



## CUPAR & DISTRICT SWIMMING CLUB (CADSC)

Cupar Sports Centre, Carslogie Road, Cupar, Fife

### About CADSC

**Website** [www.cuparswimming.com](http://www.cuparswimming.com) Information about the Club and how it is run.

**Facebook** <https://www.facebook.com/groups/157755320935080/> This is a closed group for club members and parents. The best way to keep up with and share Club information.

**Email** [swimmingcdsc@gmail.com](mailto:swimmingcdsc@gmail.com) The committee can be contacted here. Please ensure the committee has your up-to-date email address, and check your spam filter regularly as Club emails often end up in there.

**Twitter:** @cuparswimming

**Club Notice Board:** is located in the Cupar Sports Centre Café and information about the Club and upcoming competitions can be found here.

**Club House:** is located at the rear of the swimming pool, and is used for teaching groups and meetings. It is also available for hire.

**Club Table:** is located in the Sports Centre Café during most swim sessions where CADSC kit is available for purchase, and questions can be asked (and answers sometimes received!)

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 SASA, and this quality standard confirms CADSC is a well run club with correct policies and procedures in place.

### The Club Structure

CADSC is run by a voluntary committee and its Life Members, which is elected at the Annual General Meeting. The Club is organised around the needs of the swimmers, and its management and running is shared between the committee and the teaching/coaching team. All parents are Associate Members of the Club and can participate and vote at committee meetings including the AGM. Information on the committee structure, roles and responsibilities can be found in the Constitution (see website) and on the website. The names of the current managing members of the committee are provided at the end of this document.

**The Club depends upon all parents/guardians contributing in some way to its running and encourages all to attend committee meetings.** There are many ways to get involved and the more parents there are helping, the more can be achieved for the children and the Club as a whole.

**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. Input and support from parents is valued greatly – no task is too small, or support too insignificant! Please come along and get involved – the club depends on you!

**The Teaching / Coaching Team:** the list of teachers/coaches can be found on the website, and photos are included on the Club Notice Board. This team has of a variety of skills and experiences, from poolside helpers to fully qualified teachers/coaches holding SASA or equivalent certificates. Cupar Sports Centre will only permit CADSC sessions 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.

The Club provides assistance, both technical (poolside development) and financial (training funding) to anyone wishing to follow a pathway into swim teaching/coaching. Almost all our coaches started life as 'parent' poolside helpers – please ask any committee member or teacher/coach how you can get involved. In order to participate poolside all parents must be

SASA Members, and hold a current PVG (Protection of Vulnerable Groups) certificate if interacting with children (Coach/helper/Team Manager/Marshall) – the Club can help with both of these requirements.

**Officials:** every Club needs officials; timekeepers, judges, recorders, starters and referees and team managers. Fife Region organises workshops, training, support and examinations for all these roles, but you can always help at Club level with timekeeping, 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.

### Joining CADSC

Children come to CADSC through the various 'Learn to Swim' schemes or as transfers from other Clubs. Swimmers are invited to come for an assessment where they will spend some time in the pool, observed by a coach. They are expected to be capable of swimming lengths of the pool in two or three different strokes. If they fulfill these criteria, they are then invited to join the Club, but it is likely there will be a short waiting time, and after assessment will join the relevant squads as laid out in Table 1 below. See also <https://cuparswimming.com/about/how-to-join/>

### Fees

Before swimming with CADSC, swimmers must join SASA and pay the required SASA membership fee – payable through CADSC (contact a Club Table representative for more information). The annual CADSC Membership Fee, plus a monthly squad fee must also be paid. Wherever possible payments should be made by standing order or other online/automated system – bank details are provided on the Membership Form. Please reference all payments to the Club with the swimmer's name so that the payee can be identified by the Club Treasurer.

**Summary of fees due:** annual SASA fees ensure that everyone is insured. Annual CADSC Membership Fee goes towards the running of the Club and also to the membership of Fife Region and East District. Both annual fees are due by 1 March and the Club sends out forms in advance.

Monthly CADSC Training Fees depend on the squad and the duration of pool time (see below). See also <https://cuparswimming.com/about/fee-structure/>

### Swimming Squads

Table 1 below lists the swimming squads, swimmers will generally start in Minnows 1. As they progress they will get more pool time and also the expectation on the swimmer will increase. Once the swimmers get to Sharks, having their own swim kit is an advantage. There is a link on the website to help you with your choices. 'Swim kit' generally means flippers, pull buoy and kick float, typically stored in a mesh bag. More senior squads add snorkel and finger paddles. The Club does have some equipment 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 further swimming development groups in the Fife and District Areas, including:

**FIFE AREA Squad** CADSC is given the required times for swimmers wishing to gain entry to this squad. Six training days take place throughout the year, with sessions in the pool and on education, land training and nutrition.

### Gala Competitions

There is opportunity for most of our swimmers to compete in galas at a level to suit all abilities. CADSC compete in a league system involving all Fife's swimming clubs – 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. Every swimmer will get the opportunity to compete in each of the 4 strokes over the course of the season, and there is also a relay swim at each meet. This is less formal and gets swimmers used to the noise and routines of galas.

**The Fife League** is for more experienced swimmers and those who are too fast for the Novice League. Again, there are 4 meets and swimmers are required to commit to the team for all 4 sessions. For both Leagues, teams are chosen from those swimmers who confirm they are available at the beginning of the year. If, for any reason, your swimmer is not able to compete, it is essential you let the coach or team manager know as soon as possible so the space can be offered to someone else.

**'Friendly' galas** are arranged through the year with neighbouring clubs to give new swimmers the opportunity to swim for the club – notice of these will be on the Club Notice Board. As your swimmer progresses, they may wish to compete further afield. **CADSC selects several meets through the year** considered suitable for its squads. Information is sent out by email to the appropriate squads and is posted on Facebook. If you are unsure which events to enter, speak to the Squad Coach for advice. All entries are submitted by the Entries Secretary, who will make a block entry for all swimmers – DO NOT send forms/payment to meet organizers yourself. Payment for each swim is due as soon as confirmation of entry comes by email from the Entries Secretary (to Club Table or by direct transfer). The Entries Secretary will then advise whether swims are accepted and send out the draft programme. If any swims are not accepted then a refund will be made for these after the gala. 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.

**CADSC Club Championships:** all swimmers are expected to enter the Club Championships; these are by age group from 8/under upwards, in all strokes. The Club has perhaps the largest collection of trophies and medals, and with 'A' and 'B' Championship events there are not many swimmers who go away empty handed! Sponsorship is generously given by local businesses and Club parents.

### Administration and Social

Everything CADSC does relies on parents – to keep registers, sell swimwear, provide catering (cakes!), keep results, log records, provide gala information, manage teams, act as officials, look after technical equipment, maintain and repair property, keep financial records... there is a job for everyone. And at various times through the year the Club arranges social activities, an important part of any Club and one that requires committed organisers – could you be in that group?

You will see from all the information above that the Club (**our swimmers, our children**) depends on volunteers and willing parents. Without them all of our children lose out. Please do not hesitate to contact any committee member to find out more about what **YOU** can do.

**President:** Hannah Robertson  
**Vice-President:** Susanne McMaster  
**Secretary:** Stuart Williamson  
**Membership Sec:** Julie Goad  
**Treasurer:** Jen MacFarlane

**Table 1 – Squad Sessions**

Minnows 1	Thursday 5 - 6pm
Minnows 2	Saturday 9 - 10am
Piranhas	Saturday 8 - 9am
Dolphins	Thursday 6 - 7pm
Sharks / Sharks Plus	Saturday 8 - 9am, Sharks Plus + 9 - 10am Thursday 6 - 7pm
Training	Saturday 9 - 10am Thursday 8 - 9pm Friday 5 - 7pm
Development	Tuesday 6:45 - 8:45pm Thursday 7 - 8pm Friday 5 - 7pm
Gold	Tuesday 6:45 - 8:45pm Thursday 7 - 9pm Friday 5 - 7pm
Masters	Wednesday 8 - 9:30pm

## **Moving Squad**

Movement of swimmers between squads is a decision made by the coaches based on a range of factors. It is normal for swimmers moving up a squad to have a trial period to assess their ability to deal with the increased training load before the move is confirmed.

In the Junior Club (Minnows–Sharks Plus) coaches will assess the basic skills across all four strokes and use times from internal timing sessions or Galas to gauge the appropriate squad level for a child.

Within the senior club squad moves become more complex, with further factors coming into consideration:

- swimming ability as it relates to age and stage of physical and mental development,
- commitment & (positive) attitude - the ability not just to turn up but also to take correction and work with it to improve technique, and to use set backs as an impetus to improve.
- willingness to take responsibility for one's own development - finish all sets as directed, including rest periods, work on correction, focus.
- willingness to commit to all training sessions
- recommendation from current squad coach or the wider coaching team.
- desire to compete for themselves and the club,
- potential to compete in at Gals and (at least) district championships
- sufficient space in lanes and coach availability

Squad moves are entirely a matter for the coaching team and questions relating to this subject should be discussed with the relevant coaches directly.