



Welcome To Cults Otters Amateur Swimming Club

Dear Otter

Welcome to Cults Otters ASC and **congratulations** on choosing such a fun and healthy pastime.

Now that you are a competitive swimmer things are a little different than they were when you had swimming lessons. The first squad in the competitive section of Cults Otters is JC1 (JC stands for Junior Coaching). There are 3 training sessions each week in JC1 and swimmers must attend at least 2 sessions per week to see any benefits from training and so progress to JC2.

JC1 Training Sessions	Tuesday 6.30 – 7.15am Cults Pool	Wednesday 7.00 – 8.00pm Cults Pool	Sunday 4.30 – 5.30pm Hazlehead Pool
-----------------------------	--	--	---

When you are dropped off at the pool for training please check that a coach is present before you let your lift leave. This is quite important in the winter, especially for early morning training, in case your coach is snowed in or the pool filters have failed.

You need to be ready for the warm-up by the pool 10 minutes before the start of a session with **your fins, water bottle (full) and a spare set of goggles**. Make sure that your goggles fit well and don't leak. Some JC1s like to bring a kick board too but this isn't really necessary until you move up to JC2. If you have long hair you must wear a swimming cap. Please make sure that your name is on **everything**. You wouldn't believe how many goggles get lost each term. A good way to label your goggles is by sewing a woven nametape around the strap. It's also a good idea for the girls to wear pool shoes at Cults as they have to cross the corridor from the changing room to the pool. A good source of swimwear and equipment is the Swimshop www.swimshop.co.uk. Cults Otters also has an equipment secretary who stocks club swimwear and caps (see our website for contact details).

As well as your coach, there will also be a parent helper at each training session. It is really important that the coach always has a parent to assist to ensure that things run smoothly and safely. For example, if a swimmer needs their water bottle re-filled or their goggles fixed then the parent helper can step in and the coach is not distracted. Parents sometimes time the swimmers too. Anyone going poolside must wear poolside shoes or clean indoor footwear.

The JC1 rep works out a parent rota and will email it to you at the start of each term. A swimmer's parent will only be asked to help occasionally in JC1 but if one of your parents can't manage a session they must arrange cover, as it is really important that the coach always has help. When you join the club one or both of your parents (depends who wants to help poolside) will be asked to fill out a Disclosure Scotland form so that they can be poolside with children. Most parents enjoy poolside duty as they get to watch you train and see how you are improving.



Cults Otters Swimming Club is run almost entirely by volunteers. We have a good number of volunteer coaches and committee members who give their time freely so that fees can be kept to a minimum. The membership fees you pay to join the club are used mainly to pay for pool time for training and to cover SASA (Scottish Amateur Swimming Association) membership fees. SASA membership provides insurance cover and is required before you can enter any galas (swimming competitions). Your fees also allow you to enter the annual Cults Otters Club Championships in December.

Don't worry about entering galas just yet. Your coach will let you know when you are ready to start competing. Generally swimmers are encouraged to enter two or three galas each term. Gala invites are sent out by Email but you can check which galas are coming up by looking at the competition calendar. All gala invitations are targeted, so when you receive an Email inviting you along, you are swimming at an appropriate level and are entitled to enter.

Club communication is generally by email, the Cults Pool notice board and via our website, <http://www.cultsotters.org.uk>. The website contains all sorts of useful information about swimming including details of all the squads, training times, nutrition information, contact details for all coaches and committee members, how to enter a gala, what to do at a gala, upcoming galas and results, the latest newsletter and much more. The website coordinator will send you a password so that you can gain access to the members zone of the website. Don't forget to check your emails, the Cults Pool notice board and the website regularly for Club news.

We hope you enjoy swimming with Cults Otters and if you have any questions please ask your coach, squad rep or any member of the committee.

Yours in Swimming

Liz Riley
JC1 Coach
& All at Cults Otters