



## Cupar And District Swimming Club – Infosheet



### The Structure of Swimming in Scotland

Information on all the following can be found on the website for Scottish Swimming: <http://www.scottishswimming.com/>

The Scottish Amateur Swimming Association (SASA) is divided into 4 Districts:

- East
- West
- Midlands
- North

All Clubs have a vote at the SASA AGM which is held in February, and the Committees, which run the various disciplines are elected at that meeting; including the SASA president and Council. The Council is made up of Delegates from each of the 4 Districts

Scottish Swimming is the business branch of all aquatic disciplines in Scotland and it is run by a Board of Directors. The National Academy in Stirling covers all 5 Disciplines of the sport in Scotland e.g. Water Polo, Diving, Synchro, Open water and Competitive swimming

Cupar is in East District, and as such is represented by an East District Delegate at all meetings of SASA. The East District hold 3 District meetings a year for Club delegates to attend; all Clubs can also be in attendance at the East District AGM in December.

East District is comprised of 3 Regions, Borders, Lothian and Fife, and Cupar is part of Fife Region. Fife region is run by a regional committee comprising Club delegates from the 10 clubs within Fife. The office bearers are elected annually at the AGM in November.

The duties of the Fife Region Committee are to organise the Fife Leagues, and the Fife Area Squad:

The Fife leagues are split into two meets:

- Novice Leagues – this is a Level 3 meet (level 3 is a lower level than level 2)
- Fife Leagues – this is a Level 2 meet (which should be accredited)

Accredited means that the required number of officials were in attendance to ensure that all rules were complied with and all times ratified

The results from the Fife Leagues and other Level 2 Galas and will be published on the swimscotland website, results are also published to the British swimming website.

The Fife Area squad is a development swim squad. Clubs are given Information regarding the required times for swimmers to have, before they make application to be part of the Fife Area squad. Training days are then arranged throughout the year and swimmers are given the opportunity to be coached and have education and land training sessions away from their home Club

The committee also organise the training of Technical officials, as and when requested by Clubs

## The Scottish Swimming Pathway

### Training:

District Regional programme (DRP)/ Bronze squad

The District Regional programme is the 1<sup>st</sup> stage of training as part of the Scottish swimming Pathway.

In order to qualify for these session swimmers must achieve certain times over certain distances throughout the previous year. All details are on the Scottish Swimming web site and are up date annually and usually published in January

In East District our swimmers usually train in Edinburgh. The coach for these sessions is appointed by Scottish Swimming and Club coaches are encouraged to attend to help the swimmer bring back to the Club what they learn. The sessions include swimming, education and land training – a big part of the programme is looking at the mind-set of the swimmer, and not just their performance in the pool.

The sessions are held over 3 weekend days, usually September, October, and November. Following this a small group are selected from each District to attend a 1 day Stroke camp at the National Academy at Stirling

National squads are again based on times, participation in National Events and also mind-set and recommendations from coaching staff.

They are:

Youth development squad

Scottish Youth Squad

Senior Bronze Squad

Senior Silver Squad

Senior Gold Squad

Members of these squads attend training camps both in Scotland and abroad and can also be selected to also attend competitions abroad

Any member of these squads can be selected for events such as Commonwealth Games, Commonwealth Youth Games, and as part of GB Teams in European Juniors and the many other events in which GB participate

## Competition

The first competition out-with Fife that young swimmers will compete in is:

East District Age Groups – Time Trials – held in October

East District Age Groups - Short Course –held over 3 weekends from November - January

East district Open events

Scottish National Age Groups - SNAGS – Long Course

Scottish National Short Course – December

Scottish Open – June/July

British Championships in Sheffield – July

All these events have qualifying times, and this information can be found on the Swimscotland web site

In conclusion please note that the Scottish Structure described is not just for swimmers, but for competitors in all aquatic disciplines.

## Fife Schools and Scottish Schools

In November each year Fife Schools Swimming Association hold a gala: from this swimmers can qualify for Scottish Schools, held in January. From this swimmers are selected to represent Scottish Schools at the WISE meet. This is a competition between Scotland, England, Ireland and Wales.

## Volunteers

At all levels Scottish Swimming depends on volunteers and the structure for volunteers is very similar to that of the competitors

The pathway for Volunteers in areas such as:

Teaching and Coaching – starting with parent helper courses and going on to UKCC Level1 Teaching

Technical officials – Starting as a Club Time-keeper, Judge, Starter, Referee, Recorder

Team Manager – local Level1 Team manager; then Level2

Your Club will help you achieve any of these qualifications and your Club needs volunteers to help run swimming at all Levels.

As a volunteer in any of these areas you could be at the Olympic Games before your swimming son or daughter!