Monday evenings at Darlaston Pool. Unlike the rest of the club, fees are paid by cheque or cash via 11 week courses. June Hodges, our swim-school coordinator, is in charge of this section of the club and is always happy to answer any questions. ***Please note this section of the club is currently facing difficulty post COVID – under review and likely to change.***

bilstonswimmingclublessons.co.uk
foundationstage.bsc@gmail.com

DEVELOPMENT: usual age range 7–12 years old

This section of the club is for those who are beginning and developing their interest in swimming and starting take part in competitions. Swimmers in this squad can swim up to 5 times per week. The aim is to develop all 4 strokes, to teach proficient diving, to learn competitive turns and take part in competitions. 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>DEVELOPMENT SQUAD SESSIONS</u>		
<u>DAY</u>	<u>TIME</u>	<u>WHERE</u>
Monday	1900 - 2000	Bilston
Tuesday	1900 –1945 or 1945 - 2100	Bilston
Thursday	1900 - 2000	Willenhall School
Friday	1900 - 1945 or 1945 - 2100	Bilston
Sunday	1530-1700	Darlaston

PERFORMANCE

The performance squads are for swimmers who are committed to competitive swimming and are felt to have long term potential. They will be aiming to qualify for county and regional competitions as they progress through the squads.

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 P1 and a minimum of four times per week in P2 & P3. As swimmers move through P2 into P3 they will be aiming for further county & regional qualification and set their sights on qualifying for Summer British and English Nationals.

Training Times

DAY	P1	P2	P3
MONDAY	1900 – 2100 @ DARLASTON	1900 – 2100 @DARLASTON	1900 – 2100 @ DARLASTON
TUESDAY	-----	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON
WEDNESDAY	1900 – 2000 @ BILSTON	-----	1900 – 2000 @ BILSTON
THURSDAY	1930 – 2100 @WEDNESBURY	1930 – 2100 @WEDNESBURY	1930 – 2100 @WEDNESBURY
FRIDAY	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON	1900 – 2100 @ BILSTON
SUNDAY	1330 – 1530 @ BILSTON	1330 – 1530 @ BILSTON	1330 – 1530 @ BILSTON

Progression from one squad to another is a combination of age, training attendance, commitment to training and performance at competitions. Movement from squad to squad is at the Coach's discretion.

MASTERS

This is for swimmers in School Year 11 (and older) who, for different reasons, are unable to commit to more than 2 sessions per week but still want to swim, to keep fit, to enter competitions and be considered for team selection. ***Swimmers in this squad are entitled to swim 2 times per week in one of the sessions outlined below.***

DAY	
MONDAY	1900 – 2100 @ DARLASTON
TUESDAY	1900 – 2100 @ BILSTON
WEDNESDAY	1900 – 2000 @ BILSTON
THURSDAY	1930 – 2100 @WEDNESBURY
FRIDAY	1900 – 2100 @ BILSTON
SUNDAY	1330 – 1530 @ BILSTON

Communication

Please email your child coach directly if you have any concerns.

Development – Luke Trout lukerichardtrout@hotmail.co.uk

Performance – Kim Dean juniorcoach.bilstonsc@gmail.com

Club Noticeboard

Please regularly check our club's notice board at the Bert Williams Leisure Centre every time you swim for any new information. Team selections for galas will normally be posted on this board.

Club Website



Once a new member has been registered with the Swim England, they will have an account created on the club's website (www.bilstonsc.co.uk). You will be given details of how to access the website and set-up your login details.

The website noticeboard is regularly updated, and it should be checked on a regular basis

Club Phone 07772806052

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

You are encouraged to like and follow our Bilston SC supporters page. IT'S A GREAT QUICK WAY OF SEEING IMPORTANT NEWS AND ACHIEVEMENTS

Club desk

Our club desk operates on Friday evenings. It is run by volunteers – feel free to say hello, ask questions and get involved with the club.

Email

The club will email members about upcoming open meets and session changes/cancellations. You will be asked for your email address(es) on joining the club.