

Welcome to North Tyneside Amateur Swimming Club



About North Tyneside Swimming club

North Tyneside Swimming Club is an independent competitive club based at the Lakeside Centre, Killingworth and Hadrian Centre, Wallsend. We are affiliated to the ASA and have been Swim 21 accredited since 2006. We have a squad of swimmers aged from nine to mid teens who compete regularly in a range of competitions and championship events throughout the region. In addition we have a development section aimed at teaching swimming techniques and developing swimmers to move into the competitive squad.

What North Tyneside Swimming Club offers

The focus of the club is to help swimmer's develop their skill level and confidence in the water. North Tyneside ASC offers a safe and friendly environment that allows members to not only expand their strength in the water but also a chance to make friends. When the swimmers reach a confident level they are offered the chance to start competing in the sport against swimmers from other clubs. (More information on competing in the competitive swimming section.)

The club offers support in the four main strokes and medley swimming:

- Butterfly
- Backstroke
- Breaststroke
- Freestyle

These are taught at Stages 8, 9 and 10 of the national standards.

The Teachers and Helpers

Chris Tibbs is our Head Coach and leads on all activity within the pool. Chris is a level 3 qualified coach with a number of years experience. He is supported by a number of coaches who work under his supervision to deliver training sessions across the range of development and competitive swimming.

All coaches are qualified to both teach and coach the swimmers.

Training Times

Training is offered to swimmers on several nights at Lakeside Leisure Centre Killingworth plus a session on Mondays at the Hadrian Leisure Centre Wallsend. Swimmers are expected to bring with their own equipment (listed in the next section) to each session.

Each swimmer will be advised of their training times by their coaches.

Swimmers are required to be at pool fifteen minutes before training is due to begin to commence their poolside warm up and dynamic stretching to prevent injury.

Fees

Fees are different for competitive and development swimmers as the former attend training more frequently. They are reviewed annually at the start of the swimming year which is in September. Fees are based on a 46 week year and then divided into monthly instalments. This means that the club can be closed for up to 6 weeks within the year without any adjustment to payments. All fees are collected by standing order payable at the start of each month. Cheques for any monies not covered by standing order should be made payable to North Tyneside ASC. For more information about payment please speak to the treasurer.

Equipment Purchase and Payment

All swimmers are expected to bring their own equipment along with their usual swimming kit. This should include:

- A kickboard
- A pull buoy
- Fins
- Hand and finger Paddles
- Snorkel

Most of these items can be purchased through the club - the club coach will tell the swimmers which size is needed for their personal training. Please see Gillian Dresner (our parent helper & coach) for purchases. Those new to the club and starting at the development level can arrange to build this equipment over time as the swimmer reaches the level at which each item becomes necessary.

Competitive Swimming

Throughout the course of the year, competitive swimmers over the age of nine attend a range of galas, competing in a selection of events according to age and ability. These events are:

- Freestyle 50m 100m 200m 400m 800m 1500
- Backstroke 50m 100m 200m
- Breaststroke 50m 100m 200m
- Butterfly 50m 100m 200m
- Individual Medley 100m 200m 400m (An event made up of all of the strokes)

Some competitions also offer team and relay events, male, female or mixed.

The club competition secretary will advise those competitions the club will attend and seek entries from swimmers. For most of these the coach will advise which swims are appropriate depending on the stage of the training programme and the ability of the swimmer. Entries must be paid for when submitted to the competition secretary. Please be aware that once a competition has closed refunds are very highly unlikely to be made should a swimmer wish to withdraw.

Club Uniform

Swimmers must wear club uniform for any event in which they represent the club. This uniform consists of:

- Club top
- Black shorts (poolside)/ Black joggers (travelling)
- Club hoody
- Club swimming hat

All articles with logo can be purchased from the club. Swimmers can provide their own black shorts/joggers if preferred.

The Club Committee

The club is supported by a committee selected from volunteer members of the club. The role of the committee is the day to day running of the club whilst supporting the coaches in the delivery of the coaching programme.

There are numerous opportunities for volunteers within the club both as part of the committee and in other roles e.g. help with social activities or acting as team managers. We welcome any offer of support. If you have any questions, worries or wish to help us by offering your services please approach any committee member.

Newsletters

A regular newsletter is sent out to the members of the swimming club, letting them know what is happening within the club and upcoming events for the club. Please ensure you provide your e-mail details to the secretary on joining so that we can ensure you receive all communications.

Thank you for taking the time to read this.