



HETTON ASC

Memembership pack





Hetton ASC

Hetton Amateur Swimming Club creates an atmosphere where all members find swimming an enjoyable and sociable experience. The club will become a way of life and members will form long term friendships.

The club aims to provide:

- A warm and friendly atmosphere
- The highest standard of teaching and coaching
- The opportunity for all members to develop and achieve their full potential
- The opportunity for long term development and the chance to obtain qualifications in teaching, coaching and other related courses
- A dedicated, approachable committee run by volunteer parents.

All we ask in return is that swimmers give 100% effort in all training sessions, that they adhere to the Club's Code of Conduct and Constitution. If they are chosen for the Junior League squad they attend all Junior League training sessions and galas.

Finally they attend our Club Summer gala.

Thank you for considering our club and we look forward to getting to know you.

Georgina Fuller

Club Chair



Training Sessions all held at Hetton Community pool

- Monday 19:30 to 21:00
- Tuesday 20:00 to 21:00 (completive swimmers by invitation only)
- Wednesday 20:00 to 21:00
- Thursday 20:00 to 21:00
- Friday 19:30 to 20:30 (C squad)
- Friday 19:30 to 21:00 (A&B squad)

All swimmers should arrive at the pool 10 minutes before the session is due to start and sign in with whoever is taking the register.

They should be ready to enter the pool at the allocated time.

No swimmer should enter the pool unless directed by one of the coaching staff.

Swimmers will need:

- Suitable swimmer wear including swim hat
- Goggles
- Drinks Bottle – containing water or weak diluted juice.

Swimmers will also use:

- Kickboards
- Pull Buoys
- Training Fins



Annual membership costs

Membership fees are payable on joining and annually in February.

- Non-competitive swimmers £45
- Competitive swimmers £70

Please pay the annual membership fee into the following bank account:

- Account Name: Hetton ASC
- Sort Code 20 27 41 Account Number 40469955
- Include your swimmers name on the transfer

Swimming session costs per month

- 1 session per week £19
- 2 sessions per week £32
- 3 sessions per week £42
- 4 sessions per week £47
- 5 sessions per week £52

All session fees are payable by standing order on the 1st of each month in advance

The standing order should be made payable to **(please note this is a different account to the membership fees):**

- Account name: Hetton ASC
- Sort Code 20-27-41
- Account Number 73698785

Use your child's name as the reference or we will not know who the payment is for.



To join Hetton ASC:

- Complete the membership form on our website
- Read the Code of Conduct for swimmers and parents
- Pay annual membership fee direct into our bank account
- Set up standing order for monthly session fees from the 1st of the month
- All forms need to be completed before your child can start swimming
- Your swimmer's personal data and your email address will be used to register the swimmer with Swim England
- The swimmer is unable to join Hetton ASC without us registering them with Swim England as registration with Swim England is required for our insurance policy
- If your swimmer is aged 12 and under a responsible adult must be present during their swimming session

Please read Swim England's full privacy notice, to see how we treat your personal information that you provide to us, this is available on our website at www.hettonasc.com,

Communication

We will keep you up to date with events at the club by email. This will include quarterly newsletters, details of galas, urgent communications, for example session cancellations in bad weather.

Other ways we communicate is through our Facebook account and the Club noticeboard at the Hetton Community pool.

Lots of useful information can be found on the Club website

www.Hettonasc.com



Further Information

If you have any queries, or require further information you can contact us at hettonasc@hotmail.co.uk. You can also speak to one of the coaching staff at the training sessions or a member of the committee.

Committee Members

Chair	Georgina Fuller
Club Secretary	Charlene Finch
Membership Secretary	Carly Thompson
Treasurer	Gemma Baker
Safeguarding officer	Vanessa Martyn
Funding Secretary	Clare Lynch
Coach Liaison	Anya Francis
Coach	Luke Dodd
Committee Member and Gala Clerk	Meagan Rich
Committee Member	Sarah Harris
Committee Member	Rachael Harper
Committee Member	Halina Aniol
Committee Member	Greg Aniol

Coaching staff

Head Coach	Jo Barber
Coach /Junior League Coach	Anya Francis
Teacher	Luke Dodd
Teacher	Nicola Atherton
Teaching	Thomas Wilcock
Teaching assistant	Emma Swift
Teaching assistant	Jenna Everett
Teaching assistant	Scarlett Francis
Teaching assistant	Luke Mouter
Teaching assistant	Mollie Foster
Poolside assistant	Katie Harrison
Poolside assistant	Rachael Harper



HETTON ASC MEMBERSHIP FORM

Please complete the details below and return to the membership secretary. Note if the member is under 18 then contact details should be of the parent/carer not the member.

Name		DOB	
Gender		Telephone	
Email Address			
Address			
Medical conditions including medication			
Allergies			
Detail any regular medication taken			
Emergency Contact 1 (Name, contact number and relationship to swimmer.)			
Emergency contact 2			
Non-competitive or competitive			

- The club may wish to take photographs of individual and groups of swimmers under the age of 18, that may include your child during their membership of the club.
- All photographs will be taken and published in line with the SE Photography Policy.
- The club requires parental consent to take and use all photographs. Parents have a right to refuse agreement to their child being photographed.
- As the parent or carer please indicate your permission below. Please note you can withdraw your consent in writing to the club Welfare Officer at any time should you wish to.

Photos to be used on club website and Club Facebook Account	Yes/No
Photos to be included in newspaper articles	Yes/No
Photos taken by professional photographer at events	Yes/No
Filming for training purposes	Yes/No



HETTON ASC MEMBERSHIP FORM CONTINUED

I acknowledge receipt of the and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Club. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules.

Signature(Parent/Guardian if under 18) **Date.....**

I (PLEASE PRINT ON BLOCK CAPITALS)..... hereby give permission for the Coach or Team Manager or authorised person accompanying my child/myself to give the immediate necessary medical or surgical treatment as directed by medical authorities.

Signature(Parent/Guardian if under 18) **Date.....**

All data collected on this membership form will be kept securely by club personnel and medical/disability information will be provided to coaches on a need to know basis. If at any time any of the above details change please contact the membership secretary.

Training sessions (Please tick which training sessions you/your child attends)

Monday		Wednesday		Thursday		Friday	
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“A swimmer”

Not every swimmer will be an elite athlete, a swimmer is an individual with their own goals.

People swim for pleasure, for social interaction, to compete, to be the best they can be.

To be a competitive swimmer you need to balance many aspects of your life together.

- 1] Homelife/ family time
- 2] School/work life, homework etc
- 3] Social /entertainment, friends
- 4] Mealtimes, balanced diet
- 5] Training and competition.

All these play a part in your swimming career and need to be considered, as they have an impact on other parts.

We spend a lot of time training and competing therefore we should enjoy what we are doing.

To achieve your aspirations.

- 1] Plan a timetable for your family/school/home/ training /competition/social time.
- 2] Set realistic short/mid and long term goals
- 3] Listen to coaches/teachers and learn from constructive criticism, they want to help you improve.
- 4] Learn from disappointment and mistakes
- 5] Take ownership of your aspirations and be happy for others achieving theirs.
- 6] Make time for yourself and have some rest time
- 7] Plan your diet you cannot perform without fuel. Breakfast, lunch, dinner and snacks need to be planned for both training and competition this includes drinks.
- 8] Be kind and a good sport.....

