

You Might Like to Know



Be a part of it

Hello and welcome to Dumfries Amateur Swimming Club. Join us and our team. We have a lot of success for a small team. We would love for you to be part of it. **#TEAM.**

Club Night

Club night is held on a Thursday Night. Come and join us upstairs in the Ice Bowl. Pop in for a chat, have a coffee or come and ask us any questions you may have.

We like to hold fun events on club nights, especially for occasions such as Easter and Halloween. Watch out for posters and emails with further information and details about upcoming events.

We also run our club shop on a Thursday night. If you need any swim equipment, please pop up to the Ice Bowl and see what we have in stock. Sometimes it's possible for certain items to be ordered. You can also order swimmers club kit from the club shop. When your child is competing, they will be expected to wear a club t-shirt, shorts and swimming cap'.

What squad will I train in?

There are 9 training squads at Dumfries ASC. The squads range from junior, performance, masters and recreational swimmers.

We work with the Rainbow Swimming Scheme and run a Swimming Academy to help swimmers progress through their lessons.

We welcome swimmers from other learn to swim schemes. Swimmers will be given a trial by coaches to check for capability.

The majority of swimmers start in **Junior 1** and will progress to **Junior 2** when the coaches feel they are ready, thereafter progressing to **Junior Development**.

Further progression takes the swimmer to **Age Group Foundation** followed by **Age Group Development** and leading on to **Age Group Performance**.

For those that follow the Performance path, swimmers will train in either **Junior Nationals, Nationals** or **Masters**.

If a swimmer decided not to follow the Performance Pathway they may prefer training in the **Club Squad**, This allows swimmers to train without as much pressure and are still able to compete if they wish. You might also choose this squad if they want to train for fitness or recreational purposes.

Our swimmers in **Castle Douglas, Stewartry Seals** follow a similar pathway. Swimmers start in **Squad 2 Foundation**, progressing to **Squad 2 Development**, where they will work towards **Squad 1**.

Introduction to competition

By far the best introduction to competing is the **Clyde Coast Mini League**. Swimmers competing in this competition have a great time being part of a team. It is the noisiest gala of the year and everyone who competes at it has a great experience.

The region hosts the **Solway League** which allows swimmers across Dumfries and Galloway to compete against each other. This is another great team event, which caters for swimmers who are slightly older than those who take part in the Clyde Coast.

Dumfries and Galloway Regional Competition is open to all ages. Swimmers compete individually rather than part of a team. It is a relaxed fun event giving swimmers a good introduction to competing.

Meet Mobile

Meet Mobile is a great app available to download from IOS or Android. For a small annual charge, the app provides meet results for the majority of competitions that your child attends. It is worth downloading this app to keep up to date with your child's times and results at a competition.

Keeping in touch

As a club we try to communicate through various media.

Any information that needs sent to you directly will be sent by **email**.

The club's **website** has a lot of useful information and is updated regularly with our swimmers success at competitions. Our website address is

www.dumfriesasc.co.uk

We regularly update our Facebook and Twitter pages.

Find us on Facebook at Dumfries ASC

Or on Twitter @DumfriesASC



Who's Who!



Coaches



Anthony Ryan
Head Coach



Ross McCafferty
Regional Assistant Coach



Phil Stewart
DCI Coach



Ailsa Nelson
DCI Coach



Christine Proudfoot
Volunteer Coach

What to wear at Competitions



What to wear when

It is important for Dumfries ASC to dress appropriately and represent their club with pride.

Dumfries ASC has a club kit that we wish all our swimmers to wear at competitions.

All swimmers attending a competition must arrive wearing their club kit.

Competitions

There are guidelines on what to wear at different competitions.

National Competitions

If you are attending a National Competition such as **Scottish National Age Groups**, **Scottish Open**, **Scottish Summer Meet** or **British Summer Meet** we would ask that swimmers wear their blue National tops during the day and their white National tops if attending finals. Swimmers are also expected to wear their Nationals swim caps at these events.



Mini Clyde Coast & Solway League

If you have been selected to swim as part of the team in either the **Mini Clyde Coast** or in the **Solway League** a team t-shirt will be supplied. All swimmers must wear a navy club swim cap at these events.



General Competitions

If you are attending any other competition we ask that you wear navy club t-shirt's for any events that you compete in throughout the day.

If you are to take part in a final we ask that you wear a white club t-shirt.

All swimmers must wear the navy club swim cap during the competition.

We do not expect our swimmers to wear their national caps or dome caps at any competitions other than those mentioned above.



District Regional Programme

All swimmers selected and **attending DRP must wear club kit** at every session. Those that attend the programme should be proud to represent Dumfries ASC.



Competitions



Introduction to competition

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Different types of competition

Graded/Development Meet – Level 2 or 3

A Graded Meet is aimed at novice swimmers and those with little competition experience. Graded meets enable swimmers to gain entry times for races at other events.

Open Meet – Level 1 or 2

An Open Meet is for a more experienced swimmer. These meets tend to have entry times that a swimmer must be quicker than for eligibility to enter.

Short Course Season typically runs from September to December. Swimmers compete in a 25m pool during Short Course Season.

Long Course Season typically runs from January to July. Swimmers compete in a 50m pool during Long Course Season.



Team Travel Guidelines



Team Travel

If a swim event is classed as Team Travel – **ALL SWIMMERS MUST ATTEND AS A TEAM**. Unfortunately we cannot allow any exceptions as someone travelling on their own affects any costing's made by the Team Manager.

Please note if you do not wish your child to travel with the team, then please DO NOT ENTER your child in a team event.

Benefits of Team Travel

Team Travel is beneficial for the swimmers in many ways. It helps create independence, confidence and team bonding. If your child is to progress through swimming along a competitive pathway, the team travel experience prepares them for travelling away. It is possible that they may be chosen for a competition that requires them to travel with swimmers and coaches they may not know. Having experienced team travel through the club lets your child experience sleeping in a hotel room without their family. They may share a room with their friends but sometimes they might share with a child they do not know. This is done intentionally to prepare your child for future team travel in future competitions.

A Good Experience

A child travelling individually during a team event may feel isolated from the group and will miss out on part of the experience such as eating out together and sharing hotel rooms.

Team Costs

If a swimmer agrees to enter a swim event that is classed as Team Travel, parents/carers are expected to be liable for Team Costs.

If a swimmer is scratched from all their events they will not be required to pay for Team Travel.

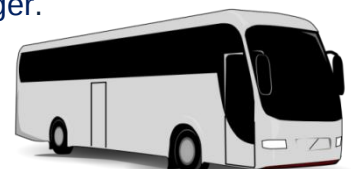
A parent/carer may withdraw their swimmer from the event within 24hrs after the accepted and rejected swims list has been released.

No withdrawals after 24hrs will be accepted. This is because the Team Manager will already have included your child in any costing's for the event.

If your child has to withdraw due to injury – unfortunately you will still be liable to accommodation costs. This is due to the distribution of costs between the other swimmers. We are unable to request further payment from parents/carers after total costs have been agreed. You will, however be refunded any costs factored in for lunch and evening meals.

Pre-arranged Drop of Points

We are aware that not all swimmers live in Dumfries and may on occasion find it beneficial to be dropped off elsewhere on return from a team event. If you require an alternative drop off point this **must be arranged in advance** with the Team Manager.



What to Pack for Competitions



- Two competition suits
- Two caps
- Two pairs of goggles
- Swim suit for warm-up
- Three or four towels
- Snacks
- Healthy packed lunch (No fizzy drinks or chocolate)
- Water bottle
- Club kit: Navy club tshirt and white club tshirt if there are finals. Club shorts and Dumfries ASC swim cap
- Poolside shoes - Some facilities will not let you poolside without them
- Warm clothes: Sweatshirt & jogging bottoms

Samples of a healthy lunch & snacks competing all day

Female Swimmer Sample Lunch 1 Homemade chicken Salad Wraps (or Maybe Pasta) Diluted Juice (2* 1L Bottles Per Day (Very Diluted!)) Fresh Juice, Flavoured Milk Apples, Satsumas Bananas, Grapes Cereal Bars (esp. Nakd' Bars) Dried Fruit - Apples, Mango, Pineapple, Raisins (Sometimes Chocolate Ones) Malt Loaf Rice or Corn Cakes Oatcakes Fruit in Jelly Jelly Sweets (Small Portion)	Male Swimmer Sample Lunch 1 3 x Sandwich Thins Filled with Turkey & Cranberry 1 x Small Tub of Fresh Grapes and Blueberries 2 x Tesco Fruit Slurpers, 1 x Fruit in Jelly 1 x Yoghurt Tube A Cheese String or Cheese Stick 3 x Low Sugar Granola/Cereal Bars 1 x large bottle of plain water for during the day 1 x small bottle flavoured water for lunch time Small Bag of Popcorn 2 x Fig Rolls, 1 or 2 Mini Soreen Loaves Small Tub of Jelly Babies - 2 for each race 1 x Small Pack of Raisins 1 x Whitworths Fruit & Seed Shots 1 Snack Pack of Jacob Crackers 1 x Tesco Giant Pretzel
Female Swimmer Sample Lunch 2 2 x Wraps (1 with Ham/Light Laughing Cow Cheese & Salad & 1 with Chicken & Salad) Apple, Satusuma, Blueberries, Grapes, Banana Go Ahead Cereal Bars (Apple Filled) x 2/Fig Rolls Pear in Fruit Juice Raisins, Prunes, Cranberries Aldi dried fruit bar x 1, Tube frozen yogurt Humzinger x1, Fruit Winder x 1 Snack Crackers (Sunbites ready salted/Ritz) x 1 Go ahead garibaldi type biscuits x 2 Belvita Plain Biscuits x 1 Nairns Snack Oat Cakes x 1 Plain Popcorn and Dry Cheerios Smoothie x 2 or Fruit Juice, Chocolate Milk Mini Jaffa Cakes or Fig Rolls	Male Swimmer Sample Lunch 2 Homemade chicken Salad Wraps (or Maybe Pasta) Diluted Juice (2* 1L Bottles Per Day (Very Diluted!)) Fresh Juice Flavoured Milk Apples Satsumas Bananas Cereal Bars (esp. 'Stoats') Dried Fruit - Apples, Mango, Pineapple, Raisins (Sometimes Chocolate Ones) Pancakes Bagels Custard Oatcakes Jelly Sweets (Small Portion)

Development/Race Nights



Development/Race Nights

Development/Race Nights are aimed at giving younger swimmers the opportunity to broaden their skills, race in a fun and atmospheric environment as well as the chance to learn and practise new skills through the mentoring of club coaches and senior swimmers. Diving will always be on offer at these sessions. In addition some nights will include team racing competitions, Senior Swimmer Mentor sessions and Stroke Clinics. Development Nights will cost £1 per night. Race Nights will cost £1 per event.

How will it run?

There will be 11 Development/Race nights over a period of 12 months. However, not all nights will be aimed at racing; all will accommodate some dive practise. Expect to see the following through the season;

- Race Nights. Swimmers will be rewarded for their skills when racing and enthusiasm/sportsmanship towards the rest of the team. SKINS may also run on these nights. These will run Girls 12 & Under, Girls 13 & Over, Boys 12 & Under and Boys 13 & Over. Age on Day.
- Senior Swimmer session. A senior club swimmer will lead a session of skill practise and give swimmers the chance to interact and learn from some of the clubs leading swimmers.
- Stroke Clinic sessions. This session will be a clinic for perfecting technique and producing skills in race like scenarios.
- Team Race Nights. Swimmers will be split into random teams where they will race off. Individual events will be limited as the majority will be team based relay events!

What are SKINS?

SKINs are an exciting series of races which operate on a knock out basis, where the two remaining swimmers race head to head in the final race. For Race Nights, the qualification to take part in the SKINs will be the fastest 4 12 & Under Girls, the fastest 4 12 & Under Boys, the fastest 4 13 & Over Girls and the fastest 4 13 & Over Boys from the 50m event that takes place on that respective Race Night. SKINs are competed at the end of the night and will be done in two separate blocks; 12 & under then 13 & over. A swimmers rest will be dependent on how fast it takes for the other race to be completed. The swimmer that finishes last in their race is eliminated. There will be 3 races for each set of SKINs. If there is a dead heat for last place then no swimmer is eliminated. The SKINs will not be the event that the swimmers swam in the 50m. A coloured ball will be pulled out of a box which will determine the stroke the swimmers race. Blue = frontcrawl, Yellow = Butterfly, Green = Breaststroke and

Red = Backstroke. The start will also not tell the swimmers to 'take your marks'. Swimmers will have a whistle blown to let them get on the blocks and then approximately a 10 second wait until the starting signal.

How do I enter my child?

Squad reps will email their squads with information regarding the upcoming Development/Race Night. Should the session involve individual races, squad reps will send out a list of entries for you to accept. The entries will be done by your respective squad coach. If the session is not racing based, squad reps will email what the session has on offer. For acceptance, you will need to email dascracenights@gmail.com before 9pm on the final Monday before the respective session. Please send your swimmer with £1 to the Development Nights or £1 per event for a race night payable on the night.

Extra Information

Your Saturday morning session will run as normal.

Swimmers should bring with them the following:

- Swimwear, Cap & Goggles
- Towel
- Water Bottle
- Kit Bag
- T-shirt & Shorts
- A snack
- Motivation & Enthusiasm

Volunteers will be needed poolside for Race Nights now and in the future! Come along and give it a shot. You can shadow a Time Keeper or a Team Manager, help out with Marshalling or the time keeping system if in use on a Race Night.

