

MEMBERSHIP

A key element of the Club is the development of members independence. As individuals they are encouraged to accept responsibility for their own behaviour and performance in training, in competition, and in their social life.

The Club operates to a *Code of Conduct* and *Rules*, modelled upon those of the Amateur Swimming Association. We are a competitive club; we are not a club for leisure swimmers or a replacement for swimming lessons.

To achieve this there is a commitment expected from members and their parent(s)/guardian(s):

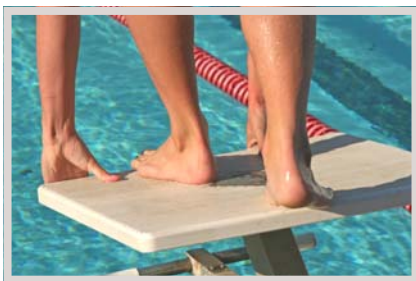
- to attend regular training sessions i.e. a minimum of 2 sessions per week.
- to represent the *Club* in the various competitions/galas when called upon to do so.

So, whether you're new to competitive swimming or already a member of another swimming club and are looking to transfer or perhaps you are moving into the area and are interested in becoming a member of our successful competitive swimming club, get in touch.

Pop along to one of our training sessions, you are welcome to watch from the balcony to give yourself an idea of the standard required or have a chat with our coaching staff or a committee member and join in one of the sessions, see what's involved and meet other members of the Club. Alternatively visit our popular website www.suttonswimmingclub.co.uk.

The Club offers a trial period of three weeks (a maximum of six sessions) which gives you the opportunity to see if you like it and if you do and you have demonstrated to the coaching staff that you are of an acceptable standard you will be asked to make a formal membership application.

So what's stopping you? Come jump in.....



CLUB SESSIONS

Lammas Leisure Centre
Lammas Road
Sutton-in-Ashfield

Tuesday's: Open Sessions

Younger Members - 7:00pm - 8:00pm
Older/Squad Members - 8:00pm - 9:00pm

Thursday's: Open Sessions

Older/Squad Swimmers - 8:00pm - 9:30pm

Friday's: Open Sessions

Younger Members - 8:00pm-9:00pm
Older/Squad Members - 8:00pm - 9:00pm

Sunday's: Open Sessions

Younger Members - 4:00pm-6:00pm
Older/Squad Members - 4:00pm - 6:00pm



www.suttonswimmingclub.co.uk

SECRETARY

MRS T HUGHES

CHAIRPERSON

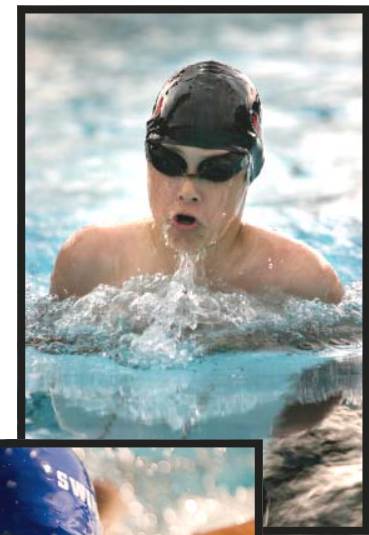
MR G BAIRD

TREASURER

MISS A STROUTHER

SUTTON-IN-ASHFIELD SWIMMING CLUB

www.suttonswimmingclub.co.uk



Is your child interested in joining a competitive swimming club?

If they can swim 25m unaided and are 6 years old or more they could be eligible.

You'll find all the information you need to support your child's ambitions within this leaflet. At Sutton-in-Ashfield Swimming Club we offer children within the local community area the best opportunity to develop and achieve their maximum potential in the sport of *competitive swimming*.





PROUD OF OUR HISTORY

Sutton-in-Ashfield Swimming Club first formed in 1927 and initially comprised of separate gents and ladies clubs.

The Club has evolved over the years and is now exclusively a competitive swimming club, competing in many different swim leagues and competitions. We are proud of the development of our members from basic skills, through to County standard and above.

We have produced excellent Nottinghamshire County swimmers and currently around 10% of our members are part of the Nova squad. One of our members, Sam Hynd is a current Para Olympic Gold medalist having achieved this success at the Beijing games in 2008. Sam will selflessly attribute much of his achievements to the Club's coaching staff. For what is a relatively small club this is true testimony to the hard work, dedication and skills of our coaching staff and not least of all our members!

OUR MISSION

Our mission is to offer children/young people in the Ashfield and surrounding areas, the best opportunity to develop and achieve their maximum potential in the sport of competitive swimming.



We are a small, friendly club and endeavor to create a caring, secure, relaxed, yet structured environment. This enables our members to take pleasure from their swimming and pride in their performances. By working together we aim to compete successfully as a team as well as achieving individual personal goals.

Annual club championships are held and members are encouraged to compete in local, regional and national competitions.



Talents and future potential of all kinds will be recognised and developed. Regular attendance is an essential requirement of a successful swimmer and parent(s)/guardian(s) are encouraged to take an active role in the Club and ensure that training sessions are well attended.

The Club recognises that its members will not reach their full potential without enjoying both the training sessions as well as participating in galas and competitions. As a Club we believe it is the responsibility of everyone to respect, value and care for each other and we have an anti-bullying policy in line with the ASA Code of Ethics.

THE COMMITTEE

The Club is managed by a committee of dedicated volunteers whose sole aim is to ensure the Club meets its objectives and offers its members an environment which is safe and caring. Committee members include...

Chairperson: Glenn Baird

Vice Chairperson: Rachel Prosser

Secretary: Tracey Hughes

Treasurer: Angela Strouther

Welfare Officer: Sarah Palmer

Swim 21 Coordinator: Sarah Palmer

Disability Liaison Officer: Andy Quinn

Public Relations Officer: Glenn Baird

School Liaison Officer: Deborah Wood

Girls Team Manager: Christine Greaves

Vice Girls Team Manager: Pam Hosgood

Boys Team Manager: Peter Wood

Workforce Co-Ordinator: Chris Hughes

Head Coach: Gren Greaves

Coaches: Allen Urch
Christine Greaves
Emma Hosgood
Pam Hosgood
Oliver Wilson
Brian Hinson

Trophy Secretary: Peter Quinton

Kit Officer: Tracey Jones

Membership Secretary: Pam Hosgood

Social Secretary: Peter Quinton



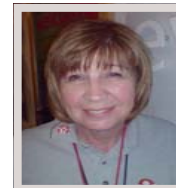
OUR COACHES

The Club counts itself very lucky as we benefit from some of the most experienced and dedicated individuals in club swimming.



Our Head Coach is Gren Greaves. Gren has many years experience in swim coaching and knows what it takes to produce an international swimmer; his daughter Wendy went on to achieve international honours! Gren has a wealth of experience at all levels of competitive swimming. Gren takes primary responsibility for the training and development of all our swimmers. He is a recognised National Time-keeper/Judge/Starter and County Referee and lists among his qualifications: A.S.A Level 2 Teaching Aquatics; National Pool Lifeguard; N.C.F.E. Diploma in Sports Psychology; N.C.F.E Sports Coaching Certificate and Sports Medicine & First Aid.

Allen Urch is our longest serving coach and can boast to having been a Sutton Swimming Club regular for around 30 years, bringing a wealth of experience to the Club. Allen's enthusiasm is contagious and his smiling face and down to earth manner make him a popular figure at poolside, particularly with our younger swimmers for whom he ordinarily takes responsibility. Allen too has experience of family involvement in competitive swimming - his daughter Judith was a Nova 'A' Squad member and swam at national standard. He lists among his qualifications: A.S.A. Club Coach; County Referee and National Judge/Starter/Time-keeper. 2009 saw Allen become the President of the Nottinghamshire ASA. This accolade is testament to Allen's dedication to local swimming and it is an honour that makes all who know Allen proud to do so.



Christine Greaves is also an experienced coach. With a daughter Wendy who swam at international events she knows exactly what it takes to achieve. She is also highly qualified and amongst other qualifications is an A.S.A Teacher Coach and a recognised County Time-keeper. Christine's commitment to the Club is also demonstrated through her work on the committee where she served as the Club's Chairperson for almost 15 years. As Girls Team Manager she keeps a close eye on current timings to ensure we are best represented in galas whilst also encouraging new swimmers to participate in galas when appropriate to do so.

Other coaches/teachers at the club include:

Emma Hosgood — Long standing swimming member of the club. Initially helped out by performing Lifeguard duties but now qualified as a Teacher Level 1 and awaiting results of her Teaching Level 2.

Pamela Hosgood — Emma's mother and long standing committee member who has recently qualified as a Teacher Level 1.

Oliver Wilson — Another long standing swimming member of the club who initially helped out by performing Lifeguard duties but recently qualified as a Teacher Level 1.

Brian Hinson — Another long standing supporter of the club who regularly performs starter duties at our home galas and teaches poolside with our younger swimmers most weeks.