



2011

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A Member of the Peninsular
Group of Swimming Clubs

www.birkenheadsc.org.uk



Teaching & Skill Development

Birkenhead & Wirral Aquarius Swimming Clubs

Welcome Pack
&
Members Information
Guide



Affiliated to ASA North West Region and to the Cheshire County
Water Polo and Swimming Association



Welcome to Birkenhead & Wirral Aquarius Swimming Clubs

Mission Statement - to provide opportunities for all individuals to develop their skills and compete at levels appropriate to their development, and maximise their potential as a competitive swimmer.

Birkenhead & Wirral Aquarius Swimming Clubs will do their best to encourage your child to improve their strokes and fitness. The programme provided in all our squads will attempt to bring the best from your child, and will work far more effectively if attendance is at least twice a week for beginners and two thirds of the sessions available, or more, for Juniors and seniors.

We will seek to encourage your child to take part in competitive galas, of which we have a number at different levels. This will begin with time trials within the club leading to team selection for development galas and further progress in teams appropriate to your child's development.

From a coaching point of view you cannot hurry a child's development, maturity both physical and mental affect their performance

What can you do as a parent?? **Firstly** and most importantly, always find a way to **encourage** your child rather than criticise. Try to ensure they judge their own performance against only themselves and their previous personal best performances. We call these PB's and each swimmer in our club has their current PB's recorded on the notice board just outside the pool. This is because all children mature and develop at different rates and the swimmers who finish at a high level do not necessarily shine early!

Secondly, watch the notice board(s) to see if your child has been chosen for a gala. This board is inside the pool hall on the left as you enter. Please always advise availability at the earliest opportunity and of any problems. Obviously this is because it can result in coaches having to contact other swimmers at short notice if availability is not advised EARLY. Please try to avoid this by ticking/crossing the team sheet EARLY. If we are advised late then this will probably involve a telephone call to seek other swimmers for the team, we would ask you to appreciate that this is by no means an indication that your child is "second choice"; we fully appreciate the support of those parents and children! It is unfortunate, but is solely a problem provided by swimmers not advising if they will swim EARLY!

Lastly, if you have any queries please ask We can't promise the answer you may expect but hopefully we should be able to explain why and what we do.

Please remember that all the officials, coaches and helpers within the club are volunteers. They are there to do their best for ALL the children in the club. They are quite happy to answer any question or advise you who is best placed to answer. We're not saying that they are always right but please respect their commitment.

First Day - On your child's first attendance at the club we will ask them to swim a few lengths in three different strokes. They will then be assigned to a lane for the rest of the session and we will gauge their current levels of fitness. At the end of the session the coach will advise you of the squad and lane your child should attend.

You are allowed to attend three sessions including your first and just pay the training fee. On your fourth attendance or before you must pay your yearly club membership. The rates for this are on the attached membership form.

The club is committed to providing support for its members and in the event that you have any difficulties with fees or the provision of necessary equipment please speak, in strictest confidence, to the Chairman, Roy Smither on 644 0653



VOLUNTEERS - Policy

To succeed in achieving it’s Mission the Club is totally reliant on the commitment of the volunteers who provide all the skills necessary to enable the club to operate. To ensure sustainability, the club is committed to actively encourage the recruitment of new volunteers and to provide funding for training and ongoing development. If you are interested in getting involved with poolside, officiating or administrative roles and would like further information please speak to ROY SMITHER, MIKE HOLBROOK, NIC WINTER, PETER BLOOD or any coach.

VOLUNTEERS - Poolside helpers

If you are interested in becoming involved as a poolside helper you will be required to complete the necessary CRB checks after which you can come on the poolside to assist our qualified teachers and coaches, The club also provides financial support for those wishing to become further involved through taking teaching and coaching qualifications. For further information please speak to NIC WINTER or any coach.

VOLUNTEERS - Officiating

If you are interested in becoming involved in helping at galas you will be required to complete the necessary CRB checks after which you can come on the poolside to assist Again, if you choose, there are examinations to qualify for timekeeping, judging and starting. Please speak to PETER BLOOD for further information.

COMMITTEE & CLUB ORGANIZATION

The committee is elected each year at the AGM, watch out for the notices. The AGM is normally held in December. Offers of help however are welcome at any time of year and we will always be pleased to find you a job. We would especially be pleased to receive any help with fund raising or the arrangement of social events. Please speak to ROY SMITHER, PETER BLOOD or any committee member.

WHO TO CONTACT:

	Birkenhead		Wirral Aquarius	
Chairman	Roy Smither	644 0653	Mike Holbrook	0151 606 9519
Vice-chair	Peter Blood	643 9761	Heather Holbrook	0151 606 9519
Chief Coach	Nic Winter	645 3698	Nic Winter	0151 645 3698

Achievement Awards

The club recognises achievements through the ASA awards scheme, commencing at the ASA National Plan for teaching swimming Level 7 (pre competitive). A log-sheet is available at the rear of this handbook and Certificates, badges, and logbooks are available from the club shop.

Club Swim Shop

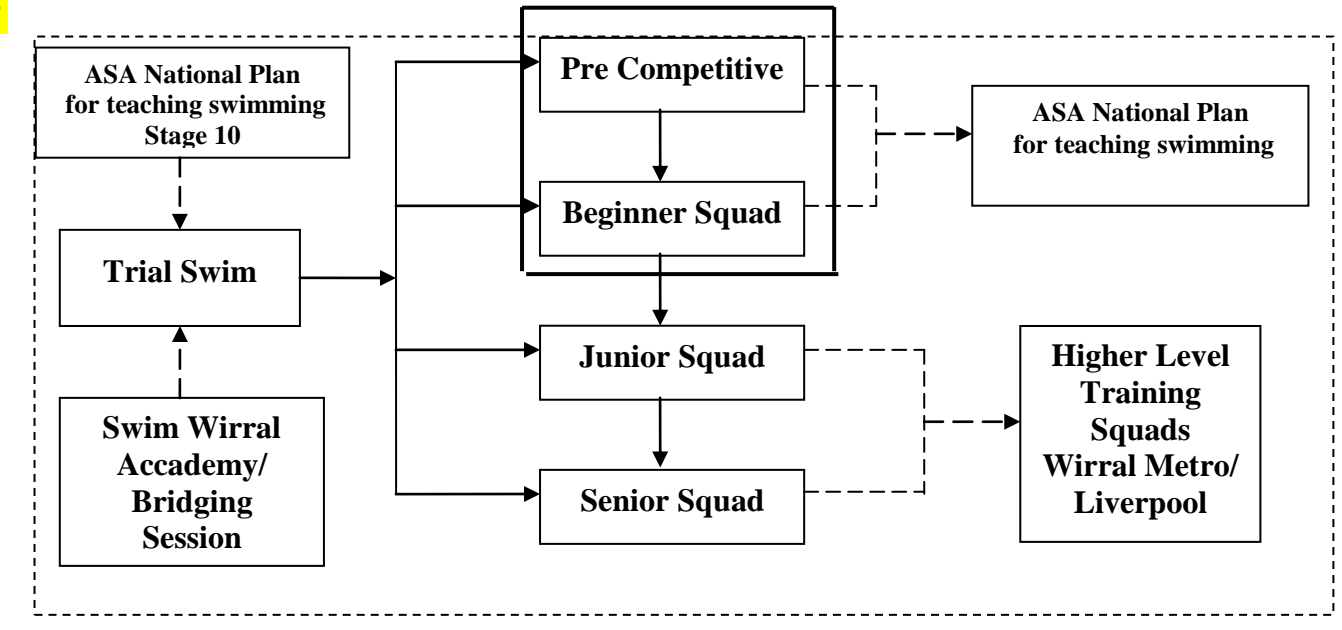
To order Club kit contact Peter Barton (Birkenhead) or Heather Holbrook (Wirral Aquarius)

Wirral Metro & City of Liverpool Squad Training In addition to Birkenhead & Wirral Aquarius club squads are the Wirral Metro & City of Liverpool training squads. These provide intensive squad training designed to bring the best from high performing swimmers. Their objective is to provide the time to allow full development of any swimmer’s potential provided they are committed to full attendance to the sessions available to them. These squads compete through Wirral Metro Swimming Club, and City of Liverpool Swimming Club in high level competitions at regional and national level and open meets.

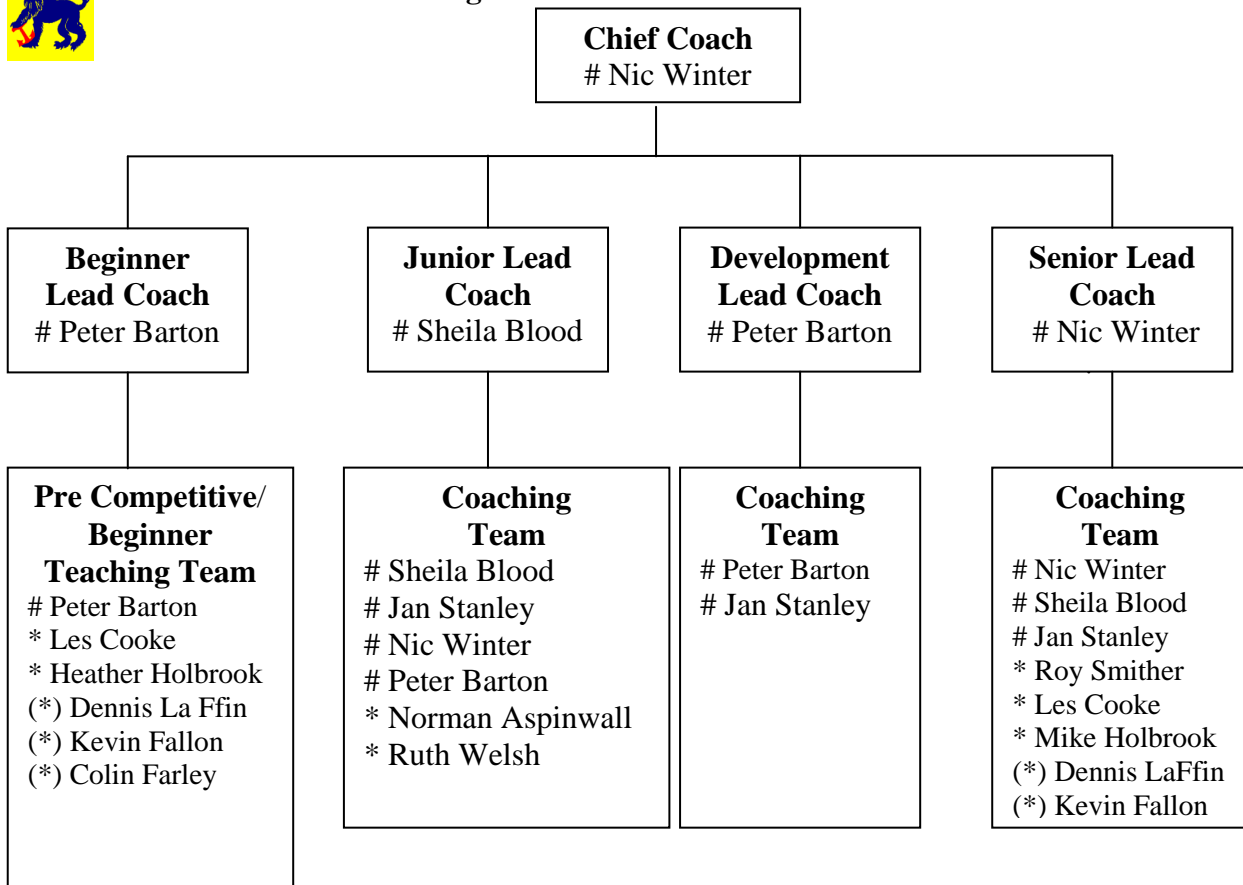
For further information please speak to your squad coach,



Club Structure - Training



Club Structure - Coaching



* ASA Teacher
 (*) ASA Assistant Teacher

** ASA Teacher (Disabilities)
 Keith Arnold
 Sheila Blood

ASA Club Coach



Club Structure – Mission Statement

To provide opportunities for all individuals to develop their skills and compete at levels appropriate to their development, and maximise their potential as a competitive swimmer.



Club Structure - Teaching

Birkenhead & Wirral Aquarius Swimming Club's teaching programme follows the "ASA national plan for teaching swimming".

Entry is at pre-competition Stage 10, which is the logical progression from Local Authority swimming lessons or equivalent.

The swimmer will initially consolidate their existing skills and develop their efficiency of the four competitive strokes. They will then, through the use of a range of drills and practices, progress towards the more demanding aspects of training development in preparation for taking part in competitive swimming.

The rate at which swimmers develop varies, and our teachers and coaches will ensure the necessary skills, strokes and confidence are in place at each stage of their progression.

This pre-competition development comprises two levels, both leading to awards.

Level 1 skill development includes floatation, streamlining, sculling, treading water and introduces the use of the pace clock.

Level 1 stroke development progresses the efficiency of the four competitive strokes through the use drills, kicking, turns and starts.

Level 2 skill development further progresses sculling, treading water and use of the pace clock and introduces land training through the use of simple loosening exercises.

Level 2 stroke development continues to improve on stroke efficiency and kicking, introduces more advanced drills, makes further progress on starts, turns and finishes, and introduces short repetitive swimming sets.

Awards

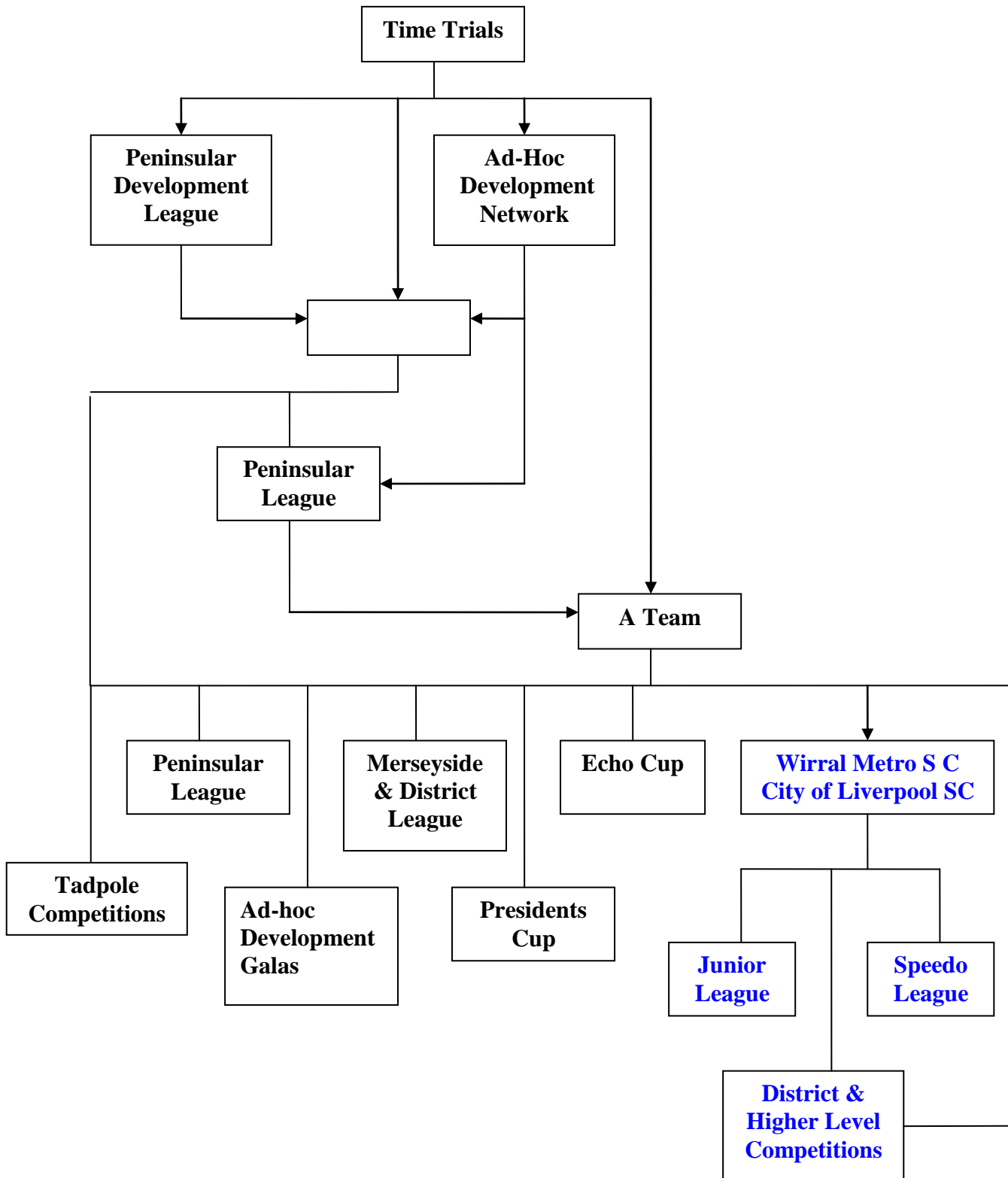
A range of certificates and badges to mark achievement are available from the club shop.

eg. Preliminary Competitive Start, and stroke and sprint awards

Swimmers are also encouraged to keep a record of their progress in training, through the use of a log sheet (see section 10 of this handbook), and of their awards using a logbook which is available from the club shop.



Wirral Aquarius Swimming Club operates in partnership with Birkenhead Swimming Club.
League competitions and Ad-Hoc galas – Swimmers compete with Birkenhead.
Tadpole and Open competitions – swimmers compete as club of choice.





President **BIRKENHEAD**
Alan Murray

WIRRAL AQUARIUS
Ian Platt

Officers:

Chairman: Roy Smither 0151-644 0653
Vice Chair: Peter Blood 0151-643 9761
Secretary Jo Gilbert 0151-645 7441
Treasurer Jan Howard
Welfare Officer Jo Gilbert 0151 645 7441
Chief Coach Nic Winter 0151-645 3698
Competition Sec. Peter Barton
Gala Secretary Abi Barton
Polo Secretary Alan Murray
Polo Coach Dave Partington

Mike Holbrook 0151 606 9519
Heather Holbrook 0151 606 9519
Catherine Long
Hilary Pollard
Heather Holbrook 0151 606 9519
Nic Winter 0151-645 3698

Committee Members:

Denis Laffin
Keith Arnold Disability Liason 0151-342 5648
Abi Barton
Anita Pharoah
Peter Barton
Jane Totir
Karen Linford
Frank Linford
Catherine Jones
Jan Jones
Harriet Solheim Ladies Swim Captain
Holly Bristow Ladies Vice Captain
Thomas Barton Men's Swim Captain
Joe Selby Men's Vice Captain

Denis Laffin
Keith Arnold Disability Liason
Peter Blood Swim21 Co-ordinator
Jo Gilbert
Peter Barton
Jane Totir
Jan Howard
Alan Murray

Club Representatives:

Peninsular League N Winter, P Blood
L&D A Murray, P Blood, R Smither
NCASA A Murray, N Winter
Cheshire A Murray, J Howard
M & D League JN Winter, P Barton, P Blood
Peninsular Schools A Pharoah

H Holbrook, H Holbrook, C Long
A Murray, J Howard
H Holbrook

Publicity: Jo Gilbert 0151-645 7441

Fund raising: Abi Barton,

Swim Shop: Abi Barton, Peter Barton

Heather Holbrook

Insurance queries: Jo Gilbert 0151-645 7441

Hilary Pollard

Equity officer: Jo Gilbert 0151-645 7441



Birkenhead & Wirral Aquarius Swimming Clubs compete in partnership in a number of leagues or galas and utilize each for different purposes. This will depend on the level of competition within those competitions and the requirements of the season. For 2010 it will be:

CLUB TIME TRIALS

These are held approx. every three months on a Sunday evening between 4pm and 6.00pm. All swimmers swim every stroke over 50 (some 25s for the youngest. This allows us to get a picture of how everyone is doing and make direct comparisons of fitness. It is also a friendly introduction to gala procedures for our younger swimmers. Please do your best to ensure your child attends.

PENINSULA DEVELOPMENT LEAGUE

A development league in which we encourage all club members to participate, especially those recently joined. The events in these galas are time limited and provide a chance to swim strokes or distances that you do not usually participate in. If you have specific requirements please talk to Nic Winter.

AD-HOC SWIMMING DEVELOPMENT GALAS

A network to enable ad-hoc galas between clubs. We encourage all club members to participate, especially those recently joined. There are a number of gala formats available including some which are time limited and provide a chance to swim strokes or distances that you do not usually participate in. If you have specific requirements please talk to Nic Winter.

PENINSULA LEAGUE

Normally our strongest team, we compete in against teams from Hoylake, Wallasey, Ellesmere Port, Bebington, and Woodchurch,

MERSEYSIDE & DISTRICT LEAGUE

Having swum in division 1 for many years due to the reduced number of teams the league has been reformed to a three division, five teams per league competition.

We compete in division two against Prescot, Bebington and Bootle & North Liverpool.

The season for this league will be Sept. 2010 to June 2011



ECHO CUP

A high level competition for 9 to 12 year olds with 11 other very good standard Merseyside clubs. We compete in two six team galas at Everton Park and after the initial two rounds the six teams with the highest points go forward to the final. We have produced a steady improvement in this competition over the last few years.

PRESIDENTS CUP

A competition for 13 year olds to open swimmers with other good standard Merseyside clubs. We compete in two galas at Everton Park and after the initial two rounds the six teams with the highest points go forward to the final. All events are 50 metres and relays at one length.

RELAY GALAS

A relaxation for club members from intense individual competition. We enter three, all relay galas each year and they undoubtedly generate great team spirit and motivation, not to mention the noise!!!

OPEN MEETS

Watch the notice board for details of open meets. Entry forms for advertised galas are available from Peter Barton

CHAMPIONSHIP MEETS

We also encourage our members to compete in some championship events. These consist of the three Peninsular Age Group competitions, Liverpool & District Championships, Cheshire Championships, and the Merseyside & District Junior Championships.

CLUB CHAMPIONSHIPS

These are held annually over a series of galas on Sunday evening between during November and December. All swimmers have the opportunity to swim all strokes in individual age groups over 50m and 100m.
A mini gala of 25m events is held for 7/under – 10 year old swimmers.



Child Protection Policy Statement

Birkenhead & Wirral Aquarius Swimming Clubs are committed to complying with procedures and guidelines produced by the ASA Child Protection Working Party in conjunction with the NSPCC.

Birkenhead & Wirral Aquarius Swimming Clubs believes that the welfare of children is everyone's responsibility, particularly when it comes to protecting children from abuse. Everyone in swimming - administrator, club official, coach, parent, friend, children themselves, everyone - can help.

All our coaches, teachers' team managers and poolside helpers have been issued with copies of these procedures and guidelines, have undergone CRB checks and are registered on the ASA Child Protection Database.

A copy of these procedures and guidelines is available via any committee member or the Birkenhead or ASA websites.

ASA SWIMLINE

Who is the ASA SwimLine for?

This service is provided for anyone involved in swimming, including children and young people who believe that the welfare of a child is at risk. This could be neglect or abuse, bullying or fear of someone, or anything that is worrying you or you don't know who to discuss this with.

Who will take the calls & what happens?

When you ring you will hear a message. This will explain how to speak to someone urgently, and enable you to be transferred straight away to the NSPCC Child Protection Helpline, or if more convenient arrange for someone to call you back. The person who calls you back will be a trained member of the ASA Child Protection Group.

Other things you should know

SwimLine calls are free and do not appear on itemised bills unless the call is made from a mobile phone. SwimLine does not use the 1471 code or any other return call or call display facilities.

You can call the ASA on 0808 100 4001

You can call the NSPCC Child Protection Helpline direct on 0808 800 5000
(open 24 hours a day and calls are free).

If you have a textphone you can call the NSPCC Textphone on 0800 056 0566



Equity Policy Statement

Birkenhead & Wirral Aquarius Swimming Clubs is committed to treat everyone equally within the context of their activity, regardless of sex, ethnic origin, religion, disability, age, sexual orientation or political persuasion.

The Clubs will ensure that equity as stated in the club rules is incorporated in all aspects of it's activities and also recognises and adopts the Sport England definition of Sports Equity:

Sports Equity is about fairness in sport, equality of access, recognizing inequalities and taking steps to address them. It is about changing the culture and structure of sport to ensure it becomes equally accessible to everyone in society.

The Clubs are committed to everyone having the right to enjoy their sport in an environment free from threat of discrimination, intimidation, harassment and abuse.

All Club members have a responsibility to challenge discriminatory behaviour and promote equality of opportunity.

The Clubs will deal with any incidence of discriminatory behaviour seriously, according to the club disciplinary procedures.

Code of Ethics and Conduct

All children and young people who are members of the club must:

- Put the well-being, health and safety of other members above all considerations.
- Not become involved with any bullying of other people.
- Abide with the codes and rules set out by the club
- Not discrimination on the grounds of race, colour, language, religion, birth or social status as set out in the equal opportunities policy.
- Respect other peoples rights, and dignity.
- Not encourage other members to violate the rules of the club or the sport.
- Observe the requests and decisions of all teachers, coaches and officials.
- Abide by the spirit of the rules and laws both in and out of the pool.
- Treat other competitors and teams with respect, in victory and defeat.
- Treat all personal information about individual members as confidential except in exceptional circumstances regarding health and safety or medical requirements.



Code of Conduct for parents/carers

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.

Code of conduct for club officials and volunteers

The essence of good ethical conduct and practice is summarised below. All volunteers must:

- Consider the well-being and safety of participants before the development of performance.
- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Follow all guidelines laid down by the national governing body and the club
- Hold the appropriate, valid qualifications and insurance cover
- Never exert undue influence over performers to obtain personal benefit or reward
- Never condone rule violations, rough play or the use of prohibitive substances

Internal Disputes

The Club shall comply with the requirements and procedures of ASA Law for handling all Internal Club Disputes as may be revised from time to time.

For further information contact the Chair, Welfare Officer or any Coach or Committee member

Insurance:

Fully paid up members of Birkenhead and Wirral Aquarius Swimming Clubs are automatically covered by the Club's Insurance Scheme. If you wishes to see a copy of the Insurance Policy or Document, or make a claim then please contact the Mrs Jo Gilbert the Club Secretary 0151 645 7441

A copy of the Birkenhead SC and Wirral Aquarius SC Insurance Certificates are on display on the 1st floor notice board at Leasow Recreation Centre.



Before the Gala:

1. Remember to check the notice board for your name on team sheets
2. Always indicate on the team sheet if you are available to swim. (tick or cross)
3. If a coach is being provided, decide if you will be travelling on it – if not tell your team manager.
4. Speak to your coach or team manager if you have any questions.

Things you will need to take to the Gala:

1. Swimming costume
2. Goggles (if you wear them)
3. Swimming cap
4. Towel
5. Pool shoes
6. T-shirt/ shorts
7. Drink/ snack

What to do when you arrive at the Gala:

- 1 Get changed and if you are not using a secure locker bring you belongings with you onto the poolside.
- 2 Report to your team manager on the poolside. The team will usually have an allocated area on the poolside.
- 3 Check the team sheet to for the events you are competing in.
- 4 Take part in the warm-up.
- 5 Never leave the poolside without speaking to your team manager.
- 6 Remember to take your goggles and hat (if you use them) for the start of your events.

After the Gala:

- 1 Get changed and make sure you have everything with you when you leave the changing area.
- 2 If you arrived on a coach but have different arrangements for returning, let your team manager know.
- 3 Check the notice board or website for the gala results.
- 4 Check the notice board again for any other team sheets.



Birkenhead & Wirral Aquarius Swimming Clubs Membership Form



Name:				
Address:	Tel :			
Postcode:	E mail:			
Date of Birth:	A.S.A. Competitor No:			
Male / Female	Category of membership: 1 2 3 If known			
Other clubs & date joined:	:Disciplines; (tick box)			
	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Swimming</td> <td style="width: 50%;">Water polo</td> </tr> <tr> <td>Masters swimming</td> <td>Masters Water polo</td> </tr> </table>	Swimming	Water polo	Masters swimming
Swimming	Water polo			
Masters swimming	Masters Water polo			
Contact in case of emergency: Name: Address:	Tel No: Tel no: Tel no:			
Relationship:				
Is this membership 1 New or 2 Renewal	Family or Individual			
<p>Are you registered Disabled (Yes) (No) – If Yes please give details of swimming category</p> <p>Hearing <input type="checkbox"/> Visual <input type="checkbox"/> Physical <input type="checkbox"/> Learning <input type="checkbox"/> Multiple <input type="checkbox"/> Other <input type="checkbox"/></p> <p>Any other relevant information:</p>				
<p><i>"I acknowledge receipt of the rules of Birkenhead & Wirral Aquarius Swimming and Water Polo Clubs and confirm my understanding and acceptance that such rules (as amended from time to time) shall govern my membership of the Clubs. I further acknowledge and accept the responsibilities of membership upon members as set out in these rules."</i></p> <p>Please see attached consent clause re data protection</p>				
Signed:	Date			
Signature of parent / carer (if under 18 years):	Date			
Would you be prepared to become a volunteer helper? Yes / No				

Please read and complete accompanying information as required:

1. Membership Data Collection Consent
2. Asthma & other conditions requiring medical notification.
3. Medical Information Form
4. Doping Control Rules are available from the ASA website or any coach



Amateur Swimming Federation of Great Britain Ltd



Data Protection - Membership Data Collection - Consent

The Data Protection Act 1998 ("the Act") sets out certain requirements for the protection of your personal information (ie information about you) against unauthorised use or disclosure. The Act also gives you certain rights.

References below to ASFGB include a reference to the three members of ASFGB, the ASA, SASA and WASA. By virtue of your membership direct or indirect to ASA, SASA and WASA you agree to your personal data being made available to ASFGB and its members, subject always to compliance with the Data Protection legislation.

Except to the extent that your club or ASFGB Ltd is required or permitted by law, the information which you provide in this form, and any other information obtained or provided during the course of your membership ("the Information") will be used solely for the purposes of assessing your application and dealing with you as a member if your application is successful.

If your application is unsuccessful or you cease to be a member of the ASFGB, the Information will not be held for longer than is necessary, after which time it will be destroyed. If your application is successful, the Information will form part of your membership file and we will be entitled to process it for all purposes in connection with your membership.

From time to time we might need to provide some or all of your personal data to other connected swimming bodies or regulatory bodies, for example in connection with competitions.

You agree to use all reasonable endeavours to keep your club and ASFGB Ltd informed of any changes to your personal data.

Please note that, for the purposes set out above, the Information may be transferred outside the European Economic Area ("EEA") and your provision of the Information will be deemed to constitute *consent* to such transfer. Areas outside the EEA may not have data protection laws as comprehensive as those that exist in the EEA and, if you do not *consent* to the Information or any part of it being transferred outside the EEA you must not provide the same to us.

So that we may use the Information for the above purposes and on the above terms, we are required under the Act to obtain your consent. Members are therefore requested to sign signify their consent by signing below or by confirming to the Club Membership Officer that you agree to the above by providing their data for electronic submission to the ASA, SASA or WASA.

Signature..... (Consent by Parent or Guardian)

Print full Name..... Date.....

MEDICATION DECLARATION FORM

This form MUST be completed by anyone that is representing Great Britain or their Home Country internationally or competing in a British Swimming, ASA, SASA or WASA National event (all disciplines, excluding masters) and returned to the ASA Membership Department at the address below. A new form MUST be completed annually even if the medication prescribed has not been altered or if no medication is being taken and whenever the medication is changed. If the competitor is under the age of 18 this form should be completed and returned by the parent or person in loco parentis but must still be signed by the competitor. This form should be sent direct to the ASA, not via the club registration/welfare officer. The data contained in this form is classed as sensitive personal data under the Data Protection Act 1998 (DPA). The ASA, SASA or WASA will process the data provided in accordance with the DPA. Your express written consent to hold this data is required under the DPA, which by signing this form you are providing. The data will be held securely in accordance with the DPA and will be used to administer you as a member of the ASA, SASA or WASA. The Medical Declaration Form Information Guide will assist in completing this form.

PLEASE COMPLETE IN BLOCK CAPITALS

Surname																						
First Name										Miss / Mr / Ms / Mrs												
Address																						
Post Code				Tel No (inc. STD Code)																		
E-mail:																						
Date of Birth												Membership No										
Club																						

Please indicate medication taken for treatment of asthma by ticking the appropriate box

SALBUTAMOL (i.e. Ventolin)	A		BUDESONIDE (Pulmicort)	E	
SALMETEROL (i.e. Serevent)	B		BECLOMETHASONE (i.e. Becotide)	F	
TERBUTALINE (i.e. Bricanyl)	C				
FLUTICASONE (i.e. Flixotide)	D				
Other medication taken for the Treatment of asthma	G		Name of Medication		

Please list below ALL medication currently being taken for any other medical condition including vitamins and dietary or nutritional supplements in the space below:

Other medication		
Vitamins		
Supplements		

I declare that I do not take any form of MEDICATION (this includes vitamins and supplements) - please tick box

Signature of competitor:
If under 18 years of age signature of parent or person in loco parentis
Date

White copy to be returned to: Membership Department, ASA, Freepost, Loughborough, LE11 OBR Gold copy to be retained by competitor. Revised May 2007



Membership Application – Medical Information Form
Birkenhead & Wirral Aquarius Swimming Clubs
Medical Information Form

Name	
Address	
Date of Birth	Telephone Number

Please tick Yes or No and complete further details as necessary

Does your child have any specific medical conditions requiring medical treatment and/or medication?	Yes	If yes give details
	No	
Does your child have any allergies	Yes	If yes give details
	No	
Does your child take any medication for asthma	Yes	If yes give details
	No	
Do you agree that the Coach / team manager responsible for your child can administer pain relief medication if necessary?	Yes	If yes, please give name of usual pain relief
	No	
Any other relevant information		

It may be essential at some time for the Club Coach or Team Manager accompanying your son/daughter to have the necessary authority to obtain any urgent treatment which may be required whilst at Club representative competition or training. Would you therefore complete the details on this form and sign below to give your consent?

I, being parent/guardian of the above named child hereby give permission for the Coach or Team Manager to give the immediately necessary authority on my behalf for any medical or surgical treatment recommended by competent medical authorities, where it would be contrary to my son/daughter's interest, in the doctor's medical opinion, for any delay to be incurred by seeking my personal consent.

Signature (consent by parent/guardian)

Print Full Name.....

Date



Beginner Squad

Thursday	20.:00 – 21:00	Leasowe
Friday	19.:00 – 20:00	Leasowe
Saturday	17.00 – 18.30	Leasowe
Sunday	15.30 – 16.30	Leasowe
Sunday	16.30 – 17.30	Leasowe

Junior Squad

50m Training	Wednesday	19:00 – 20.30	Liverpool Aquatic Centre
	Thursday	20.:00 – 21.00	Leasowe
	Friday	19.00 – 20.00	Leasowe
	Friday	20.00 – 21.00	Leasowe
50m Training	Saturday	10.00 – 11.00	Liverpool Aquatic Centre
50m Training	Saturday	11.00 – 12.00	Liverpool Aquatic Centre
	Saturday	17.00 – 18.30	Leasowe
	Saturday	18.30 – 20.00	Leasowe
	Sunday	15.30 – 17.30	Leasowe
	Sunday	17.30 – 19.30	Leasowe

Senior Squad

50m Training	Wednesday	19:00 – 20.30	Liverpool Aquatic Centre
	Thursday	20.:00 – 21.00	Leasowe
	Friday	19.00 – 21.00	Leasowe
50m Training	Saturday	10.00 – 11.00	Liverpool Aquatic Centre
50m Training	Saturday	11.00 – 12.00	Liverpool Aquatic Centre
	Saturday	18.30 – 20.00	Leasowe
	Sunday	17.30 – 19.30	Leasowe

Disability Bridge Session

Sunday	10.00 – 11.00	Europa Pools
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For further information contact Keith Arnold, Disability Liaison Officer, 0151-342 5648

Birkenhead & Wirral Aquarius Swimming Clubs will do their best to encourage your child to attend at least twice a week for beginners and two thirds of the sessions available, or more, for juniors and seniors.

The club is committed to providing support for its members and in the event that you have any difficulties with fees or the provision of necessary equipment please speak, in strictest confidence, to the Chairman, Roy Smither on 644 0653



Birkenhead & Wirral Aquarius Swimming Clubs - Training Log Sheet

Name	DOB	Squad
		B J S

Tick applicable boxes and enter total distance swum

Teacher/ Coach	Date	Cert'd	Strokes				Starts	Turns	Distance
			Free	Back	Brst	Fly			
Comments/ Awards									

Teacher/ Coach	Date	Cert'd	Strokes				Starts	Turns	Distance
			Free	Back	Brst	Fly			
Comments/ Awards									

Teacher/ Coach	Date	Cert'd	Strokes				Starts	Turns	Distance
			Free	Back	Brst	Fly			
Comments/ Awards									

Teacher/ Coach	Date	Cert'd	Strokes				Starts	Turns	Distance
			Free	Back	Brst	Fly			
Comments/ Awards									

Teacher/ Coach	Date	Cert'd	Strokes				Starts	Turns	Distance
			Free	Back	Brst	Fly			
Comments/ Awards									



Birkenhead & Wirral Aquarius Swimming Clubs - Progress Record



Squad	Beginner	Junior	Senior	Fast	Metro	COL
Name	DOB					
Coach						

Stroke	Comments
Free	
Back	
Breast	
Fly	

Start/Turn	Comments
Free	
Back	
Breast	
Fly	

Pre Competitive Start Award YES NO

Sprint Awards			
	Bronze	Silver	Gold
Free			
Back			
Breast			
Fly			
IM			

Attends Time Trials YES NO

Attends Galas YES NO



Notes

