



**WELCOME
PACK**



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Welcome

Dear Swimmer,

We are thrilled to extend our warmest congratulations on passing your trial and officially becoming a member of Southport Swimming Club! Your dedication and hard work during the trial have truly impressed us, and we couldn't be happier to welcome you to our swimming family.

As you embark on this exciting journey with us, we want you to know that you are now part of a supportive and inclusive community of swimmers who share your passion for the sport. Whether you're aiming to improve your technique, achieve personal bests, or simply enjoy the water, you'll find plenty of opportunities to grow and thrive within our club.

To mark this special occasion, we would like to present you with a welcome gift—a club swimming cap. This cap not only represents your official membership in Southport Swimming Club, but also symbolises the teamwork that defines our club. Wear it with pride as you dive into training sessions, competitions, and all the adventures that lie ahead.

We believe that the journey you're about to embark on will not only help you become a better swimmer but also instil valuable life skills such as discipline, perseverance, and teamwork. Together, let's make waves and achieve great things in the pool and beyond.

We look forward to seeing you on poolside!

Warm regards,

Jess Law & Jacob Lea
Head Joint Head Coaches



Dear Parent/ Guardian,

On behalf of the Southport Swimming Club community, we want to extend a warm welcome to you and your swimmer(s)! We're thrilled to have your family join us and become part of our swimming family.

As parents, your support and encouragement play a crucial role in your child's swimming journey. We understand the commitment involved in being a swim parent, and we're here to support you every step of the way. Whether it's cheering from the sidelines, helping with transportation, or simply offering words of encouragement, your involvement makes a significant difference in your child's experience and success.

Throughout your time with us, we aim to provide not only high quality coaching and training but also a positive and inclusive atmosphere where both swimmers and parents feel valued and supported. Together, we can help your child reach their full potential and achieve their swimming goals.

Thank you for entrusting us with your child's development and growth. We look forward to working with you and your family as we dive into this exciting journey together.

Warm regards,

Jess Law & Jacob Lea
Head Joint Head Coaches



Children's University

Southport Swimming Club is a registered Learning Destination for Children's University! This means that your child can earn credits towards their Children's University Passport by participating in our swimming sessions.

What is Children's University? Children's University is an organisation that encourages children to participate in a wide range of learning activities outside of school hours. By attending accredited Learning Destinations like Southport Swimming Club, children can earn credits towards their Children's University Passport, which recognises their commitment to learning and personal development.

How Does It Work? Simply bring your child's Children's University Passport to their swimming training sessions. Our coaches will be happy to stamp their passport to acknowledge their participation and progress in our swimming programs. Each training session attended will earn credits towards their passport.

Why Swimming? Swimming is not only a fun and enjoyable activity but also offers numerous physical and mental health benefits for children. By participating in our swimming sessions, your child will develop essential water safety skills, improve their physical fitness, and build confidence and self-esteem—all while earning credits towards their Children's University Passport.

We are proud to be a part of the Children's University network and look forward to supporting your child's learning and development both in and out of the water. If you have any questions about our involvement with Children's University or how to get your child's passport stamped, please don't hesitate to ask our Coaches.



Year 2 & Year 6 Highest Credit Winners
from Southport Swimming Club



Graduation Ceremony



Certificate



Children's University Passport



Our Team

We are delighted to introduce you to the dedicated individuals who make up the team at Southport Swimming Club. From our passionate coaches to our committed committee members, each member plays a vital role in ensuring the success of our club.

Coaches:

- **Director of Swimming:** Mark Patrickson
- **Joint Head Coach:** Jess Law
- **Joint Head Coach:** Jacob Lea
- **Masters Head Coach:** Helen Jenkins
- **Water Polo Head Coach:** Adam Lang
- **Juniors Coach:** Charlotte Hughes
- **Squad Coach:** Paul Hibbott
- **Squad Coach:** Pam Dale
- **Seniors Coach:** James Morgan



*Joint Head Coach,
Jess Law*



*Joint Head Coach,
Jacob Lea*

Committee Members:

- **Chairman** - Helen Jenkins
- **Club Secretary** - Dave Law
- **Club President** - Pam Dale
- **Welfare Officers** - Jim Whittingham & Natalie Lamb
- **Club Treasurer** - Joanne Whittingham
- **Assistant Treasurer** - Dave Law
- **Competition Secretary** - Jennie Thoburn
- **SwimMark Coordinator** - Pam Dale
- **Vice Chairman** - Elaine Cooke
- **Trophy Steward** - Hannah Wilce
- **Team Manager** - Joanne Byrne
- **Fundraising** - Lea Sephton & Yana Maszkowska
- **Committee Member** - Dave Aylward



*Chairman & Masters Head Coach
Helen Jenkins*



*Our Lead Welfare Officer,
Jim Whittingham*

If you have any questions or concerns, please don't hesitate to reach out to any member of our team. We are here to support you every step of the way.



Our Club Structure

At Southport Swimming Club, we are committed to providing a structured and supportive environment for swimmers to excel in their journey. Our club structure is designed to foster growth, development, and success, with a strong emphasis on commitment and dedication. Here's an overview of our club structure:

1. Juniors Programme:

- Our Juniors Programme welcomes young swimmers who are eager to learn and improve their skills in the pool. To ensure consistent progress, we encourage juniors to attend a minimum of 3 sessions per week. These sessions are carefully designed to provide a balance of skill development, technique refinement, and fun activities to keep our young swimmers engaged and motivated.

2. Competition Squads:

- Swimmers in our Competition Squads are expected to demonstrate a higher level of commitment to training and competition. To maximise their potential and achieve their goals, we require swimmers to attend a minimum number of sessions per week e.g. A Squad - 7 sessions; B Squad - 6 sessions; C Squad - 5 session. These sessions include focused training drills, endurance workouts, and competition preparation to prepare our swimmers for success at regional and national levels.

3. Seniors Programme and Masters Programme:

- Seniors and Masters offer flexibility to accommodate varying schedules and commitments. These sessions are tailored to meet the needs and goals of senior/ adult swimmers, whether they're aiming for personal fitness milestones or competing in events.

Commitment to Attendance:

- We understand that life can sometimes be busy, but consistent attendance is essential for swimmers to progress and achieve their goals. By committing to attend a minimum number of sessions per week, swimmers demonstrate their dedication to their training and their teammates.

If you have any questions or concerns about attendance requirements or scheduling, please don't hesitate to reach out to our Head Coaches.



Our Club Policies

At Southport Swimming Club, we are committed to providing a safe, inclusive, and supportive environment for all our members. To ensure the well-being of our swimmers and maintain the integrity of our club, we have established a set of policies and guidelines that govern our operations and conduct. Below is an overview of some key policies:

1. Code of Conduct for Swimmers:

- All swimmers are expected to adhere to a code of conduct that promotes respect, sportsmanship, and positive behaviour at all times. This includes:
 - Respecting coaches, teammates, officials, and opponents.
 - Abiding by the rules and regulations of the sport.
 - Showing good sportsmanship and integrity, both in and out of the pool.
 - Taking responsibility for their actions and behaviour.
 - [LINK](#) to Code of Conduct on our Website

2. Code of Conduct for Parents/Guardians:

- Parents and guardians play a crucial role in supporting their child's participation in swimming and upholding the values of our club. Our code of conduct for parents/guardians includes:
 - Encouraging and supporting their child in a positive and constructive manner.
 - Respecting coaches, officials, and other members of the club.
 - Acting as positive role models for their child and other swimmers.
 - Upholding the welfare and safeguarding policies of the club.
 - [LINK](#) to Code of Conduct on our Website

3. Welfare and Safeguarding Policies:

- The welfare and safety of our members, particularly children and vulnerable adults, are of paramount importance. We have robust welfare and safeguarding policies in place to protect our members from harm and ensure that they can participate in swimming in a safe and secure environment. Our policies include:
 - Clear guidelines on appropriate conduct and behaviour.
 - Procedures for reporting concerns or incidents.
 - [LINK](#) to Safeguarding Information on our Website

These are just a few of the policies and guidelines that govern our club's operations and conduct. We encourage all members and parents to familiarise themselves with our policies and to adhere to them at all times.



Training

Our training timetable is designed to accommodate swimmers of all ages and abilities, with sessions scheduled throughout the week at various pools across the area.

For the most up-to-date training timetable, please visit our Club website - www.swimsouthport.co.uk

Please note that our training timetable is subject to change based on public holidays, pool availability, coaching schedules and other factors.

Marshside Health Club

FACILITIES: 25m Swimming Pool

ADDRESS: Unit 7, Slaidburn Crescent, Southport, PR9 9YF

Dunes Leisure Centre

FACILITIES: 25m Swimming Pool

ADDRESS: Esplanade, Southport, PR9 1RR

Liverpool Aquatic Centre

FACILITIES: 50m Swimming Pool

ADDRESS: Wavertree Sports Park, Wellington Road, L15 4LE





Training Golden Rules

To ensure that our training sessions are productive, enjoyable, and conducive to improvement, we have established a set of "Golden Rules" for all swimmers to follow:

1. Timekeeping:

- Arrive punctually for training sessions, allowing sufficient time for preparation and warm-up. Respect the start and end times of each session to make the most of your time in the pool.

2. Effort and Attitude:

- Give your best effort in every training session, pushing yourself to improve and achieve your goals. Approach each session with a positive and determined attitude, embracing challenges as opportunities for growth.

3. Hydration:

- Stay hydrated throughout the training session by bringing a water bottle and taking regular sips during breaks. Proper hydration is essential for maintaining performance and preventing fatigue.

4. Kit Bag:

- Come prepared with all necessary swimming equipment, including goggles, towels, kick-board, and pull buoy.

5. Respect:

- Treat coaches, teammates, and other club members with respect and consideration at all times. Be supportive and encouraging towards your fellow swimmers, fostering a positive and inclusive training environment.
- Treat the pools and facilities with the utmost respect at all times.

6. Listening and Learning:

- Listen attentively to instructions from coaches and follow their guidance during training drills and exercises. Be open to feedback and eager to learn from your coaches and teammates to continuously improve your skills and technique.

Remember that your commitment, dedication, and adherence to these guidelines play a significant role in your progress and achievements as a swimmer.

Let's make every training session count!



Gala Selection

We want to provide clarity on how swimmers are invited to different galas and how they can enter these events.

1. Time Requirements and Selection:

- Swimmers who meet the time requirements set for specific events will be eligible for selection to participate in galas. These time standards serve as benchmarks for performance and ensure that swimmers are adequately prepared to compete at their respective levels.
- Once swimmers meet the necessary time standards, they will be selected by our Head Coach to enter. Selections are based on a combination of factors, including performance, progression, and commitment to training.

2. Information and Entry Process:

- Swimmers who are selected to compete in galas will receive detailed information about the event, including date, location, schedule, and entry requirements. This information will be communicated directly to the selected swimmers and their parents via email.
- To enter a gala, selected swimmers will need to follow the instructions provided in the invitation email. This may involve completing an entry form, paying entry fees, and submitting any required documentation by the specified deadline.

3. Variety of Strokes and Distances:

- It's important for swimmers to select a variety of strokes and distances when entering galas to ensure a well-rounded and balanced competition experience. This allows swimmers to develop proficiency in all four competitive strokes and across different distances.
- If swimmers are unsure about which events to enter or need guidance on selecting appropriate races, we encourage them to speak to their coach.



North West Micro League
Grand Final 2017



Swim England North West
Regional Development Camp 2023



Liverpool & District Age Group
Championships 2022



Top Visiting Club 2021



Competition Guide

Navigating the swimming competition structure can sometimes feel like diving into a complex pool of information. To help you understand the journey, here's an overview of the competition structure regulated by British Swimming:

1. Club Meets:

- Club meets are typically the starting point for competitive swimmers. These events are organised by individual clubs and provide a friendly and supportive environment for swimmers to gain experience and set personal best times.

2. County Championships:

- County championships bring together swimmers from various clubs within a specific county. These events usually occur annually and serve as qualifiers for regional competitions. County championships showcase top talent at the local level and offer opportunities for swimmers to compete for medals and records within their county.

3. Regional Championships:

- Regional championships gather swimmers from multiple counties within a designated region. These competitions are more competitive and feature higher qualifying standards. Regional championships serve as stepping stones to higher-level competitions, such as national events.

4. Open Meets:

- Open meets are organised by clubs or swimming organisations and attract swimmers from across the country. These events offer a wide range of events and age categories, allowing swimmers to compete against a diverse field of competitors. Open meets often serve as qualification events for national competitions.

5. National Competitions:

- National competitions are the pinnacle of the swimming competition structure in the UK. These events are organised by British Swimming and include prestigious championships such as the British Swimming Championships and the Swim England National Summer Meet. National competitions feature top swimmers from across the country vying for titles, medals, and qualification for international events.



Gala System

In swimming, galas are also categorised into different levels based on their competitive nature, standards, and the level of competition they attract. Here's a breakdown of the gala level system to help you better grasp the structure and progression of swimming events:

1. Level 4 Galas:

- Level 4 galas are entry-level competitions designed for novice and developing swimmers. These galas focus on participation, skill development, and providing a positive experience for swimmers of all abilities.

2. Level 3 Galas:

- Level 3 galas are intermediate-level competitions that attract swimmers from local clubs and regions. These galas offer a more competitive environment than Level 4 events, with swimmers aiming to achieve personal best times and potentially qualify for higher-level competitions.

3. Level 2 Galas:

- Level 2 galas are high-level competitions that cater to regional and national-level swimmers. These galas attract top talent from across the country and provide swimmers with opportunities to achieve qualifying times for national and international events.

4. Level 1 Galas:

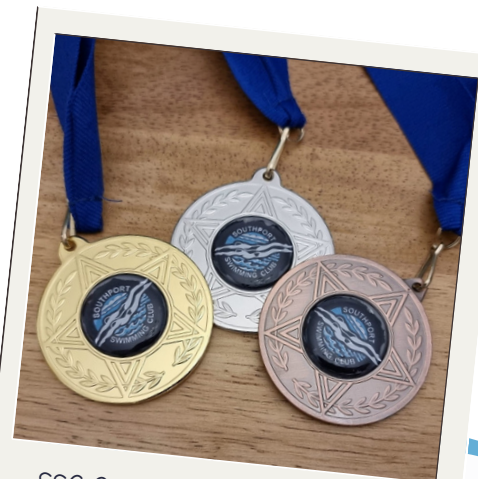
- Level 1 galas are top-tier competitions featuring national or international-level swimmers. These galas showcase elite athletes competing at the highest level of the sport and often serve as qualification events for prestigious championships and international competitions.



Swim England North West Regional's
- Level 1



Liverpool & District Age Group
Championships - Level 3



SSC Club Championships - Level 4



Rankings

Navigating the ASA (Amateur Swimming Association) Individual and Event Rankings website can provide valuable insights into your progress and performance in swimming competitions.:

1. Accessing the Website:

- Visit the ASA Individual and Event Rankings website by typing the following URL into your web browser: ASA Individual and Event Rankings [LINK](#)

2. Individual Rankings:

- To view your individual rankings, click on the "Rankings" tab and then "Individual Best Times" tab. Here, you can search for your rankings by entering your name or membership number into the search fields provided. Once you've entered your search criteria, click on the "Search" button to generate the results.

3. Event Rankings:

- If you're interested in event rankings for specific competitions or age groups, navigate to the "Event Rankings (Last 12 Months)" tab, within "Rankings". Here, you can search for event rankings by specifying the course, stroke, distance, age group etc.

By utilising the ASA Individual and Event Rankings website effectively, you can gain valuable insights into your swimming performance, track your progress, and stay motivated to achieve your goals in the pool.

The image displays three overlapping screenshots of the wimmingresults.org website. The first screenshot on the left shows the 'Event Rankings (Last 12 Months)' page with search filters for stroke, distance, age group, and region. The middle screenshot shows the 'Individual Best Times' page with a search bar for membership number or family name. The third screenshot on the right shows the 'ASA Swimmer Record' page with a table of swimmer data.

Event Rankings

Individual Best Times

ASA Swimmer Record



Reaching your Potential

Swimming is not just a sport—it's a journey that offers countless benefits beyond physical fitness. Here are some tips for getting the most out of your swimming experience:

- **Set Goals:** Whether it's improving your technique, achieving a personal best time, or making the team for a championship meet, setting clear and achievable goals will keep you motivated and focused on your progress.
- **Be Consistent:** Like any skill, swimming requires regular practice to see improvement. Make a commitment to attend training sessions consistently and give your best effort in every workout.
- **Listen to Your Coaches:** Our experienced coaches are here to help you reach your full potential. Pay attention to their feedback, ask questions, and apply their guidance to your training and competition preparation.
- **Embrace Challenges:** Swimming can be challenging at times, but overcoming obstacles and pushing past your comfort zone is where growth happens. Embrace challenges as opportunities to learn and improve.
- **Have Fun:** Swimming is meant to be enjoyable! Don't forget to have fun and appreciate the camaraderie of your teammates, the thrill of competition, and the sheer joy of being in the water.

By following these tips and staying committed to your swimming journey, you'll not only become a better swimmer but also develop valuable skills and qualities that will benefit you for a lifetime.



Sophia



Harrison



Ella



Finlay



Our Club Kit

To ensure that our swimmers are well-prepared and equipped for training sessions and competitions, we've compiled a list of essential kit items and recommendations:

1. Essential Kit:

- **Goggles:** Bring a pair of comfortable and well-fitting goggles to protect your eyes and improve visibility underwater.
- **Towel:** A large, absorbent towel to dry off after swimming sessions.
- **Kick-board:** Used for kick drills to improve leg strength and technique.
- **Pull Buoy:** Helps isolate the upper body during pull drills to improve arm strength and stroke technique.

2. Progression Kit:

- As swimmers progress and develop their skills, they may benefit from additional equipment to enhance their training:
 - **Fins:** Improve leg strength, ankle flexibility, and propulsion.
 - **Paddles:** Strengthen arm muscles and improve stroke technique.
 - **Snorkel:** Focus on body position, breathing, and stroke mechanics without the interruption of turning to breathe.

3. Club Clothing:

- Club clothing, including t-shirts, hoodies, and shorts, is available for purchase. Wearing club-branded attire fosters a sense of unity and pride among our members. Visit our club shop for available items. [LINK](#)

4. Replacement Club Hats:

- Replacement club hats are available for purchase. It's important for swimmers to wear their club hats during competitions to promote team spirit and unity.



Club Clothing



Club Cap



Kick-board and Pull Buoy



Kit Bag



Support our Club

As a volunteer-run organisation, Southport Swimming Club relies on the collective effort and generosity of our community to thrive. We invite you to join us in supporting our club through various avenues, all of which play a crucial role in ensuring the success and sustainability of our club.

- 1. Sign Up and Use EasyFundraising:** EasyFundraising offers a hassle-free way to support our club while you shop online. Simply sign up and select Southport Swimming Club as your chosen cause, and a percentage of your purchases will be donated to the club at no extra cost to you. It's an effortless way to make a difference! [LINK](#)
- 2. Share Our Sponsorship Pack:** Help us spread the word about sponsorship opportunities. Share our sponsorship pack with your friends, family, and local businesses who may be interested in supporting our club. Together, we can forge valuable partnerships that benefit both our club and our sponsors. [LINK](#)
- 3. Volunteer Your Time and Skills:** Whether you're passionate about coaching, officiating, organising events, or assisting with administrative tasks, there's a volunteer role for everyone at Southport Swimming Club. Your time and skills are invaluable in helping us deliver high-quality training and experiences for our swimmers.
- 4. Attend and Promote Club Events:** Show your support by attending club events, competitions, and fundraisers. Your presence not only boosts morale among our swimmers but also helps raise awareness and generate interest in our club within the community.
- 5. Spread the Word:** Help us expand our reach by spreading the word about Southport Swimming Club to your social networks and contacts. Share our website, social media pages, and upcoming events with others who may be interested in joining or supporting our club.

Every contribution, no matter how big or small, makes a meaningful impact on the success of Southport Swimming Club. We are grateful for the dedication and support of each and every member of our community who helps us continue to provide valuable opportunities for our swimmers.



Keep up to Date

Join us on our digital platforms to stay connected, engaged, and informed about all the exciting developments and opportunities at Southport Swimming Club. Together, we'll continue to make waves and inspire greatness in the pool!



swimsouthport@outlook.com



www.swimsouthport.co.uk



[Southport Swimming Club on Facebook](#)



[@swimsouthport.co.uk on Instagram](#)

Southport Swimming Club WhatsApp Community

The SSC WhatsApp Community is an optional way for parents to stay connected, receive club updates, and share information. Within the Community you'll find an announcements channel (for essential news), a community chat (for questions and discussions), and optional event groups you can join if relevant. There's also a social group where parents arrange fun activities outside the training pool. If you'd like to join, please contact Pam Dale on 07972745371.



Flip Out Aintree - Christmas Party



Summer Pool Party



Rock & River Outdoor Pursuits



Go Commando



Useful Links

- **British Swimming:** The national governing body for swimming in the UK.
- **Swim England North West:** Regional hub for swimming resources and information in the North West region.
- **ASA:** Formerly the governing body for swimming in England, now part of Swim England.
- **Time Converter:** Handy tool for converting swimming times between different formats.
- **Lancashire County:** County hub for swimming in Lancashire.
- **Microleague North West:** Designed to encourage competitive swimming for young swimmers between the ages of 9 and 12
- **National Arena League:** National competitive team league

