



# Laser Swimming Club Competitive Pathway and Club Information Booklet



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<http://www.laserswimmingclub.com/>

## About Our Club

Laser Swimming Club, founded in 1993, is a Competitive Juvenile Swimming Club based in Galway City. The club is registered with the National Body of Swimming, Swim Ireland, and is affiliated with its regional branch, Swim Connacht.

### Club Mission Statement

Laser Swimming Club aims to develop the swimming skills of its members through excellent teaching and coaching and child-centred support. Laser operates under Swim Ireland rules which can be found on [www.swimireland.ie](http://www.swimireland.ie).

### Club Objectives

- To enable swimmers at all levels to continually learn and develop correct swimming technique
- To coach and prepare swimmers to compete at their optimum ability.
- To safeguard the well-being of all its members.

Laser Swimming Club has two structures in place to help children develop from beginner to competitive athlete—a development structure and a competitive structure.

### Child Protection

Laser Swimming Club is committed to safeguarding the well-being of all its members. The club uses the Child Protection Guidelines adopted by Swim Ireland, and Sport Ireland's Code of Ethics and Good Practice in Children's Sport in Ireland.



## Swimming Competition Strokes & Distance

Competitive swimming consists of four strokes: butterfly, breaststroke, freestyle (or front crawl), and backstroke. When all four strokes are done during a race, it is called medley swimming (otherwise known as the individual medley, or IM).

Butterfly, Backstroke & Breaststroke:

Typical Distances include 50, 100, 200 meters.

Freestyle:

Typical distances are 50, 100, 200, 400, 800, or 1500 meters. Freestyle may also be swam as a relay with four swimmers, in 4 × 50, 4 × 100, or 4 × 200 meters.

Individual medley or IM:

Each swimmer must complete one quarter of the full distance in each of the four strokes (fly, back, breast, free). The full distance is typically 100, 200, or 400 meters. There is also a medley relay in which four swimmers each swim one of the four strokes. The relay is swam in 4 × 50 or 4 × 100 formats, and in the order of back, breast, fly and freestyle.

## Equipment Required

Swim cap—Competitive swimmers normally use Silicone Caps to reduce drag which are available to buy from the club coaches.

Goggles—Goggles keep water and chlorine out of swimmers’ eyes. Prescription goggles may be used by swimmers who wear corrective lenses.

Swimming Aids such as kickboards, pullbuoys, snorkels, etc. will be provided by the club at development level and as swimmers progress to A squad, they will be provided with a mesh bag of equipment to bring with them to every training session.



## Our training structure is organised around five squads:

### Development Structure

Junior Squad



Development Squad



### Competitive Structure

B/C Squad



A Squad



A Nationals Squad

## Codes of Conduct

Laser Swimming Club expects that members and those associated with the Club will conduct themselves appropriately at all times. To ensure a common understanding of behaviour, a series of Codes of Conduct have been developed for swimmers, coaches and parent/guardians by Swim Ireland.

Laser Swimming Club members, coaches, teachers and parent/guardians are expected to abide by the Club Codes of Conduct.

The codes of conduct for different individuals comply with recognised best practice for safeguarding young people. The principles of the codes of conduct are to identify a standard of behaviour that should be applied to a relationship with other individuals involved in sport.

The Codes of Conduct must be agreed by all persons associated with the club on an annual basis at registration/annual renewal membership via the app. The completed declarations will be held by the secretary of the committee/club.

## Club Coaches and Committee

The duties and responsibilities of the coaching and teaching staff comply with the guidelines set out in 'Swim Ireland Guidelines for Safeguarding Children' or most recent edition. Please see our website for details of the current coaches.

An executive committee acts as an overseer of the clubs activities and finances. Members of this committee are elected at the Annual General Meeting of the club. **The club committee are entirely unpaid Voluntary roles.** Members are readily available for queries, suggestions, discussions **and most particularly offers of help.** Please see our app for details of the current committee members.

## Person On Duty (POD) Rota

Laser Swimming Club is obliged to have a parent/guardian on duty during all swim sessions. A roster will be put in place to cover all coaching sessions. The POD spreadsheet rota is shared via the whatsapp groups and all parents/guardians are asked to volunteer and assign themselves to a date/session that suits them. It is the parent/guardian's responsibility to check when they are on duty and to swap with another parent/guardian if they cannot attend their designated session. Parent/guardians should read the POD document for further information.

**The session must be cancelled if there is no Person On Duty in attendance for a session.**

## Club Fees

Club Fees are reviewed every year and vary from across the squads. When swimmers progress up the competitive pathway their fees for club membership increases. Their progression is based on their current abilities so they will be moved to ensure they are training with swimmers who are all swimming at a similar pace/speed/ability. The fees are calculated based yearly costs of pool hire, coaches fees (which vary from Squad to Squad based on Coach Qualification Level and numbers of swimmers in the squad), gear and equipment, and are divided into 10 monthly payments (from Sep to June). There is also a separate Swim Ireland Membership fee that must be paid yearly in September (or when the swimmer joins) and covers the year from September (or when the swimmer joins) until August.

As a volunteer organisation, we make a huge effort to ensure we can secure pool training slots and offer sessions to swimmers so they can reach their full swimming potential and goals. We keep the fees as low as possible, and apply for any grants or supports available to help offset overhead and additional costs. As our fees are reviewed yearly based costs/expenses and on numbers of swimmers per squad we unfortunately cannot offer discounts for swimmers who chose not to attend sessions in their training squad sessions.

## Junior Squad

This is the beginning of the pathway for our swimmers, where children learn the skills that are required for competitive swimming. Future Challenger Galas are held by Swim Ireland Clubs for Junior and Development Squad swimmers aged from 10 to 13yrs old ,Age being what age they will be on 31st Dec of the Year e.g. if a child is 10yrs old now but will be 11yrs old on 31st Dec they are counted as aged 11yrs. Coaches will contact parent/guardians if they feel swimmers are ready to participate in these events. We also run social events are also on occasion where swimmers get to have fun and socialise with other swimmers in their swimming club.

There are two sessions assigned to this group:

Session 1: Junior Squad session on Monday 4.15-5.00pm Leisureland

Session 2: Junior Squad session on Monday 5.00-5.45pm

Cost per month = €36 \* see below



## Development Squad

Once swimmers reach the advanced stage of Junior Squad and the coach assess them as ready to progress, they will be invited to join the Development Squad. The aim of the Development Squad is to develop the technique and stamina needed to progress into the competitive structure. It is not a teaching class so therefore swimmers need to show good technique in all strokes before being considered for this group.

There are 2 levels of progression and sessions for this group is:

Level i & ii—Monday 4.15-5.45pm Leisureland

Level ii—Thursday 5:00 - 6:30pm Kingfisher NUIG

Cost per month Level i = €44\* , Level ii = €64\* see below

The next step for swimmers is to decide if they are interested in continuing into the competitive structure. Once the coach has assessed and seen that a swimmer is ready to progress, and the swimmer and parent/guardians/guardians are happy to commit, the swimmer can move up to the B/C Squads. In these squad, the number of training sessions will increase and the swimmer enters the competitive structure.

All Swimmers/parents/guardians should please be mindful when accepting a place with the club that a squad change and additional training sessions will be added depending on how the swimmer is performing at training/Galas. As we are a competitive club (not a swimming lessons group) all swimmers are expected have this as their goal.

**\* ALL FEES WILL BE REVIEWED IN AUG/SEP BASED ON CURRENT EXPENSES**

## A, B & C Squad Swimmers

This is the swimmer's first step into the Aspiring Championship Galas, competitive structure pathway.

C squad swimmers are swimming at faster speeds than Development squad level swimmers. They wish to swim for enjoyment of the sport, to maintain or improve their overall fitness and performance and may or may not wish to compete in Regional Competitions.

C Squad Swimmers Meet on Monday 4.15-5.45pm &

Thursday 6:00-7:30am all in Leisureland

Cost per month = €64\*



A/B swimmers intend to compete in Regional Development Meets. Their goal is to achieve specific swim times, personal bests, or to qualify for Regional and National Championships. Qualifying times for each age groups at these events are defined each year by Swim Ireland and are posted to their website at [www.connachtswimming.com](http://www.connachtswimming.com) or <https://swimireland.ie/competitions-events/>



B Squad swimmers: Meet on Monday 4.15-5.45pm, Tuesday 6:00-7:30AM & Wednesday 5:45-7:15pm all in Leisureland .

Cost per month = €82\*

A: Will continue to attend Monday, Tuesday & Wednesday sessions PLUS Thursday 6:00-7:30am Leisureland

Cost per month = €102.50\*



## A Nationals Squad

The goal of swimmers in this squad is to achieve qualifying times for the Irish Age Group system. There are 2 divisions in the Irish Age Group system. Swimmers with qualifying times in 2 or more events progress from the A squad to the A Nationals squad. Swimmers in this squad also aspire to achieve times for Connacht squads and National Squads and all current times for these squads can be found on swim Connacht or Swim Ireland websites.

Irish Age Group Nationals (ages 12 to 14yrs)—4/5 day gala held in University of Limerick in June

Irish Youth and Senior Nationals (ages 15yrs to 19yrs and over) —5 day gala held in the National Aquatic Centre (NAC) Dublin in late July. A National Squad: Will continue to attend A squad sessions PLUS Additional Training sessions as and when arranged, additional costs may be charged for this training.

Cost per month = €102.50\*

\* ALL FEES ARE WILL BE REVIEWED IN AUG/SEP BASED ON CURRENT EXPENSES

### **Additional Training**

Our club arranges additional training sessions in the run up to Galas, to work on specific skills. These will be announced in the WhatsApp groups and we would advise swimmers to attend them if at all possible.

As the spring and summer competitions are held in long course (50m) pools, Laser provide long course training days in the University of Limerick or NAC 50m pools. The aim is to provide swimmers with the exposure to long course pools which will help them to improve their technique in this pool format for future galas. All A Squad swimmers are expected to attend the long course training days.

Swim Camps will also be held over the school holidays to allow swimmers the best opportunity to improve their technique. These camps are a vital part of our program and are run over Christmas, Easter and Summer.

Swim Connacht also hold swim camps during the year, these are arranged externally and eligibility criteria to attend the camps are set by Swim Connacht. Laser SC will contact any swimmers individually should they be eligible to attend, but they must be booked and paid for directly by the swimmers.

### **CLUB ORGANISED GALAS**

All Swim Clubs in Connacht are expected to host Swim Ireland Licensed Regional or fun galas during the year for other clubs in the region. We would ask that all swimmers provide a parents/Guardians to assist at these events, the date will be announced as soon as we are informed or at the start of the Year. We will require assistance on the day with the running of the event, but also as its our own event we would like all swimmers eligible to enter to attend. Some roles will require training or external assistance. If a fun Gala is taking place extra assistance is required with sourcing raffle prizes, ticket sales and draws.

Tasks we will need help with are as follows, so the more help we have the better;

Team Manager / Assistant Team Manager / Timekeepers (6no.) / Turn Judges (6no.) / Call Room Stewards (2no.) / Race line up staff (2no.) / Desk Officials (3no.) / Referee / Announcer / Race Starter / Stroke Judges (2no.) / Director Timekeeper .

### **Fundraising And Social Events**

Our Club is run primarily on a non profit basis but like all Swimming Clubs we have costs that must be covered including Swim Ireland Membership, and Training costs, Coaching Fees, Pool Hire, equipment etc. The Committee endeavors to keep the fees to a minimum and we apply for all grants available to facilitate this, but Fundraising is required also. We request that parents/guardians assist if at all possible with our fundraising events to make them successful and enjoyable.

As swimming can be a very solitary sport and with busy training sessions, it can be difficult for our swimmers to bond as a Team. Gala participation can help build team spirit and we hope swimmers can attend these events not just to compete but for fun with and to support of their teammates. Our club also try to arrange social events for our swimmers as we recognize that Gala's aren't for everyone, so that our swimmers can get to know each other a little better and have fun. We hope these events are well attended and enjoyed, and are open to any suggestions of activities they might enjoy.

**Happy Swimming All!**

## Important Swim Ireland Policies

### **GDPR:**

<https://www.swimireland.ie/files/images/general/SwimIrelandDataProtectionGDPR-Privacy-Notice-MembersVolunteersCustomersParticipantsMay2018.pdf>

### **Anti-bullying Policy:**

<https://www.swimireland.ie/files/documents/Anti-Bullying-Promise-and-Policy.pdf>

### **Swim Ireland Safeguarding Children Policies and Procedures:**

<https://www.swimireland.ie/about/safeguarding/safeguarding-policies>

### **Swim Ireland Complaints and Disciplinary Rules and Procedures:**

<https://www.swimireland.ie/files/documents/Complaints-and-Disciplinary-Rules-and-Procedures.pdf>

### **Supervision Policy / Person on Duty Rota:**

<https://www.swimireland.ie/files/documents/Person-on-Duty-rota.pdf>

### **Health and Safety Policy:**

<https://www.swimireland.ie/files/documents/Final-Issue-Swim-Ireland-Safety-Code-of-Practice-Swimming.pdf>

## Useful Websites

### **Swim Connacht**

Regional body responsible for swimming in Connacht. This site contains information on galas, results, qualifying times for regional squads, etc.

[www.swimconnacht.com](http://www.swimconnacht.com)

### **Swim Ireland**

National governing body for aquatics in Ireland. This website contains information on learning to swim, competitive galas, qualifying times for high performance squads, etc. The site also contains information on opportunities to develop teaching skills.

[www.swimireland.ie](http://www.swimireland.ie)

### **Fédération internationale de natation (FINA)**

International swimming body associated with promotion and development of swimming. The FINA website contains information on swimming rules among other items.

[www.fina.org](http://www.fina.org)

### **Sports Ireland**

The statutory sports agency responsible for the promotion, development and coordination of sport in Ireland. The site contains information about anti-doping.

<https://www.sportireland.ie/home>

### **The Irish Nutrition and Dietetic Institute (INDI)**

Is the professional body for registered dietitians in the Republic of Ireland. The site contains sport nutrition information. <https://www.indi.ie/sports-nutrition/412-food-for-sport-indi-booklet-for-sportspeople.html>