



## WELCOME TO SOUTHPORT SWIMMING CLUB

Dear

Many congratulations on passing your trial at Southport Swimming Club.

We have put together an information pack for your parents to read which gives lots of information about how to get the most out of your Club membership.

We have also included a fantastic Southport Swimming Club Hat as a welcome gift so you can feel a member of the Club straight away and be just like the other swimmers, or you could even use it for your school swimming lessons. Don't forget to bring your hat, goggles and towel each time you swim and if you have any questions, please ask your coach. We have a list of coaches' names in the pack.

We also have a website where you can get lots of information and even watch a swimming race at [www.swimsouthport.co.uk](http://www.swimsouthport.co.uk).

We very much look forward to welcoming you and your family to Southport Swimming Club. This is the start of your journey into the world of competitive racing and we hope you have lots of fun swimming with us.

I look forward to seeing you pool-side.

Mark Patrickson  
Head Coach



Southport Swimming Club is also a recognised Children's University Club, so if you are taking part in this, don't forget your passbook for your stamps when you swim!





## WELCOME TO SOUTHPORT SWIMMING CLUB

### JOINING PACK – PART 1

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## WELCOME TO SOUTHPORT SWIMMING CLUB

Dear Parent / Guardian

Welcome to Southport Swimming Club, which is recognised as one of the top swimming clubs in the country and hopefully the start to your journey of competitive swimming. Our Club is over 125 years old and has approximately 200 members and committed to providing the best possible opportunities for your child within the sport of swimming.

Whether your child is joining us for competitive swimming, triathlon events or just keeping extra fit for football or other sports, we have sessions to suit all needs and our pack sets out how you can maximise on your membership to take full advantage of the range of sessions on offer.

As your child has been successful at their trial, you must now register with the Club.

We have a dedicated team of Amateur Swimming Association (ASA) approved coaches working with all age groups and abilities. As Head Coach, it is one of my jobs to ensure that the quality of coaching is continually improving, helping every swimmer reach their own personal goals. We are accredited within the ASA Swim 21 initiative. To achieve this our team of coaches work hard to create a culture of mutual respect between coach and athlete. Most of our coaches have previously swum (or are still swimming!) at a high standard so have full understanding of aims and ambitions.

Punctuality, good behaviour and a good work ethic are standards expected of athletes and coaches alike and we have included our Code of Conduct in this pack.

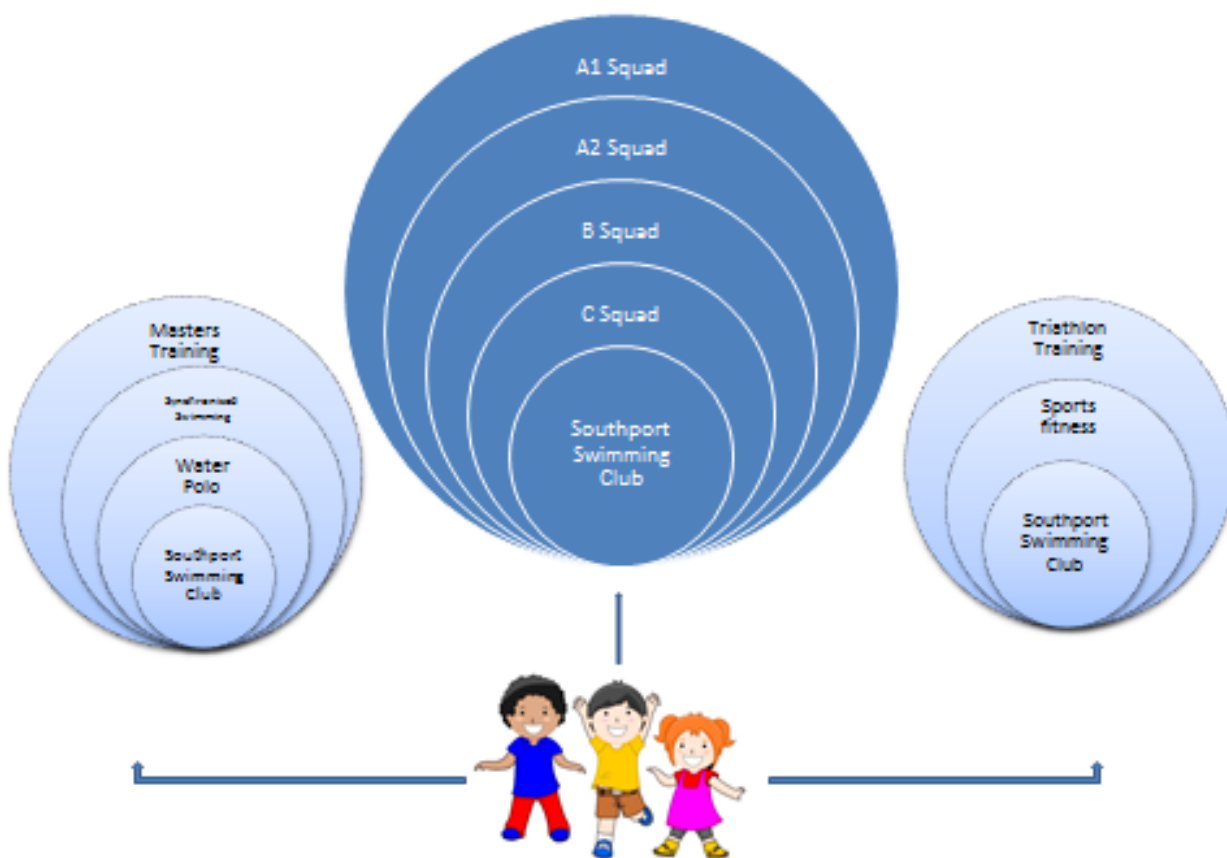
I would like to take this opportunity to officially welcome you to the Club and hope that your time as a member brings you all the enjoyment and success that you deserve.

Best wishes

Mark Patrickson  
Head Coach



## PROGRESSION THROUGH THE CLUB



**Your Child has been invited to swim at the following sessions:**

	DAY	VENUE	COACH NAME
Cost per month			



## SOUTHPORT SWIMMING CLUB - COACHING TEAM

**Mark Patrickson**

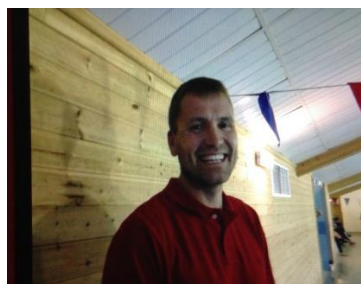
**Head Coach**

(Squads A, B & C)



**James Morgan**

(Squads B & C)



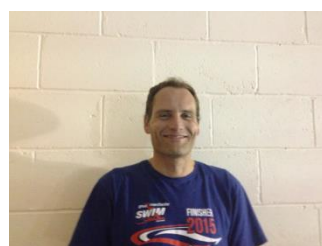
**Helen Jenkins**

(C Squad and Club)



**Dan Morgan**

(C Squad and Club)





**Roger Morgan**  
(Pre Competition Group)



**Alison Carney**  
(Club)



**Tom Lowndes**  
(Club)



**Catherine Lapsley**  
(Club)

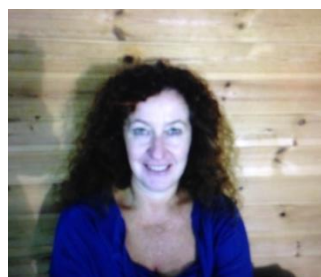




## SOUTHPORT SWIMMING CLUB COMMITTEE TEAM MEMBERS

**Elaine Cooke**

(President)



**Helen Jenkins**

(Assistant Club Secretary)



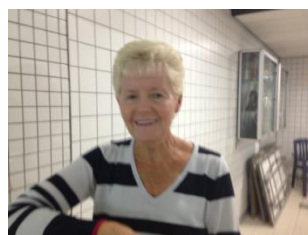
**Harry Hawkins**

(Club Secretary)



**Janet Morgan**

(Assistant Club Treasurer)



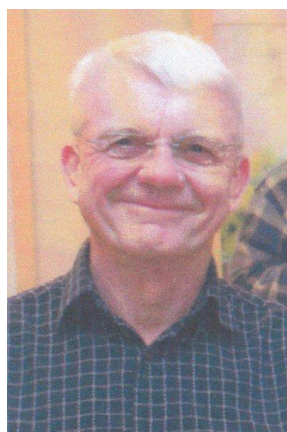




**Emma Jenkins**  
Welfare Officer – Girls



**Brian Lewis**  
Welfare Officer – Boys





## SOUTHPORT SWIMMING CLUB

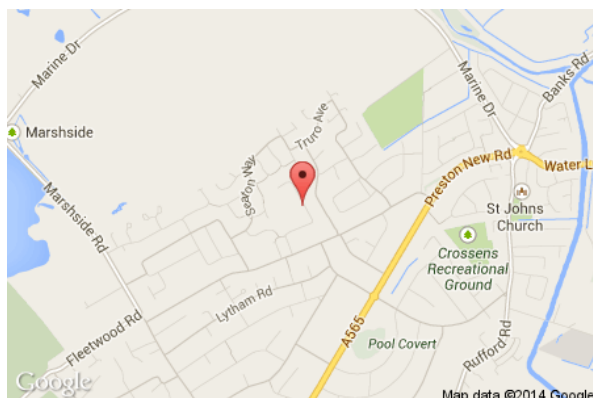
### Useful information

#### **Address of Dunes Splash world**

**Address:** Esplanade, Southport, Merseyside PR8 1RR: Phone:01704 537160

#### **Address of Marshside Health Club**

**Address:** Unit 7, Slaidburn Crescent, Southport, Merseyside PR9 9YF :  
Phone:01704 212109



**Club Website :** [www.swimsouthport.co.uk](http://www.swimsouthport.co.uk)

**Club Kit :** available on the website, includes shorts, T shirts, Hoodies, bags. Club onesies and kit bags also available.



## SOUTHPORT SWIMMING CLUB

### CODE OF CONDUCT

Southport Swimming Club is ASA Swim 21 accredited. This means we are committed to the development of an effective and ethical club, creating the best possible swimming experience for all and fully supporting the ASA codes of conduct for swimmers, parents, coaches, committee members and volunteers. Please visit the Swim21 page on the club website to view the ASA codes of conduct that we subscribe to. Detailed below are codes of conduct particular to Southport Swimming Club and the pools where we train.

#### **SWIMMERS**

- ✓ Swimmers must arrive on the poolside in good time, suitably attired and ready to start swimming, but must not enter the water until instructed by the coach
- ✓ Swimmers must complete ALL sessions
- ✓ Swimmers must NOT leave the water without first speaking to their coach and always inform them on return.
- ✓ Swimmers must not misbehave or disturb other swimmers. If they are interrupting the session, they may be asked to leave the pool and their parents will be informed.
- ✓ When representing the club, at any time, swimmers are expected to have a high standard to behaviour, including during coach travel and any organised trips.
- ✓ If you wish to participate in another discipline of the club (other than the one you have joined) you must seek permission from the Club Secretary.
- ✓ Swimmers must remove all bags, clothing etc from cubicles in the changing area at Dunes Splash World. Bags can be left poolside when training. You must not reserve a cubicle with your clothing etc at the end of the training session whilst you shower.



## **PARENTS**

- ✓ Any parent wishing to consult with a coach should do so at the end of the session
- ✓ Parents are responsible for their child once the swimmer has left poolside

## **COACHES**

- ✓ Coaches must be on time for the start of sessions
- ✓ Coaches must provide a suitable training session for the level of swimmer in their session and endeavour to achieve each swimmers full potential
- ✓ Coaches must provide an inclusive environment for all members within their discipline and work with the children to promote mutual respect between swimmer and coach
- ✓ Coaches must deal immediately with any inappropriate behaviour by a swimmer. Any incident should be recorded, detailing the date and time of the incident.
- ✓ All coaches must be covered by Child Protection ('DBS')
- ✓ There must be fully qualified staff at each session
- ✓ Coaches must provide appropriate supervision at galas attended by the club

## **SPECTATORS AT DUNES (SPLASH WORLD) POOL**

1. Spectators must remain seated within the large poolside seating area or within the contained viewing area at all times
2. For hygiene purposes outdoor footwear must not be allowed to come into contact with the pool area in any circumstances. Suitable indoor footwear, show covers or bare feet are acceptable.



3. In the interests of safety, spectators and participants must not bring or consume any food or hot beverages within the poolside area. All food and hot drinks must be consumed in the Splashworld Café or main foyer seating area
4. The use of phones, laptops etc is not permitted at any time within the poolside or seating/viewing areas. Such devices must be switched off or placed in silent mode at all times. Use of such devices should be contained to the main foyer seating area only.
5. The Hirer shall have a policy with regard to the taking of photographs which it will share with the Council. Mobile phones should not be used for the taking of photographs. Generally photographs should be taken only by the Club's own designated photographer. Note that photographs must not be taken in any circumstances a shared public swimming sessions.
6. The Hirer will comply with the Dunes Splashworld Leisure Centre Normal Operating procedure and Emergency Evacuation Plan (copies of which are available on request) and the regulations of their affiliated body the ASA.
7. During shared sessions with the public the Council will provide suitable lifeguard and first aid cover for all attendees/participants.
8. During sessions, when the hirer has the sole use of the swimming pool the Council will not provide any lifeguard or first aid personnel at the poolside. At all times during sessions of sole hire, the hirer must provide adequate lifeguard and first aid cover at the poolside by suitably qualified personnel.
9. A member of the Council staff who is a qualified first aider will be resident in the Dunes Splashworld building during private hire sessions and will provide assistance in the event of incident. However, lifeguards and first aiders provided by the Hirer would be expected to give any immediate poolside assistance should an incident occur.