



WELCOME TO MAIDSTONE SWIMMING CLUB

This booklet has been designed to provide you with as much information as you should need when joining the club and how the club operates.

A BRIEF HISTORY

Maidstone swimming club is the oldest swimming club in the UK and was established in 1844.

Maidstone Swimming & Diving Club is run entirely by volunteers.

HOW TO JOIN

It is important to realise that Maidstone Swimming Club is a competitive club. This means that anyone who joins does so with the ambition of competing for the club in galas or championships, either as a swimmer or a diver.

Assessment sessions are held on the 1st Friday of each month (with the exception of Good Friday & the month of August).

If you wait from 7pm on the benches at the boom end of the main pool you will be assessed by one of the Maidstone Swimming club coaches. The assessment involves you swimming each stroke (Front crawl, Backstroke & Breaststroke & possibly Butterfly – depending on your ability level). You will then be allocated into the correct Learn to Swim class or Squad.



LEARN TO SWIM

LTS classes are the starting blocks of Maidstone Swimming Club and are for those new to swimming or those who need to improve their technique. These sessions are 30 minutes long and run Term Time ONLY. LTS sessions take place on Thursday & Friday evenings.

Boom pool swimmers are encouraged to participate in Time Trials as this is a good assessment on how you are progressing and gives an insight into competitive swimming.

THE SQUADS

Pre-Competitive

Pre-competitive is the next stage on from Learn to Swim and sessions take place in Lane 1 of the Main Pool. These sessions are currently: **Fridays** at 7, 7:30 or 8pm for 30 minutes long (They run all year round with the exception of Time Trial or Club Champ nights) and 1 hour from 10am at Rochester Maths on **Sundays**.

Competitive 1

This is the 1st competitive squad and sessions are held on:

Thursday 6pm at Sutton Valence School

Friday 7pm at Maidstone Leisure Centre, in Lanes 2 & 3 of the main pool.

Sunday 10am at Rochester Maths School.

Each session is 1 hour long.

You will require the following training equipment once you are in this squad:

MSC Swim Cap

Pullbuoy

Kickboard

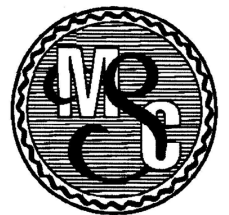
Short Fins

Competitive 2

Training times:

Monday 7pm at Sutton Valence School

Tuesday 7pm, **Friday** 7pm and **Sunday** 6pm at Maidstone Leisure Centre.



RED

Train Wednesday 7–9pm and Friday 8–9pm.

Competitive Development

Competitive Development train **Thursday** 6–7pm at Sutton Valence, **Friday** 8–9pm and **Saturday** 7–8:30am at Maidstone Leisure Centre and **Sunday** 10–11am at Rochester Maths

Junior Development

Junior Development train:

Monday 8–9pm at Sutton Valence School,
Tuesday 8–9pm at Maidstone Leisure Centre,
Wednesday 7–9pm at Rochester pool
Sunday 7–8:30pm at Maidstone Leisure Centre

Junior Elite

Junior Elite train:

Mondays 8–9pm at Sutton Valence
Tuesdays 8–9pm at MLC

Wednesday 7–9pm at Rochester Maths

Thursday 8–9pm at MLC

Friday 8–9pm at MLC

Saturday 7–8:30am at MLC

Sunday 7–8pm at MLC (7–9pm for selected swimmers)

Elite

Elite train:

Mondays 7–9pm at Sutton Valence

Tuesday 7–9pm at MLC

Wednesday 7–9pm at Rochester Maths

Thursday 7–9pm at MLC

Fridays 8–9pm at MLC

Saturday 7–8:30am at MLC

Sunday 7–9pm at MLC

MASTERS

Masters is for 18 years and over and does not have an upper age limit.....



DIVING

If you require any further information about Diving, please contact Claire Restall via the diving contact e-mail on our website. www.maidstoneswimmingclub.net in the Diving section/contact diving.

FEES

Fees are due quarterly and vary depending on the squad you are in.

1st March

1st June

1st September

1st December

Please pay your fees on time. If late, a £10 charge will apply.

Current Fees are posted on:

www.maidstoneswimmingclub.net.

CROSS DISCIPLINE – If you swim and dive then you will pay the fee for the higher level squad you are in plus £30 per quarter.

Fees can be paid by standing order or internet banking. Please e-mail John Gomersall via the website: www.maidstoneswimmingclub.net for further information or visit the club desk on Friday evening from 7:30pm.

ASA (Amateur Swimming Association) Membership

Website: <http://www.britishswimming.org>

In addition to the quarterly fees, each club member will pay an annual subscription to the ASA.

Current Annual Fees are:

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|-----------------------|-----|
| Learn to Swim | £15 |
| Pre-Competitive | £15 |
| Competitive 1 & Above | £35 |
| Diving | £35 |

ASA membership forms are to be completed when joining the club. If you move from Pre-competitive, you will need to complete a new ASA form.



Please e-mail via www.maidstoneswimmingclub.net for further information or visit the club desk on Friday evenings from 7:30pm.

MSC Clothing

Club clothing such as swim caps, polo shirts, hoodies and tracksuit bottoms can be ordered via Paul Chilman. Paul is at the club desk on Fridays from 8pm or is contactable via the club website on:

www.maidstoneswimmingclub.org under the swimming section/contact swimming.

Pricing information is available on the club notice board.

Non club clothing eg: swimwear, goggles and training aids can be purchased via the Maidstone Leisure Centre Reception (All MSC members receive a 10% discount), Mailsport, Swimshop or other sports retailers.

Time Trials

Time Trials take place 4 times a year, January, April, July and November.

All time trials start at 7pm. Swimmers must have registered with the desk between 6:15pm and 6:45pm. Anyone arriving after 6:45pm will not be permitted to swim.

See the club website for a more detailed explanation



Expected Behaviour of Club Members

Swimmers should be on poolside 5 minutes before their swim begins. If late, you should approach the coach prior to getting into the pool.

No diving unless told to do so.

No talking when coach is talking.

No foul language to be used at any time.

Hitting other swimmers will NOT be tolerated and may result in being asked to leave the club.

Do not swim over other swimmers.

No stopping during swimming, if you need to stop do so at the end where the coach is located.

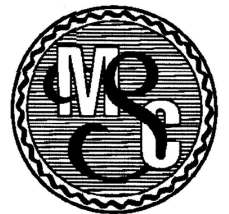
All equipment needed during your sessions must be with you at poolside for the start of your session.

Coaches should be advised of any injuries prior to the start of your session.

If you do have any problems with another club member speak to the coaches, do not try and sort it out yourself.

Remember “Treat others as you would like to be treated”

Swimmers and Parents/Guardians will be expected to abide by and sign the Club Code of Conduct which is available from the Club Welfare Officer Louise Gibbs.



The Club Committee

| | |
|------------------------|----------------------|
| Chairperson | Rob Tritton |
| General Secretary | Paul Chilman |
| Teaching Secretary | Greg Lynn |
| Championship Secretary | TBA |
| Gala Secretary | Colin Booth |
| Welfare Officer | Louise Gibbs |
| Treasurer | Julie Griggs |
| Membership Secretary | John Gomersall |
| Diving Secretary | Claire Restall |
| Masters | Ian Maddison-Roberts |
| Head Coach | Claire Muller |
| Shop | Paul Chilman |
| Social Secretary | TBA |
| ASA Secretary | Paula Warrington |

All members on the committee are volunteers. Committee meetings are held once a month to discuss all aspects of running the club and any matters arising are discussed and appropriate action is taken to resolve them.

HELP IS ALWAYS REQUIRED

The success of the club is in your hands. Without the hard work of many volunteers we could not function. Why not consider giving a bit of your time to support the club and share the workload. No previous experience is needed. If you are interested in lending a hand, contact Louise Gibbs on or any other committee member via the club website www.maidstoneswimmingclub.net



Club Desk

Club desk is open Fridays from 7:30 until approx 9pm for any enquiries you have regarding the club. We are also now trialling occasional Thursday nights.

This is normally located on the terrace by the stairs to Polar Adventure but does not run on Time Trial evenings.

For any further information, please see the **Maidstone Swimming Club Website:**

www.Maidstoneswimmingclub.net

