



SHIVERERS S.C.



Welcome to

Shiverers Swimming Club

“Friendly, Fun and Fast”

The Club’s website address is:

www.shiverers.co.uk
[email: swim@shiverers.co.uk](mailto:swim@shiverers.co.uk)

Vision Statement

We will be the most successful club in Sussex at consistently producing national qualifying swimmers

Introduction

We would like to extend a very warm welcome to you and your family. We hope you and your children enjoy swimming with the Club and are able to achieve your goals in the fantastic and beneficial world of swimming. You may have aims to become a strong and confident swimmer, to swim for your school or have the goal of swimming for Sussex, or even your country. Either way, you have made a good decision to come to Shiverers.

Over the years, we have taught thousands of children to swim and to enjoy swimming, hundreds have swum for Sussex and some have reached their ultimate ambition of representing their country.

The Club's Age Group swimmers aged 9-14 years have had outstanding success at the ASA Sussex County Championships, finishing in the top 3 for the past 8 years (1st in 2010 and 2011). With such a high standard being set by the age groups, the youth squad is always having to push for higher performance, with several swimmers regularly swimming at the ASA national championships.

This Welcome Pack has been designed to answer some of the many questions you may have. However, if you have any questions, please do not hesitate to either approach, email or call a Committee Member. We are here to help.

The Club has a number of important policy statements which sets the tone of how the Club is operated. These documents are posted on the Club's website www.shiverers.co.uk and you are encouraged to read, understand and follow them. The documents outline our approach to anti-bullying, child protection, equity matters, disability and our Codes of Conduct for swimmers, parents, coaches, teachers, poolside helpers, officers and officials.

Contents	Page
Pool Use, Swimmer Groups and Progress to the next Group	2
Swim Shop	2
Star Times – To determine which level is appropriate	3
Training Sessions at all pools	4 - 5
Paying for Membership and Swimming Fees	6
Club Coaches	7
Poolside and Other Volunteers	7
Membership of the ASA (Amateur Swimming Association)	8
Entering Galas	9 - 10
Club Management Committee	11
Useful Contact Names and Details	11

Pools Used by the Club

King Alfred in Hove
Lancing College Swimming Pool
Brighton College Swimming Pool

K2 at Crawley used
for occasional
sessions



We swim all year, but the College pools at Lancing and Brighton are usually closed for a few weeks in August and for a few days over Christmas and New Year. There is normally no swimming on Bank Holidays at any of the pools. Members will be emailed about pool closures, and you are encouraged to look at the website and the notice boards, at all venues, for any changes to sessions and other general information.

The Club has two overseas training camps each year and all members are able to attend, subject to meeting minimum swim levels as determined by the coaches. Please ask for details.

Swim Shop

The Club operates a swim shop on a Friday evening at the King Alfred Leisure Centre. The shop is open from 6.30pm to 8.00pm. There is a range of swim clothing and equipment available and further items can be ordered via the Club or direct from our suppliers. The essential items for training can be purchased at competitive prices, such as goggles, Club swim hats, flippers, kick boards, Club rucksacks and Club Polo Shirts. A small range of drinks and sweets is also available.

The shop is always reviewing its product range. New ideas are welcomed, and for example we are looking to include a Club towel and new poolside shirts. A personalised Club "hoodie" is available to order, plus a good range of racing goggles and other training equipment. Details of new products will be emailed to all members.

Swimmer Groups

Swimmers are organised within the Club by standard, irrespective of age. We have two learner groups and then two improver groups (that we call badges). You then move into the 1 star, 2 stars, 3, 4 and 5 star groups.

Progress to the Next Group

For learners, there are regular reviews which are undertaken by the teachers and progression to the next group is at their discretion. For badges upwards, there is monthly testing which takes place on the last Friday of each month during a swimmer's normal session. The Club has found that this group system works well, with swimmers of a similar standard keeping together and not becoming disillusioned for example by being in a group based on age with vastly different standards.

The details of swimmers times are recorded and kept by Kate Trafford. The information is updated monthly and swimmers progress can be seen over the recent months of activity. These times are posted on the notice boards and we are planning to add this information to the website in the near future.

The times to progress through the Star Groups are listed in the following Star Group Times sheet.

☆ **Star Group Times** 

1 Star Group	Boys	Girls
Freestyle (50m)	1.03.00	1.05.00
Backstroke (50m)	1.05.00	1.07.00
Breaststroke (50m)	1.09.00	1.11.00
2 Star Group	Boys	Girls
Freestyle (50m)	0.47.00	0.49.00
Backstroke (50m)	0.49.00	0.52.00
Breaststroke (50m)	0.54.00	0.58.00
Butterfly (50m)	0.54.00	0.58.00
Individual Medley (100m)	2.05.00	2.10.00
Individual Medley (200m)	4.00.00	4.03.00
3 Star Group	Boys	Girls
Freestyle (50m)	0.41.00	0.43.00
Backstroke (50m)	0.42.00	0.45.00
Breaststroke (50m)	0.47.00	0.49.00
Butterfly (50m)	0.47.00	0.49.00
Individual Medley (100m)	1.42.00	1.45.00
Individual Medley (200m)	3.40.00	3.54.00
4 Star Group	Boys	Girls
Freestyle (100m)	1.13.00	1.14.00
Backstroke (100m)	1.24.00	1.25.00
Breaststroke (100m)	1.33.00	1.34.00
Butterfly (100m)	1.22.00	1.24.00
Individual Medley (100m)	1.25.00	1.28.00
Individual Medley (200m)	3.00.00	3.03.00
5 Star Group	Boys	Girls
Freestyle (100m)	1.02.00	1.06.00
Backstroke (100m)	1.12.00	1.17.00
Breaststroke (100m)	1.20.00	1.25.00
Butterfly (100m)	1.10.00	1.14.00
Individual Medley (200m)	2.37.00	2.43.00

We encourage every swimmer to be aware of their best times. As they gain experience, a logbook is essential to record "Personal Best" times for the various strokes and distances. A record of the times is essential when entering your child into galas because the races are usually seeded and you have to enter your best time on the entry form.

June 2008

Training Sessions

Group	Coach	Day	Times	Venue
Applicant Testing	Tim Spray	Friday	6.00-6.15pm	King Alfred

Learners	Beverley Atkinson	Tuesday	6.30-7.00pm	King Alfred (LP)
Improvers	Beverley Atkinson	Tuesday	7.00-7.30pm	King Alfred (LP)
Learners	Beverley Atkinson	Friday	6.00-6.30pm	King Alfred (LP)
Improvers	Beverley Atkinson	Friday	6.30-7.00pm	King Alfred (LP)

(LP) = Learner Pool

Badges 1	Beverley Atkinson	Friday	7.00-7.45pm	King Alfred (LP)
Badges 2	Tim Spray	Friday	6.15-7.00pm	King Alfred
All Badges	Beverley Atkinson	Tuesday	7.30-8.00pm	King Alfred (LP)
All Badges	Karen Woolliscroft	Wednesday (*)	6.00-7.00pm	Brighton College
All Badges	Karen Woolliscroft	Sunday (*)	2.00-3.00pm	Lancing College

(LP) = Learner Pool

(*) Only if swimmer is confident in deep water

1 Star	Karen Woolliscroft	Monday	6.00-7.30am	Lancing College
		Monday	6.30-7.30pm	Lancing College
	Karen Woolliscroft	Tuesday	6.00-7.30am	Lancing College
	Beverley Atkinson	Tuesday	8.00-8.30pm	King Alfred(LP)
	Karen Woolliscroft	Wednesday	6.00-7.00pm	Brighton College
	Karen Woolliscroft	Thursday	6.00-7.30am	Lancing College
		Thursday	6.00-7.00pm	Lancing College
	Karen Woolliscroft	Friday	6.00-7.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-8.30pm	King Alfred

2 Star	Karen Woolliscroft	Monday	6.00-7.30am	Lancing College
		Monday	6.30-7.30pm	Lancing College
	Karen Woolliscroft	Tuesday	6.00-7.30am	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (**)	Brighton College
	Karen Woolliscroft	Thursday	6.00-7.30am	Lancing College
		Thursday	6.00-7.00pm	Lancing College
	Karen Woolliscroft	Friday	6.00-7.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-8.30pm	King Alfred

(**) 1 or 2 hours at coaches' discretion

Training Sessions (continued)

Group	Coach	Day	Times	Venue
3 Star	Ian Newell	Monday	6.00-7.30am	Lancing College
	Ian Newell	Monday	6.30-7.30pm	Lancing College
	Ian Newell	Tuesday	6.00-7.30am	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (**)	Brighton College
	Ian Newell	Thursday	6.00-7.30am	Lancing College
	Ian Newell	Thursday	6.00-7.00pm	Lancing College
	Ian Newell	Friday	7.00-8.00pm	King Alfred
	Karen Woolliscroft	Sunday	2.00-3.00pm	Lancing College
	TBA	Sunday	7.30-9.00pm	King Alfred

(**) 1 or 2 hours at coaches' discretion

4 - 5 Star	Ian Newell	Monday	6.00-7.30am	Lancing College
	Ian Newell	Monday	7.30-8.30pm	Lancing College
	Karen Woolliscroft	Monday	9.00-10.00pm	King Alfred
	Ian Newell	Tuesday	6.00-7.30am	Lancing College
	TBA	Tuesday	9.00-10.00pm	King Alfred
	Ian Newell	Wednesday	7.00-9.00pm	Lancing College
	Karen Woolliscroft	Wednesday	6.00-8.00pm (***)	Brighton College
	Ian Newell	Thursday	6.00-7.30am	Lancing College
	Ian Newell	Thursday	7.00-8.30pm	Lancing College
	Ian Newell	Friday	8.00-9.30pm	King Alfred
	Ian Newell	Sunday	12.00-2.00pm	Lancing College
	TBA	Sunday	7.30-9.00pm	King Alfred

(***) For younger 4 & 5* swimmers

The Competitive squad are comprised of 3* swimmers selected by the coach to swim with the 4/5* swimmers and who are training to compete at galas and represent the Shiverers team. Occasional 50m training is provided at the K2 Crawley pool for selected competition swimmers across all groups.

Masters	Julie Fowlie	Monday	9.00-10.00pm	King Alfred
	TBA	Tuesday	9.00-10.00pm	King Alfred
	Ian Newell	Friday	8.00-9.30pm	King Alfred
	TBA	Sunday	7.30-9.00pm	King Alfred

At the discretion of the coach, competing masters may swim in the other 4/5* sessions.

January 2011

Paying for Membership and Swimming Sessions

To join the Club an Annual Membership Fee must be paid, this will give you insurance through our governing body, the Amateur Swimming Association (ASA). Subscriptions run from 1 April – 31 March, with a reduction being made for those joining late in the year.

We encourage everyone to pay the monthly swim fees by Standing Order. Should you have any questions on fees and the payment arrangements then please speak to our Treasurer, Derek Fowlie.

2011-12 Annual Subscriptions & Fees

The Committee has agreed the following fees and subscriptions for 2011-12:



Annual Subscriptions: Individual Membership: £36.00 (Due 1 April 2011). A reduced fee of £20 is payable in the third quarter of the year, and £10 in the last three months. Parents/Guardian Membership: £10.00. Volunteer Membership: £Free.

Swimming Fees:

Category	Monthly by Cheque/Cash	Monthly by Standing Order	Annual
One session only	£23.00	£21.00	£ 240
Badges	£30.00	£27.00	£ 308
1 & 2 Star	£34.00	£32.00	£ 365
3 Star	£42.00	£40.00	£ 456
Comp Squad	£50.00	£48.00	£ 547
4 & 5 Star	£50.00	£48.00	£ 547
Seniors/Masters	£25.00	£23.00	£ 262
Comp Masters	£34.00	£32.00	£ 365
Families	£100.00	£93.00	£1060

Cash payments for individual sessions are £6.00 per session.

Members are encouraged to pay their swimming fees by standing order.

Lessons for Learners and Improvers are:

£60.00* for a 10 week course swimming once a week

£107.00* for a 10 week course swimming twice a week

*Includes pro-rata £7.00 Club membership fee for 10 week period.

The pool in Cyprus, previously used for training camp in the Spring.



Club Coaches

Here at Shiverers, we have two fully qualified coaches who oversee the vast majority of the training sessions. To assist them, we have a number of highly talented poolside coaches, teachers and helpers, all of whom are approachable, friendly and willing to answer any questions you might have.

IAN NEWELL – Head Coach

Ian has over 40 years experience in swimming -30 years with Shiverers. He is A.S.A qualified as a teacher. In his younger days, Ian was a member at Ilford Swimming Club and swam for Essex. Ian has been responsible for starting many swimmers off on their road to success, including David Dunne (Olympic relay medallist,) Karen Pickering MBE (Commonwealth Gold), Steven Akers (represented GB in Commonwealth Games), Emma and Kate Jackson, Dennis Allen, James Collins, Richard Salt, Simon Burtenshaw – all of whom swam and trained with Shiverers and then went on to represent Great Britain or England. A current success is Charlotte Woolliscroft, who has been a member of the GB Swim Team, and travelled with the team to the 2008 Beijing Olympics.

KAREN WOOLLISCROFT– Assistant Coach

Karen has an extremely busy life within the Club, running or assisting at many training sessions, being a County swimmer and Master swimmer in her younger days and having three children in our Club. Karen has a great deal of experience, energy and enthusiasm.

We are lucky to have such a highly motivated and dedicated pair leading our poolside team. We also have a group of friendly and helpful volunteers who are an invaluable asset to the club. If you have any questions at all about training contact Karen on karenwoolliscroft@hotmail.com

Poolside and Other Helpers

We always encourage parents and senior members to help on poolside, which is a good way of giving something back into Shiverers. In return you are encouraged to gain personal experience with "in-house Club teacher training," and outside courses, which are extremely interesting and enjoyable. Speak to Karen on 01903 741481 should you wish to help or if you have any questions.

You may wish to help behind the scenes as an administrator or become an ASA registered official. If this is the case, then please speak to Derek Fowlie our Club Secretary, who is always looking for volunteers. It is not as daunting as you may think and gets you involved in helping to run our Club.



Membership of the ASA

Background

When you join the Club you become a member of the ASA. You will have completed an ASA Registration Form upon joining the Club and the ASA will issue you with a number. This number does not change unless you leave the Club and subsequently re-join. There are three categories of ASA membership. The ASA fees are payable by the Club in March of each year. The smaller fees for Categories 1 and 3 are already included in the Club's Annual Membership Fee. The Category 2 fee is payable by each competitive swimmer in February each year to Shiverers, for onward transmission to the ASA. Failure to pay this fee will mean that swimmers will not be able to compete in galas. The fees shown below are the fees for 2011.

Category 1 - £7.10 per person (included in Shiverers Membership Fee)

Category One shall include all members of any age who are learning to swim or who are swimmers at any level and who do not compete in any discipline in open competition, other than those exempted under the ASA Law 312.1.2 and those competitions designated as "Low Level Competition."

Category 2 - £23.25 per person (payable in February 2011)

Category Two shall include all members of any age who compete in any discipline in open competitions, other than those exempted under the ASA Law 312.1.2 and those competitions designated as "Low Level Competition."

Category 3 - £4.10 per person (included in Shiverers Membership Fee)

Category Three shall include all members of any age who are not in categories one or two above including, but not being limited to, any persons who have voting rights in their club by virtue of being a parent of, or a person with parental responsibility for, a member in categories one or two; administrators; associate members; coaches; helpers; honorary members; life members; officers; qualified officials of any discipline; patrons; teachers; temporary members; vice-presidents and verifiers or tutors of the Association's educational certificates.

Entering Galas

Open Galas

To enter an open gala you need to fill out an entry form and for many galas swimmers will have to have achieved the appropriate entry times. Entry forms can be obtained from Lorraine Lelliott (Gala Secretary) or Karen Woolliscroft. Completed entry forms must then be returned with the entry fee before the closing date to Lorraine Lelliott. The list of galas is given on the Club website and the notice boards and is regularly updated.

A useful piece of advice for those attending a gala for the first time, is if you think that King Alfred is hot, some of the gala venues are even hotter. If you are going to be at the gala for most of the day, it is a good idea to wear lightweight or cool clothing. Make sure that the swimmer has plenty of fluids and enough to eat throughout the day. Some venues have reasonable catering areas but several are very limited in what they provide. Galas can be great fun for swimmers and spectators alike.

The Gala Secretary has produced some useful **Do's and Don'ts** about gala entry forms:

Do hand your gala entries and fees to Lorraine Lelliott or post them to:
67 Wiston Avenue, Worthing, West Sussex BN14 7PT

Don't hand your gala entries and fees to the Coaches, Front Desk, SwimShop, Treasurer, or anyone else who you think might know what to do with them.

Do make your cheque payable to Shiverers S.C.

Don't make your cheque payable to the club or association holding the gala.

Do write brief details on the back of the cheque what your payment is for (i.e. gala name, swimmer(s) name, number of events x event cost = cheque total)

Don't leave it to the person handling your cheque to guess what it is for.

Do plan ahead, fill in entry forms promptly, and submit them to the Gala Secretaries well in advance of closing dates.

Don't submit late entries and expect to be accommodated.

At present gala entry fees are finding their way into the Club's bank account in many different ways; frequently at late notice; occasionally unidentified and sometimes without the knowledge of the Gala Secretary. The Club will only complete entries on behalf of swimmers who have complied with the above guidelines, which are issued to help swimmers and their parents and are intended to avoid disappointment.

We recommend that you keep a record of your child's swim times. If you need an example of a spreadsheet then please ask Derek Fowlie for a copy. You will need to enter the swimmer's best times on the gala entry form, so a methodical record is a useful tool.

Sussex County, South East Region and National Championships

To enter these events, you must have attained a specific time and will need to complete an entry form. The forms are available from Lorraine Lelliott or Karen Woolliscroft and will need to be returned before the closing date with the entry fee.

Invitation and Relay Galas

You will be invited on a selection basis to represent the Club by the Head Coach, or Assistant Coach, and if invited, you must confirm your place in the team as soon as possible.

Club Championships

The Club Championships are normally held in June each year.

There are races for 9 year olds and under, 10 years, 11 years, 12 years, under 14, under 17 and Open in all strokes and an individual medley. Trophies are awarded to the winners of each age group, medals are awarded to the top three.

Swimmers are encouraged to enter these races, which prepare them for bigger events in the future. We also explain that it is not the winning that is important but the taking part.

National Swimming League

There are three of these events a year, usually in the London area. Coach transport is provided for at £5 per person. Again, you will be invited to represent the Club and you must confirm your attendance in the team. These events are important to the Club and we aim to field our strongest team, so please make every effort to attend if selected. Spectators are very welcome.

Club Management Committee

PRESIDENT

Mr Neil Tasker

CHAIRMAN

Mr James Young

CLUB SECRETARY

Mrs Michelle Hunt

TREASURER

Mr Derek Fowlie

COMMITTEE MEMBERS

Mr Alan Burnell, Mrs Erica Eastbury, Mr Mark Emery,
Mr Sean Hunt, Mr Hung Quach, Mrs Karen Woolliscroft

MEN'S CAPTAIN

Mr Alex Cranford

LADIES' CAPTAIN

Ms Charlotte Woolliscroft

Useful telephone numbers and email addresses

Mrs Karen Woolliscroft Assistant Coach	01903 741481 karenwoolliscroft@hotmail.com
Mrs Lorraine Lelliott Gala Secretary	01903 218824 g.elliott@ntlworld.com
Mr Ian Newell Club Coach	07548 257877
Mrs Michelle Hunt Club Secretary	07806 624840 michellehunt17@hotmail.com
Vacant Membership Secretary	
Mrs Carolyn Margaroli Welfare Officer	01903 247714 simonmargaroli17@aol.com
Mr Derek Fowlie Treasurer	07831 455243 md@BurgundyWines.co.uk

Another useful swimming website is www.britishswimming.org which explains all about the ASA, gives stroke advice and important swimming events, as well as news updates on the country's top swimmers. You can also see where you are ranked in the county, region and country.

We hope that this Welcome pack has been useful. Don't forget to use the Club website, which will continue to be updated and will include information for parents and swimmers to help you to understand about current topics and will also aim to inform you about longer term development issues.

Please remember that whatever standard you reach, it is important that you enjoy being a member of Shiverers Swimming Club and that you improve sufficiently to feel confident and safe in the water. Enjoy your swimming, wherever it may lead to.