



NEWSLETTER

FEBRUARY 2016

Chairman's Corner!

What a very busy autumn session for swimmers and volunteers alike. Some great swims in the winter league, with the team growing in confidence and stature through the series, boding well for the Counties and Summer Leagues. Open meets at Newmarket, Deben, Ipswich and Sudbury produced some excellent swims including many PBs and more county times.

The appointment of David Treliving in November as head coach has been well received. David is busy getting to know all the swimmers in the club and is spreading his time around all the squads as it is important for him to understand the strengths and weakness of our current squad system. David is planning some tweaks to the squad system after Easter which may include the introduction of a fitness squad for gold swimmers if they no longer wish to compete for the club. We will let you know more in due course.

We have 20 swimmers going to Counties this year, an increase over last year. There has been a small presentation of kit to all the swimmers just before the counties. Lots of potential for regional times at all age levels. Good luck to all the swimmers attending.

Club Presentation Night for 2015 is coming up on the 5th March. There will be a lot of awards both for the club champs as well as individual awards.

There is a recruitment night on the 18th March – if you know any potential swimmers please point them in our direction.

Changes to the format of the Club Champs and Presentation Night for 2016 are being evaluated. Since the Counties Champs moved forward to February, causing all the preceding events to be squashed up, it proved quite difficult to get all the Club Champs completed in 2015. The Committee is considering a summer event in early July when things are a bit quieter. The likely format will be small events over a couple of weeks with a finale on a Saturday afternoon followed by an evening presentation complete with food. More details to follow once the committee has completed its evaluation.

The AGM is scheduled for the Thursday 2nd June 2016. Nominations for election to the Committee will be asked for shortly. In particular the Club remains without a Secretary – a position we are required to fulfil to maintain our swim21 recognition. The agenda and nomination forms will be sent out shortly.

Once again good luck to all those swimming at the Counties.

Regards

Mark

Chairman.



MEET THE HEAD COACH

As you all know David Treliving joined us as head coach in November last year. We thought it would be good to know a bit more about him so we recently interviewed him.

How old were you when you first started swimming?

I first started swimming at age three and was coached by my mother throughout my time as a swimmer.

Did you swim competitively, and if so what was your favourite / strongest event?

I swam competitively within the Essex County and enjoyed all strokes; therefore naturally Medleys were my strongest and favourite events.

Which clubs have you swam for and coached at?

I swam for Colchester and started coaching at the age of 17. I was the youngest ever head coach at Stanway swimming Club. During that time I have coached some of the biggest and brightest talent you will see on the Regional and National stage.

What are your initial impressions of Felixstowe Waves and what are your aims for it in the future?

It's an incredible club with tremendous people who hold it very dear to their hearts. My aims are to inspire, influence and bring integrity to all swimmers within Felixstowe swimming club. As well as teach all those at Felixstowe Waves that there really are no limits to their success.

What would you say your most valuable piece of advice for a swimmer is?

The ones who say "you can't" and "you won't" are probably the ones scared that you WILL!. Never listen to those who tell you "you can't".

What is your favourite food?

Chicken and bacon Pasta bake.

What is your favourite colour?

Sun set (or sunrise) orange, especially when it shines into a swimming pool.

What is your favourite song, singer or group?

Hmmmm One D, am I allowed to say that....

What is your favourite holiday destination?

Somewhere hot with water sports, where I can enjoy time with my wife and children.



TIMEKEEPERS AND OFFICIALS TRAINING

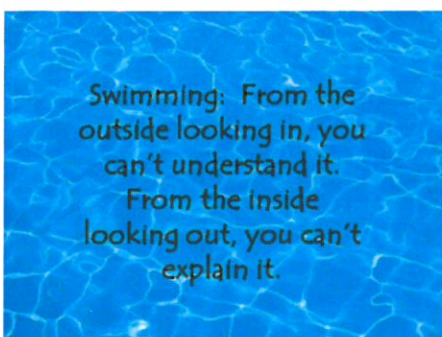
Felixstowe waves asked for volunteers to attend a course to learn how to be timekeepers and judges. Myself, Debbie, Rebecca, Caroline, Louise, Thomas, Hazel, Faye and Stuart attended a timekeeper and judges course at Brackenbury sports centre in November.

During the timekeeping course we learnt about the different techniques used when at galas and the different rules that we would need to know. Maths was a big part of this course.

After we had completed the course, we had to attend galas and open meets to be mentored. This meant that we were practicing using the stopwatch, and then moved onto the backup button as well when we felt comfortable. To pass the course we had to be watched as we timed 15 races and had to get within the finish board and officials time. I went to the Newmarket Open on the Saturday and timed all the races in the morning. It was great fun watching all the swimmers and being part of the gala, even if I couldn't cheer for anyone! The officials there looked after me, and provided drinks and lunch for the day. Once I had passed the timekeeping course, I then started my chief timekeeping course in the afternoon. This sounds scarier than it is....you start your stopwatch at the beginning of the race in case someone's stopwatch fails, and split it when the first person finishes and stop it when the last person finishes.

I attended the Sudbury gala in January and qualified as chief timekeeper and started my training for my starts and turns judges qualification.

I really enjoyed doing the course and being able to attend the galas even if I wasn't swimming. It's a great way of being involved in the swimming club, and I would like to thank Felixstowe Waves for funding this course for all the volunteers. I hope that there will be lots of young swimmers and parents who will volunteer next time...I've had a great time and am proud that I will be able to help with galas in future and represent the club both in swimming and as an official



10 Swimmer Excuses

1. I got a cramp
2. The water is too cold
3. I didn't hear the start horn
4. My goggles leaked.
5. There's too much chlorine.
6. The water is too warm.
7. I HATE that stroke.
8. I slipped on the block
9. My feet slipped on the turn
10. I forgot my swim suit.



COUNTY CHAMPIONSHIPS 2016



Our swimmers have all received their County Kit bags from the club, speaking to the swimmers they are all really pleased with them and they thank the club for them, these kit bags are given as a well done to the swimmers for achieving County qualifying times. The Championships have already started with the Long distance events at Norwich and they continue for three weekends from 13th February. Good luck to all our swimmers and we look forward to hearing how you all get on. Lots of pb's and Regional times to come.

Learner/Improver group update

We were pleased to see all of our teaching group swimmers returning to the pool full of enthusiasm after the Christmas break and ready to start the term. We currently have 5 teaching groups that are split into Learners and Improvers (Learners, Improver 1, 2, 3a, 3b and 4). You will have noticed that our Improver three group has been split into two, this is due to size. Both Improver 3a and 3b are both taught to the same lesson plan and are of the same ability. Our improver 4 group, which is our pre-squad teaching group, has recently added an additional session on Sunday evening. The extra session is to begin preparing swimmers for entry into the squads and also to ensure that they have achieved their Competitive Start Award (CSA) prior to becoming a squad swimmer. (see link for more information:<http://www.swimming.org/assets/uploads/library/Competitive Start Award 18-08-11 1.pdf>).

All of our teachers are ASA qualified and are supported by our team of qualified Aquatic Helpers. Our teaching follows the ASA learn to swim pathway with a particular focus on competitive swimming. We don't issue certificates and badges for each of the stages but we do provide constructive feedback to the swimmers at the end of each term, highlighting what they need to work on in order to keep progressing. We are currently working on our "move up" criteria and will be making this transparent to parents later this year.

If you have any questions about the teaching groups, please just let me know.

Caroline.

GENERAL INFO.

As Mark has already mentioned we have our next taster session on Friday 18th March, if you know of any swimmers aged 6 to 10 years who you think may be interested in joining the club they can contact Sam Issacs, our membership secretary by email membership@felixstowe-waves.com for details of the session.

We are hosting a Novice Gala on Saturday 16th April, we will have 2 teams in this event so look out for further details and your invite to swim in the next couple of weeks.

Entry forms for the Ipswich Open on 19th & 20th March are poolside and have been sent to all squad swimmers by email, please make sure Louise has your entry back by Monday 22nd February, if you don't see her at the pool please email entry to lboyt@btinternet.com and give her the hard copy and payment next time you see her.

There has been a bit of confusion this year with payment of ASA fees and Club Membership subscriptions. To clarify the ASA Fee is an annual fee which we as a club and all members have to pay to the ASA this is to cover insurance. The Club Membership is the monthly membership fee that is paid by swimmers for their swimming time.

Swim club manager is our online data system you can access this to see the swim times for the swimmers and also update personal information, such as change of address, phone number, email and medical information. If you are having problems logging into swim club manager or have lost or forgotten your password please email our swim director Jason Flower on swim director@felixstowe-waves.com and he will reset it for you.

At the end of this newsletter there are club code of conduct for swimmers, parents & volunteers, please ensure that everyone is aware of the expected behaviour at the club. Could the committee take this opportunity to remind parents and carers that they are responsible for their child once they leave poolside and enter the shower and changing room areas.

After the success of last years Olympic trip we will be arranging another this year please keep a look out for details.

Request for raffle prizes – We have the club presentation night and a novice gala coming up in the next few weeks. Any donations of prizes would be greatly appreciated, please pass these to any of the committee.

Felixstowe Swimming Club

Term Dates 2016



	Learner / Improvers	
Term	Start	Finish
Spring 2016	Friday 8th January	Friday 18th March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Friday 16th December
	Squads	
Term	Start	Finish
Spring 2016	Sunday 3rd January	Wednesday 23rd March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Sunday 18th December
** Note: No training sessions on BANK HOLIDAY MONDAYS		
	Woolverstone Training Dates for Gold and Seniors	
Term	Start	Finish
Spring 2016	Monday 11th January	Monday 21st March
Summer 2016	Monday 4th April	Monday 18th July
Autumn 2016	Monday 5th September	Monday 12th December
** Note: No training sessions on BANK HOLIDAY MONDAYS		
	Land Training	
Term	Start	Finish
Spring 2016	Friday 8th January	Friday 18th March
Summer 2016	Friday 1st April	Friday 22nd July
Autumn 2016	Friday 2nd September	Friday 16th December

Felixstowe Swimming Club



Programme of Events

	Date	Event	Contact
JAN	08.01.16	Closing date for entries to County Champs	
	09.01.16	Starts and Turns Practice,Crown Pools 1600hrs to 1700hrs	
	23.01.16	Starts and Turns Practice,Crown Pools 1600hrs to 1700hrs	
	30/31.01.16	County Champs Long Distance	
FEB	13/14.02.16	County Champs	
	20/21.02.16	County Champs	
	28.02.16	County Champs	
MAR	05.03.16	Club Presentation Evening	
	18.03.16	Recruitment Night - 19.30hrs	
	19/20.03.16	Teamipswich Open Meet - Level 3	
	19.03.16	Swimathon - FLC	
	24.03.16	FSC Social Evening for Coaches/Teachers/Helpers/Committee	
APR	16.04.16	Felixstowe Novice Team Gala	
	16/17.04.16	Newmarket Open Meet - Level 3	
	30.04.16	East Region Long Course Championships - Norwich	
MAY	1/2.05.16	East Region Long Course Championships - Norwich	
	14.05.16	Summer League 1	
	20.05.16	FSC Club Champs 400m	
	28/29/30.05.16	East Region Long Course Championships - Norwich	
JUN	02.06.16	FSC AGM	
	04.06.16	FSC Club Champs 100m & 200 IM	
	11.06.16	Summer League 2	
	15.06.16	FSC Club Champs 200m - Girls Fly/Breast - Boys Free/Back	
	18/19.06.16	Suffolk County ASA Development Championships - Newmarket	
	22.06.16	FSC Club Champs 200m - Boys Fly/Breast - Girls Free/Back	
JULY	02.07.16	Summer League Grand Finals	
	09.07.16	FSC Club Sprints & Presentation Night	
	10.07.16	Ipswich July Open Meet - Level 3	
	17.07.16	Open Water Championships - Whitlingham	
AUG			
SEP		Olympic Pool Trip - Date to be Advised	
OCT	14/15/16.10.16	Deben SC open meet - level 3	
	29.110.16	Winter League 1	
NOV		Ipswich Open Meet - Date to be Advised	
	26.11.16	Winter league 2	
DEC			
JAN - 2017	14.01.17	Winter League Grand Finals	

Code of Conduct for Swimmers from all Disciplines

General behaviour

- Treat all members of and persons associated with the ASA with due dignity and respect.
- Treat everyone equally and never discriminate against another person associated with the ASA on any grounds including that of age, sexual orientation, ethnic origin or nationality.
- The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the club disciplinary or child welfare policy.
- Display a high standard of behaviour at all times. Always report any poor behaviour by others to an appropriate club officer.
- Recognise and celebrate the good performance and success of fellow club and team members

Swimming training

- Treat your coach and fellow swimmers with respect.
- Make your coach aware if you have difficulties in attending training sessions as laid down for your squad.
- Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
- If you arrive late report to your coach before entering the pool.
- Ensure you have all your equipment with you, i.e. paddles; kick boards, hats, goggles etc.
- If you need to leave the pool for any reason during training inform your coach before doing so.
- Listen to what your coach is telling you at all times and obey instructions given.
- Always swim to the wall as you do in a race, and practice turns as instructed.
- Do not stop and stand in the lane, or obstruct others from completing their training.
- Do not pull on the ropes as this may injure other swimmers.
- Do not skip lengths or sets - you are only cheating yourself.
- Think about what you are doing during training and if you have any problems discuss them with your coach at an appropriate time.
- If you have any problems with the behaviour of fellow club members report them at the time to an appropriate adult.

Competition

- At competitions whether they be open meets, national events or club galas always behave in a manner that shows respect to both your club coach, officers and team mates and the members of all competing clubs.
- You will be required to attend events and galas that the Chief Coach has entered / selected you for unless previously agreed otherwise with the relevant club official and coach.
- You must wear appropriate swimwear, tracksuits, T shirts/shorts and hats as laid down by the club.
- Report to your club coach and / or Team manager on arrival on poolside.
- Warm-up before the event as directed by the coach in charge on that day and ensure you fully prepare yourself for the race.
- Be Part of the Team. Stay with the Team on poolside. If you have to leave poolside for any reason inform and in some cases get the consent of the Team manager / coach before doing so
- After your race report to your coach for feedback.
- Support your team mates. Everyone likes to be supported and they will be supporting you.
- Swim down after the race, if possible again as advised by your coach. Your behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- Never leave an event until either the gala is complete or you have the explicit agreement of the club coach or team manager.

Signed: *Mark S Evans*

May 2015

Chairman, Mark Evans

Code of Conduct for Parents

Parents/carers are expected to:

- Complete and return the Medical Information Form as requested by the club. Any changes in the state of your child's health should be reported to the coach prior to coaching sessions. Ensure the club has up to date contact details for you and any alternative person.
- Deliver and collect your child punctually to and from coaching sessions/swim meets. If the club changes your child's lane and changing times, please remember the change is to provide appropriate levels of training for your child and should be facilitated and encouraged.
- Ensure your child is properly and adequately attired for the training session/events including all required equipment, i.e. hats, goggles etc.
- Inform the Coach/Welfare Officer before a session if your child is to be collected early from a coaching session/meet and if so by whom.
- Encourage your child to obey rules and teach them that they can only do their best.
- Behave responsibly as a spectator at training / meets and treat swimmers, coaches, committee members and parents with due respect the ASA commitment to equality
- Ensure you do not use inappropriate language within the club environment.
- Show appreciation and support your child and all the team members.
- Ensure your child's needs are met in terms of nutritional needs and listen to advice given from the club coach / nutritionist.
- Support the club coach and committee appropriately and raise any concerns you have in an appropriate manner. Details of the club Welfare Officer can be found on the Club's Website
- Do not enter poolside unless requested to do so or in an emergency. If you wish to have a discussion with the coach check with the club Welfare Officer how this can be arranged.
- Most of all help your child enjoy the sport and achieve to the best of their ability.

The club will undertake to:

- Inform you at once if your child is ill and ensure their well-being until you take responsibility.
- Ensure good child safeguarding guidelines are followed at all times to keep your child safe.
- Ensure all activities are properly supervised / taught / coached and consent is obtained for any activity outside of that previously agreed.

The parent has a right to:

- Make a complaint to the club if they feel the club is not acting appropriate to ASA / club rules and regulations. Details of how to do this can be obtained from the club Welfare Officer.
- Make a complaint on behalf of their child to the ASA Office of Judicial Administration.

Signed: *Mark S Evans*

May 2015

Chairman, Mark Evans

Code of Conduct for Swimming Coaches and Teachers

- Put the well-being, health and safety of members above all considerations
- At all times adhere to the ASA Code of Ethics, Rules and Regulations.
- At all times adhere to Wavepower the ASA Child Safeguarding Policy and Procedures.
- At all times adhere to the ASA Equality Policy.
- Consistently display high standards of behaviour and appearance.
- Treat all swimmers with respect and dignity, value their worth and treat everyone equally, recognising their needs and abilities within the context of their sport.
- Develop an appropriate working relationship with swimmers based on mutual trust and respect.
- Always place the well-being, health and safety of swimmers above all other considerations.
- Always ensure that all teaching, coaching and competition programmes are appropriate for the age, ability and experience of the individual swimmer.
- Always identify and meet the needs of the individual swimmer as well the needs of the team.
- Be fair and equal in team and training squad selection.
- Never exert undue influence to obtain personal benefit or reward. In particular, coaches must not use their position to establish or pursue a sexual or improper relationship with an athlete or someone close to them.
- Encourage and guide swimmers to accept responsibility for their own behaviour and performance.
- Continue to seek and maintain their own professional development in all areas in relation to teaching and coaching children.
- Treat all information of a personal nature about individual swimmers as confidential, except in circumstances where to do so will allow the child to be placed at risk of harm or continue to be at risk of harm.
- Encourage all swimmers to obey the spirit of the rules and regulations both in and out of the pool.
- Co-operate fully with other specialists (e.g. other coaches, officials, sport scientists, doctors, and physiotherapists) in the best interests of the swimmer.
- Never encourage or condone swimmers, volunteers, officials or parents to violate the rules of the club or the sport and report any violations appropriately.
- Observe the authority and the decision of the officials and only question those decisions in the appropriate manner.
- Treat all competitors and other club teams with respect, whether that is in victory or defeat and encourage all team members and fellow club members to do the same.
- Refer all concerns of a child safeguarding nature in line with the procedures detailed in Wavepower 2012/15

Signed: *Mark S Evans*

May 2015

Chairman, Mark Evans
