



Welcome to Bathgate Amateur Swimming Club



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On behalf of all the committee, coaches and helpers, I would like to welcome you and your family to Bathgate Amateur Swimming Club.

BASC was founded in 1935 for the development of local swimmers and to introduce them to competitive swimming.

The club has strengthened over the years, continuing through two pool closures and is currently one of the most successful clubs in West Lothian. At present we have in excess of 130 swimmers. We moved to the fantastic new competition pool at Bathgate in May 2010.

Swimmers can join the club from as young as 5 years old, however we encourage new swimmers of all ages and abilities from learners to top class competitive swimmers. We have the infrastructure within the club to cater for all swimming levels and abilities.

The club is run by a dedicated team of unpaid volunteers made up of coaches, teachers, poolside helpers, lifeguards, technical officials, committee members and fundraisers. We are always keen to involve parents in the various administrative and coaching roles within the club. Over the next few pages, you'll get the chance to be introduced to the teaching and coaching staff. An insight into the club, Lothian and Scottish swimming structure is provided as is sections on fees, club contact details, office bearers and fundraising.

As a group we encourage positive communication. We have a "busy" notice board in the café area at Bathgate Pool. This should be a first port of call each and every time you bring your child to the club as it is regularly updated with coaching briefs, news, fundraising events, holidays, contact details etc. The club website is also updated weekly www.bathgateasc.co.uk. In addition, a comprehensive quarterly newsletter is published and we try and get as much coverage as possible in local press.

A list of club contacts and office bearers is detailed towards the end of the handout however the following list of people are contacts that you may initially wish or be required to speak to in starting the club.

President-Nigel Kelly-01506 635704
Swimwear-Patsy Kelly-01506 635704
Treasurer (fees)-Jack Ewing-01506 654242

I hope this handout is of help in providing you an insight into Bathgate ASC and the way in which it operates. However, please do not hesitate to contact a committee member or coach, if you have any questions, queries, suggestions or worries.

Best regards,
Club President
Jan 2012.



SASA

The Scottish Amateur Swimming Association Limited (known as Scottish Swimming) is the national governing body for swimming, masters, diving, water polo, open water and synchronised swimming in Scotland.

www.scottishswimming.com

Summary of Fees (fees as at Jan 2012)

Squad Fees are due monthly and should be paid by Standing Order.

Club fees are due monthly (12 months a year). The fee required for each squad is calculated annually and divided over 12 equal payments. Standing Order forms are available at the club or can be downloaded from the club website. Unlike Direct Debits, Standing Orders are controlled by the payee therefore it is your responsibility to set up the order and to increase fees when necessary (e.g. after squad moves or a fee increase). Standing Orders should be set up for payment on the 15th of each month. In exceptional circumstances and by prior agreement with the club Treasurer, payment by cash/ cheque strictly in advance may be permitted.

NOTE: When joining the club the first month fee must be paid by cash in advance. a Standing Order should then be set up to start on the 15th of the next month

Example: join any time in October pay one month fee by cash/cheque and set up a Standing Order to start 15th November).

In addition to the club fees an annual membership fee is also required. This normally occurs around March each year. These fees are required to pay for SASA registration and helps boost club funds. Each swimmer must be registered with SASA. Registration provides individual insurance for training with your club, a Scottish Swimming newsletter, issued 3 times a year and access to exclusive events and galas.

Top Development	Development	Junior Club	Tadpoles Club Fee	Masters & Senior Club Squad	Annual Membership 1 swimmer	Annual Membership 2 or more swimmers
£33	£20	£18	£13	£10	£40	£80

SASA Membership Fee	Annual Membership 1 Swimmer	Annual Membership 2 or more Swimmers
Registering Mar- Aug(inc)	£40.00	£80.00
Registering Sep - Dec (inc)	£20.00	£40.00
Registering Dec - Feb	£15.00	£30.00



Gala Fees

Throughout the year the club participates in various competitive galas many of which incur costs that the competitors have to pay.

The gala fees should be paid by cash or cheque to the Treasurer, Assistant Treasurer or Gala Secretary. The club is required to pay the gala fees in advance, to the event organiser, when sending in the gala entry. The club collects the applicable fees from each swimmer.

A flyer is issued to all swimmers selected for the gala with details of events, fees payable and closing date for entries. The swimmer then selects events and returns the tear off slip together with payment strictly before the closing date.

Once entry is closed the event organisers allocate and confirm the accepted swims normally at least two weeks prior to the event. If the event is over-subscribed

cuts are made to the entry and clubs notified. A refund or credit will be given for all oversubscribed swims.

Note no refunds will be given for any accepted swims if the swimmer can no longer attend the gala or withdraws from any event at the gala. The only exception is swimmers who have been allocated a reserve slot in a particular event. Reserve swimmers not allocated a swim on the day, will be refunded that event fee provided the swimmer

Please do not drop your child off at the pool prior to a training session starting without making sure that the coach has arrived. Better still, hang around watch the session, I am sure your child would love to see you support him/her during his/her swimming training.

Due to child protection laws we are not permitted to allow photographs or videos to be taken at poolside without appropriate paperwork being filled out. This applies at all training sessions and at gala meets.



Discipline

Discipline within the club is extremely important. We have a Fair Play Code which all Committee, Coaches, Swimmers and Parents have to adhere to. We also have a Code of Conduct Statement, which all new swimmers/parents are requested to read, agree and sign.

In addition we have a written Disciplinary Procedure, which all coaches use as an aid in dealing with swimmer behavioral problems.

We do not tolerate disruptive, abusive, violent or disrespectful swimmers. In instances of the above Coaches can put into action cooling off periods, send the

child out for the remainder of the session, report incidents to the Committee whom shall arrange for letters to be sent out to parents, or in extreme circumstances the Committee can invoke expulsion from the club.

We aren't ogres, but behavioral problems can and does disrupt training and coaching sessions, which isn't fair on the other swimmers in the group or the coach/teacher.



Note we do not allow food at poolside. Only safe plastic bottles for drinking during Development and Performance Development Squad training is permitted.

Galas & Competitive Meets

The club actively promotes participation in various galas throughout the year. We take part in galas for various levels of swimmer from juniors in our tadpole group all the way through to the elite of our Performance Development squad.

We aim to encourage and help swimmers to attain a quality, which enables them to ultimately compete at Scottish and UK National level.

To give you an idea of the type of competitive meets that we participate in, listed opposite are galas in which we regularly take part in.

As can be seen from the list we have an extremely busy gala schedule. To find out more about this aspect of the sport please contact the gala secretary who are responsible for managing the Competitions.

- Aquanauts Distance Meet
- Scottish Nationals
- Livingston Dolphins Development Gala
- Scottish Schools
- East District Championships Lothian
- Region Intermediate League North
- Ayrshire 200
- Alloa Graded Meet
- Forth Valley Junior League
- Forth Valley Senior League
- Scottish National Age Groups
- East District Time Trials
- West Lothian Swimming Championships
- INCAS Graded Sprint
- East District Open Championships
- Fauldhouse Mini Meet
- Iain McFadyen Memorial Gala
- North Ayrshire Graded Meet Milngavie &
- Bearsden Long Course Meet BASC
- Tadpole Club Championships
- BASC Club Championships East
- District Age Groups Scottish
- Spring Age Group Meet
- Edinburgh International
- North Ayrshire Junior Meet
- Trojan Time Banded Gala
- Fins Graded Meet
- Lothian Region Club Championships
- Stirling Junior Open

The different types of meet can be categorised as follows:

Qualifying times needed
Swimmers entered for eligible events.

Open Meets
Swimmers entered for any/all events as agreed with Coach.

Graded Meets
Swimmers entered for events where they are slower than cut off time. Good for building experience of new swims. Can be for all ages.

League/Club Meets
Swimmers & Events selected that are best for club points (free to swimmers).

Novice Meets
Ideal for new (usually younger) competitive swimmer.

Swimming Structure Within BASC, the Lothians & Scotland

Here at Bathgate Amateur Swimming Club, we have a number of dedicated qualified teachers and coaches providing expert teaching and coaching programs for our Tadpoles, Development and Performance Development groups.

From as young as 5 years of age children are introduced to our Tadpole squad where we aim to develop good stroke technique in all swimming disciplines i.e. Backstroke, Breaststroke, Butterfly and Front Crawl. The kids in this group swim widths and can attend two half hour sessions a week at Bathgate pool. Progression from Tadpoles, takes the swimmers into our Development squads in which we progress the youngsters by introducing them to coaching sets, developing their technique, building up their stamina and leading them into the exciting competitive swimming aspect of the sport. Development swimmers can train between 4 and 7 hours a week at both Bathgate and Blackburn (St Kent's) pools.

On reaching an advanced stage in their swimming development, the kids are introduced to the elite section of our club, known as the WL Competitive Development squad. Here the kids have the opportunity to train up to 14 hours a week both in the pool and on land. Experienced coaches write up and implement specific training plans and schedules, providing the swimmers varied exercises geared towards the improvement of their stamina, distance and sprinting capabilities.

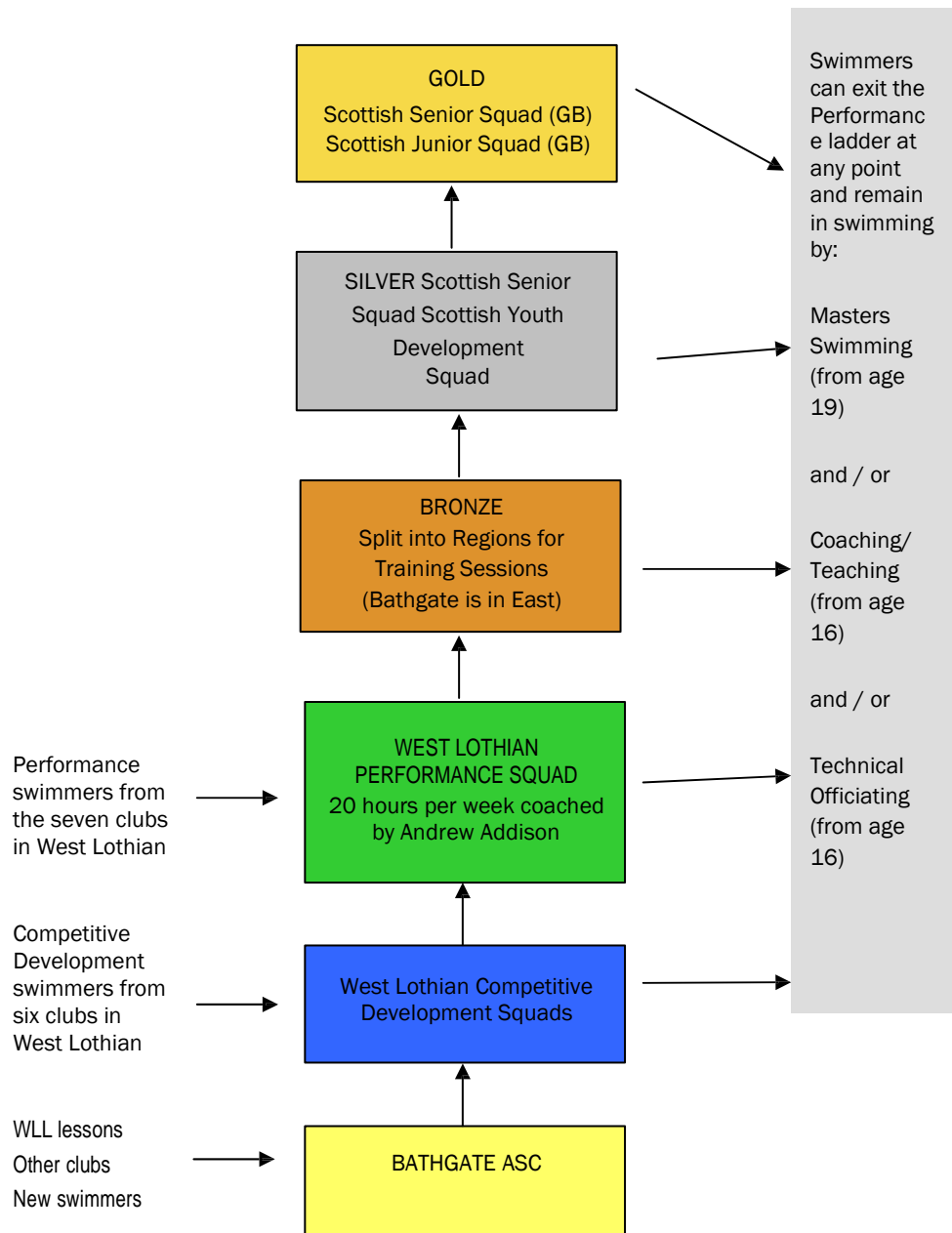
The swimmers also have the opportunity at this level to shine with the best in West Lothian and the East District as part of specially made up squads representing the best in the areas.

A new West Lothian Performance programme was introduced in 2008 which Bathgate and the other 6 clubs in West Lothian are working to.

The programme provides the club a clear pathway using the Long Term Athlete Development plan to bring swimmers to a level in which they are capable and suitable for entry to the West Lothian Performance Training Squad.

BASC will benefit from the expert guidance of the new head coach, Andrew Addison, who as part of his remit will be to speak to our coaching staff on a regular basis identifying and implementing training and competition targets for swimmers to progress them through each successive level.

Scotland's Swimming Structure (performance and alternatives) from Bathgate's perspective



Office Bearers 2012

Executive Officers:

President	Nigel Kelly
Vice President	Alan Cameron
Secretary	Ruth Gill
Treasurer	Jack Ewing

Non Executive Officers:

Assistant Treasurer	Kerry McIntosh
Minute Secretary	Vacant
Waiting List Secretary	Niall Bell
Competition Secretary	Stuart Reilly
Trophy Secretary	Terry Davies
Lead Development Coach	Gillian Wait
Coach Rep	Vacant
Press/Communications	Maria Glendinning
Swimwear & Equipment Coordinators	Patsy Kelly & Janice Houston
East District Representatives	Ruth Gill
West Lothian Representatives	Joe Robb & Darren Marr
Forth Valley Leagues	Rhonda Reilly & Kathryn Cameron
Swimming Technical Official	Craig Hossack
Child Protection Officer	Drew Elliot
Membership Secretary	Steven McLean
Lothian Region Rep	Ruth Gill
Fundraising Committee	Kathryn Cameron, Mairi Findlay, Ann Fisher, Maureen Drysdale,
Training Coordinator	Hannah O'Shea
Poolside Administrators	Mairi Findlay & Gwen Fleming (Tadpoles)
	Susie McLauchlan (Development)
	Vacant (Club Squads/ Masters)

There are various key areas within the club from poolside duties to fundraising to swimming technical officials to committee roles. Our aim is to encourage every parent within the club to take on a role.

Each of the Committee roles are normally allocated at our A.G.M., which is held every November.

The club is run by volunteers and we need commitment and help from the parents to ensure the continued success of the club.

Detailed above is a summary of the existing office bearers as elected at the previous A.G.M.

For each and every role listed, a job description has been created. These documents provide a better insight into the roles, their purpose, the various responsibilities and the time commitment needed to perform the job functions.

Bathgate ASC Coaching Staff (full profiles on web-site www.bathgateasc.co.uk)

Gillian Wait	Lead Development Coach
Alana Wait	Tadpoles & Development
Derek McCallum	Tadpoles & Development
Maureen Moran	Tadpoles
Debbie Wait	Tadpoles & Development
Anatasha Groenewald	Junior Club
Darren Marr	Tadpoles & Development
Lorna Gallagher	Development
Christie Moran	Tadpoles
Corrie Morland	Tadpoles & Development
Lisa Kelly	Development
Carol Service	Tadpoles

Our coaches and teachers come from various backgrounds and are all qualified to either ASA Teacher level 1 or 2. Our young assistants are being mentored by a qualified coach prior to undertaken a level 1 course.

The club encourage all parents to take an active role at the club. The club can arrange and finance teacher courses and ongoing CPD training. Please speak to any executive committee member for details.

Bathgate ASC Session Times 2012

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Top Development		St. Kents 6-7pm	Bathgate 6.30-7pm*LT 7-8pm		Bathgate 7-8.30pm	Bathgate 8-9.30am
Development		St. Kents 6-7pm	Bathgate 7-8pm		Bathgate 7-8pm	Bathgate 8-9am
Junior Club			Bathgate 8-9pm		Bathgate 8-9pm	Bathgate 8-9.30am
Masters & Senior Club (additional time)			Bathgate 8-9pm (With SWL)		Bathgate 8-9pm	Bathgate 8-9.30am
Tadpoles			Bathgate 6-6.30pm 6.30-7pm		Bathgate 6-6.30pm 6.30-7pm	

Executive Committee		
President	Nigel Kelly	01506 635704
Secretary	Ruth Gill	01506 653979 ruthgill@tiscali.co.uk
Treasurer	Jack Ewing	01506 654242 cathlaw6@btinternet.com



Club Contacts		
Competition Secretary	Stuart Reilly	01506 650247 stuartreilly@aol.com
Waiting List Secretary	Niall Bell	nbell@npeurope.com
Swimwear	Patsy Kelly Annette Bell	01506 635704 patsykelly@hotmail.co.uk
Child Protection Officer	Drew Elliot	07939869925 drew113@fsmail.net

BATHGATE AMATEUR
SWIMMING CLUB
B.A.S.C.



Bathgate ASC Web Site	www.bathgateasc.co.uk
Bathgate ASC on facebook	