



Cupar & District Swimming Club



General Information

This leaflet is a brief summary about YOUR Swimming Club!, further information can be generally found on the **club notice board** (Cupar Sports Centre Café), our website (www.cuparswimming.com) and our **Facebook** Group page (<https://www.facebook.com/groups/157755320935080/>). This is a closed group for club members and parents

We normally have a **Club Table** in the Sports Centre Café during swim sessions where questions can be asked (and answers sometimes received!)

Email the committee at: swimmingcdsc@gmail.com please ensure we have your up to date email address, and check your spam filter regularly as club emails often end up in there.

Twitter - @cuparswimming

CADSC is a member of the Scottish Amateur Swimming Association (SASA) and is governed by its policies and procedures, as well as receiving help and support. The Club has achieved SwimMark accreditation, a mark of recognition from Scottish Swimming. This quality standard assessed by Scottish Swimming, confirms that we are a well run club with correct policies and procedures in place.

Cupar and District Summing Club are based at Cupar Swimming Pool, Carslogie Road, Cupar. The Club has a Club House, at the rear of the swimming pool, which is used for teaching groups and meetings, and is available for hire.

Club Structure

The club is organised around the needs of the swimmers, and is run on a voluntary basis by the parents and coaches. The Club is run by an elected committee and life members of the club, at the Annual General Meeting. All parents are associate members of the Club and can participate and vote at committee meetings including the AGM. The club depends upon all parents contributing in some way to the running of the Club. There are many opportunities to achieve this, the more parents that get involved, the more can be achieved for our children and the Club as a whole.

The management organisation within the club is shared between The Committee and the Teaching/Coaching Team.

Further information on the Committee structure, roles and responsibilities, can be found in the Constitution (see website). Names of the current managing members of the committee are provided later in this document.

The Committee

The Committee is responsible for the business and administration of the club, this is not dissimilar to running a small business. Without the vital contribution from parents of time, skills, experience and enthusiasm, the club cannot continue to progress and move forward. We really value any input and support from parents – no task is too small, or support too insignificant! Please come along to our friendly meetings and get involved – the club depends on you!

The Teaching / Coaching Team

The list of teachers / coaches can be found on our website, with photos on the Club Notice Board. Our coaching and teaching team have a variety of skills and experiences, from poolside helpers to fully qualified teachers/coaches holding Scottish Swimming or equivalent certificates.

The club can provide assistance, both technical (poolside development) and financial (training funding) for anyone wishing to follow a pathway into swim teaching or coaching.

Cupar Sports Centre will only allow a Club session to take place if there is a Level 2 teacher/Coach on poolside so the club needs to continuously develop and invest in its coaching team. Almost all our coaches started life as 'parent' poolside helpers – please ask any committee member or coach how you can get involved.

Joining the Club

Children come to the club through the various 'learn to swim' schemes or as transfers from other clubs. We were once in a position to teach children to swim, but due to lack of pool time for training we can no longer provide this facility.

Swimmers are invited to come along for an assessment where they will spend some time in the pool, observed by a coach; they are expected to be capable of a few swimming lengths of the pool by this stage, in two or three strokes. If they fulfil these criteria, they are invited to join the Club, it is likely there will be a small waiting list and upon assessment will join the relevant squads as laid out in Table 1 below.

More details on how to join are on our website <https://cuparswimming.com/about/how-to-join/>

Club Fees

Within the 1st month of Joining swimmers must join the Scottish Amateur Swimming Association (SASA) and pay the required SASA membership fee. This should be paid through the club. There is an annual Club Membership fee, and swimmers pay a monthly fee depending on their squad level.

Wherever possible payments should be made by standing order or other online/automated system. Bank details are provided with the membership application. Please reference all payments to the club with the swimmers name so that the payee can be identified by the Treasurer

Summary of fees that are due:

SASA fees – annually – this ensures that everyone is insured. In order to participate poolside all parents must be SASA members and hold a current PVG (Protection of Vulnerable Groups) certificate. The club can help with both of these requirements.

Club Membership fees – annually – this goes towards the running of the Club and also to the membership of Fife Region and East District

Squad fees – monthly – depending on the Level of training and the duration of pool time

Please see the website for an up to date list of the fees: <https://cuparswimming.com/about/fee-structure/>

Swimming Structure

Table 1 below lists the swim squads, swimmers generally start in Minnows 1. As they progress through the club they will get more pool time and also the expectation of the swimmer will increase. Once the swimmers get to Sharks, having their own swim kit would be advantageous. There is a link on the website to help you with your choices. (*Swim kit* generally means flippers, pull buoy & kick float typically stored in a mesh bag, more senior squads add snorkel & finger paddles). The club does have some equipment for those without to borrow. **Children in all squads should bring a water bottle (filled with water!) to each session.**

The swimmers will receive information from their Squad coach when they move squad, which will tell them the times of the new squad and what kit they will require to bring with them

There are a number of further swimming development groups in the Fife and District Areas, these include:

FIFE AREA Squad –The Club is given the required times for swimmers who wish to gain entry to this squad. 6 Training days take place throughout the year, with sessions in the pool, and on education, land training and nutrition.

FINEST – This is a composite club; the member Clubs being Cupar and Step Rock. Swimmers who have achieved recognised times, shown a commitment to training and want to progress their swimming will be asked to attend a trial for this squad. The squad competes as a team at National events.

Competition

There is opportunity for most of our swimmers to compete in galas at a level to suit all abilities. We compete in a league system involving all the clubs in Fife – the Novice League for younger, less experienced swimmers and the Fife League for more experienced swimmers. The Novice League is a great place for swimmers to experience competition for the first time. There are 4 meets spread over the first half of the year and swimmers are expected to commit to taking part in each meet to foster a good team spirit. Each swimmer will get the opportunity to each of the 4 strokes over the course of the season. There is also a relay swim at each meet. The Novice League is less formal and gets swimmers used to the noise and routines of galas.

The Fife League is for more experienced swimmers and those too fast for the Novice League. Again, there are 4 meets and swimmers are required to commit to the team for all 4 sessions. Teams are chosen from those swimmers who confirm they are available at the beginning of the year. “Friendly” galas are also arranged throughout the year with neighbouring clubs to give new swimmers the opportunity to swim for the club. Look out for notices pinned of the Club Noticeboard.

If, for any reason, your swimmer is not able to compete, it is essential you let the coach or team manager know so the space can be offered to someone else.

As your swimmer progresses, they may wish to compete further afield. The club selects several meets throughout the year they consider suitable for various squads and abilities. Information is sent out by email to the appropriate squads and posted on facebook. If you are unsure which events to enter, speak to the Squad Coach for their recommendations. All entries are submitted by the Entries Secretary, who will do a block entry for all swimmers, do not send off any forms or payment to meet organisers. Payment for each swim should be made at Club Table or by BACS prior to the closing date. The Entries Secretary will advise whether the swims are accepted and send out the draft programme.

If you are interested in competing, please speak to your Squad Coach in the first instance and they will point you in the right direction.

CLUB CHAMPIONSHIPS

All swimmers are expected to enter the Club Championships; there are age-groups from 8/under upwards, in all strokes. Cupar has perhaps the largest collection of trophies and medals with an “A” and “B” championship event; there are not many swimmers who go away empty handed! Sponsorship is generously given by local business people and Club parents.

SOCIAL

At various times throughout the year the Club arranges social activities – an important part of any Club and one which needs a social convenor and committee to organise - could you be in that group?

OFFICIALS

Every Club needs officials; time-keepers, judges, recorders, starters and referees and Team Managers. Fife Region organises work-shops, training, support, and examinations for all these roles.....but you can always help at Club level with time-keeping, where no exam is required.

If you are interested in taking part in any of these programmes please leave a note of interest at the Club table and the Secretary will contact you

ADMINISTRATION

Everything we do relies on parents to: keep registers, sell swimwear, provide catering (cakes!), keep results, log records, provide gala information, team manage, find officials, look after technical equipment, maintain and repair property, keep financial records...in fact we have a job for everyone, and we hope that after reading this brief introduction to our Club that you will join us and participate.

You will see from all the information above that the Club (**our swimmers, our children**) depends on volunteers and parents willing to help. Without volunteers like you it is all of our children who will lose out. Please do not hesitate to contact any Committee member to find out more about what YOU can do for Cupar & District Swimming Club

President: Hannah Robertson

Vice-President: Susanne McMaster

Secretary: Stuart Williamson

Treasurer: Lorna Blair

Table 1 – Squad Sessions

Minnows 1	Thursday 5 - 6pm
Minnows 2	Saturday 9 - 10am
Piranhas	Saturday 8 - 9am
Dolphins	Thursday 6 - 7pm
Sharks	Saturday 8 - 9am Thursday 6 - 7pm
Bronze	Saturday 9 - 10am Thursday 7 - 8pm Friday 5 - 7pm
Silver	Tuesday 6:45-8:45pm Thursday 8 - 9pm Friday 5 - 7pm
Gold	Tuesday 6:45-8:45pm Thursday 7 - 9pm Friday 5 - 7pm
Masters	Wednesday 8-9:30pm