



Minutes of Dingwall Amateur Swim Club 9th November 2015

7.00pm @ Dingwall Academy

Present: Suzy Forgie (Parent), Andrew Clark (Head Coach), Jordan Macdonald (Coach), Emily Finlayson (Coach), James McPake (MC), Chris McPake (Club Captain), Scott Munro (MC), Fiona Simpson (CPO), Neil Robinson, Aileen Mackay (MC), Elaine MacDonald, Gordon Lyall (MC), Ewan MacNab (Treasurer), Yvonne Boyd (Minutes Secretary)

Apologies: Claire Connelly, Justine Sutherland, Rachel Thomson, Hazel Chisholm, Lesley Mckenzie

1. **Welcome & Introduction**

2. **Committee Roles:** The club will not be affiliating with Scottish Swimming as we currently have no Chairman, Treasurer, Membership Secretary or Secretary. Our priority for the next 6/8 months will be building a more robust committee. James was nominated by Gordon Lyall to be Chairperson and this was seconded by Yvonne Boyd. Andrew stated that he would fully support all members of the committee in all roles and help where necessary. Andrew also has a candidate for the treasurer post as well. The post of Secretary and Membership Secretary still needs to be filled as soon as possible and the club is looking for parents to volunteer for this role if possible. (Membership Secretary checks attendance against payments on a monthly basis). Role descriptors available on request. Contact: dingwall_asc@outlook.com
3. **Scottish Swimming Affiliation Update:** Affiliation to SASA is currently not possible as we do not have a full committee in place. The main benefits of joining the SASA is for further development opportunities for the coaches and access to training as well as support in the running of the club and committees etc. There is opportunities at SASA galas and competitions for the swimmers who wish to compete/attend. At the moment the fees are £43 per person regardless of attendance at galas and competitions. There is word of the cost being reduced for non-competing members and also family discounts in the future. The club have decided to wait until the committee is in place and then look again at affiliation.
4. **Implementation of Squads:** The coaches would like to introduce a structured squad system where children are grouped according to ability. At the moment children come at times that are suitable and this has meant a wide range of abilities being taught and catered for at the same time. The squad system would enable the coaches to have a more structured session and children having clear goals to aim for. Having the club grouped in squads is the norm for sports clubs rather than trying to coach mixed abilities at the same time. (Please see attached draft Squad Progression). To further enable the implementation of squads and ease the pressure of busy evening

sessions the club will look for extra pool time from Dingwall Leisure Centre. It was agreed unanimously that the coaches should work towards the aim of full implementation in 6 months' time. Andrew will also discuss with the centre manager the availability of extra pool time hopefully beginning January 2016. Andrew will distribute letters to parents explaining proposed changes over the next year.

5. **Parents evening / Informal evening:** It is thought that to engage the parents more in the club it would be good to have an informal event. A potential awards night was discussed or coffee and cake session would be a good opportunity to interact with parents and increase participation, it was also discussed to invite parents on to pool side etc. Coffee and cake on a Thursday evening was agreed the best way forward as it is the busiest session and the parents are at centre already. There would be an opportunity to speak to coaches and discuss any issues or concerns the parents may have. An Awards Ceremony was discussed for 2016, sometime after the Annual Club Championships in September.
6. **Trophies:** Andrew unearthed old trophies from the club's past and awarded 5 of these trophies based on performance on the day of our Club Championships but the coaches would like to give out the remaining trophies for performance over the year. It was decided and agreed that the remaining trophies should be awarded based on performance, improvement, attendance and behaviour/attitude over the past year. An awards ceremony is planned for 2016 where all trophies will be handed back to club and then awarded to individuals on the night.
7. **AOB – 1:** Andrew would like all parents to advise of absences on the night if possible. **2:** Treasurers report shows that the club is in a good position financially. Yvonne to organise new signatories for the account as Ewan has resigned as treasurer. The club would like to thank Ewan for his hard work. **3:** 10 swimmers attended the Highland Schools event recently. Report available online.
8. Last session of the year will be: **Friday 11th December 2015.**

First session of the year will be: **Tuesday 5th January 2016.**
9. Next meeting **Monday 18th January 2016**

Please find Draft Squads and Progression below. Note: This is still a draft and may be subject to change.

D Squad

- Perform push and glide on front and back for a minimum of 5m holding streamlining.
- Show an understanding of breathing for all strokes i.e Bilateral for FR, each stroke for BS..
- Swim 50m of Freestyle and Backstroke holding technique
- Swim 25m of Breaststroke holding technique
- Swim 25m of either Butterfly legs OR full stroke holding technique for a minimum of 15m
- Perform a forward roll OR an attempt at a tumble turn against the wall
- Show an attempt at the above for a Backstroke tumble (midpool)
- Perform a standing dive either from the block or from the side holding streamline underwater for a minimum of 5m.

C Squad

- Perform push and glide on front and back holding streamline for a minimum of 5m, transitioning into any stroke without stopping.
- Swim 50m of Freestyle, Backstroke and Breaststroke showing understanding of breathing for all strokes.
- Swim 25m of Butterfly full stroke.
- Swim 50m of Freestyle with an attempt at a tumble turn to transition into the 2nd 25m.
- Swim 25m of Backstroke with an attempt at a turn into the 2nd 25m. Note: swimmers do not need to swim the second 25m.
- Show an attempt at a dive from the block, holding streamline for a minimum of 5m.
- Introduction to use of Pace Clock and Lane Discipline.

B Squad

- Swim 100m of Freestyle and Backstroke holding technique with turns for both strokes.
- Swim 2 x 50m of Breaststroke OR 100m of Breaststroke.
- Swim 2 x 25m of Butterfly holding technique.
- Kick 50m of Freestyle, Backstroke and Breaststroke maintaining technique.
- Perform a dive from the blocks and transition into Freestyle and Breaststroke then swim 25m.
- Show an attempt at a Backstroke start and transition into 25m of Backstroke.
- Understanding of the use of Pace Clock and Lane Discipline.

A Squad

- Swim 100m of Freestyle, Backstroke and Breaststroke holding technique for each length and performing proper turns for each stroke.
- Swim 50m of Butterfly with an attempt at a proper Butterfly turn.
- Swim 100m Individual Medley showing proper transition for each stroke.
- Perform a start from the blocks and transition into 50m of Freestyle, Backstroke and Breaststroke.
- Kick 100m of Freestyle, Backstroke and Breaststroke maintaining technique.