



SWILLY SEALS NEWS

Swilly Seals ASC Newsletter

January 2015

Dear Parents

We are now at the beginning of 2015 and this newsletter is an opportunity for the committee to update all parents on progress with Swilly Seals so far this season. From a league competition point of view we are in division 3 this year but we are hopeful of promotion in the not-too-distant future as the first few competitive events have gone well for us.

We as a committee are very conscious of the demands on family time and we wish to acknowledge the kind assistance that parents have been giving and continue to give on an ongoing basis. The continued success of the club depends on the support parents can offer and we are very grateful for all that you do.

We believe that Swilly Seals is first and foremost about enjoyment and collective participation in the sport. It benefits all who take part both physically and mentally and the evidence suggests that the positive impact on general health and well being is immeasurable. For those who wish, there are excellent opportunities to compete at every level up to the very highest level nationally. Indeed the club are proud to have several swimmers represent us very well on the national stage.

It has recently been brought to our attention by some new club members that there are aspects of club participation which require greater clarification, particularly for new members. We would like to thank them for bringing this to our attention. It is exactly this feedback that leads to the improvements we wish to make as a club

*“Fáilte romhat
chuig suíomh
idirlín Swilly
Seals...”*



In This Issue

- Competitions and Galas
- Supervision
- what can I do to help the club?
- Club Website
- Behaviour



Behaviour

In general the behaviour of our club swimmers is of a very high standard. They really do us proud every time they enter the pool and when representing us at away galas. We would like to acknowledge and thank our swimmers for this.

It is worth noting that swimming as a sport positions the swimmers by time and ability, not age like many other sports

This results in significant age differences occurring within the squads. We would ask that all our older swimmers at all times have regard for their younger team mates, be conscious of this age gap and be constantly on the look out for their well being. Let us keep our standards high and remind our older swimmers that although they probably do not realise it, they are role models for their junior club members and to please remember this in their interactions.

Competitions and Galas

- Who is eligible to participate?
- Who makes the selection?
- Are there minimum requirements in terms of age; times to be achieved?
- How are these times achieved?.

Competitions take place across the season in a number of ways .

Development Galas

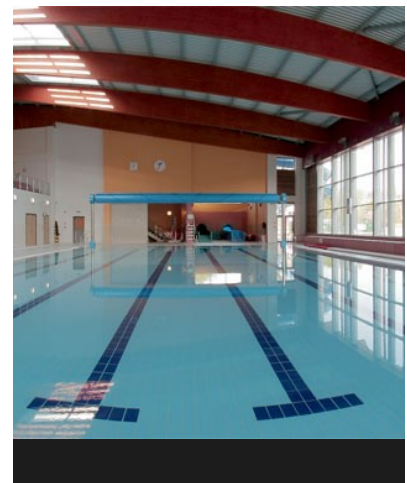
Competitions in the early years of a swimmer are known as Development Galas .There are four development Galas per season. It is the decision of the parents if they wish to enter their child and which events they wish to swim. The purpose of a Development Gala is to familiarise the young swimmers (and indeed Mums and Dads) with the process, learn about the basic rules, how timing works and competitions. Medals are awarded for 1st 2nd and 3rd place in each event and age group. Official times are recorded and checked to see if you meet the Qualifying Gala times

Qualifying Galas

Qualifying Galas are the next step up from Development Galas. Three qualifying times must be achieved to enter these galas. All information on both of these events is displayed on the club notice board and the website.

Provincial Town Leagues or PTLs Galas

Next are the Provincial town leagues or PTLs as they are commonly called (you will no doubt have heard this phrase and wondered what it was). This is basically your division 1, 2, 3 & 4. As with many others sports, swimming has a divisional structure and clubs are promoted or relegated on an annual basis depending on performance and results. Our coaches nominate the swimmers that compete in each of these PTLs





...Competition and Galas

PTLs are on a home and away basis. Normally we will have more swimmers swimming if it is a home gala. Coaches use this as an opportunity for all swimmers (who are interested in participating) to familiarise themselves with the competition process. Away Galas normally mean a bus trip into Northern Ireland and again swimmers are picked by the coaches for these events

The Ulster Schools

The Ulster schools competition is where swimmers from the various schools around Ulster compete at provincial level. This event is usually held in October and is organised through your school, not at club level. Information on this can be found on www.ulsterschoolswimming.co.uk

Ulster and National Level

Finally there are many other events at Ulster and National level. Some are open competitions, which means any swimmer can enter and some require a qualifying time. This means that to compete a swimmer must have achieved the minimum qualifying time. To obtain a qualifying time, swimmers must attend a Development Gala where they will receive official times, which can be checked on the swimulster.co.uk website to see if it meets the times required to enter the competition

As a parent of a swimmer, what can I do to help the club?

Supervision is one important way

Fund raising

This is a feature of club activity and to enable the club to fund itself we organise fund raising activities such as car washing, bag packing and other events.

Swilly Seals run bingo every Monday night in Arena 7 and it is a key fund raiser for the club. We are very fortunate to have this as there is considerable interest from other local clubs for this bingo slot as a fund raiser.

These events all need volunteers and participation from parents. In the rush of life it can be difficult to commit to extra events but your participation in every small way counts. Lately it has become quite difficult to get sufficient numbers to help and our thanks to all who do. Our message is that if you can help out once in a while please do. The club needs it and very much appreciates it. It can even be fun.

Date for your diary. We are delighted to announce that we are holding a 5k **family fun run on Wednesday 15th April at 7.30pm**. Please let all your family and friends know.

Club Website

We must try harder! The committee is aware of this and is committed to making significant improvements to the website. A working group has been established in recent weeks to bring about change so that the club website will be a valuable resource for our members and parents. We would ask for your patience over the coming months as we make these improvements. If any parent would like to help, your assistance would be very much appreciated



Supervision

- When do I know I am on duty for supervision?
- What if I cannot supervise on a given date?
- What is the role of the supervisor?

Supervision is a very important part of any club's responsibility where the members are predominantly children.

Swilly Seals has a duty of care to its members in this regard. The protection and welfare of our children is paramount and we as parents have a crucial role to play in this. Many parents (with perhaps the exception of new members) will be familiar with the "rota" for parental supervision which is on the notice board and website. As a reminder the club sends out a text alert to the people on supervision duty on the Sunday night before their week starts.

If a parent cannot make a supervision session, please try and swap with another parent that you know. However for new members this can be difficult if they do not yet know other parents. To resolve this, there is a list of names and phone numbers up on the board to call to cover for you if you need someone to do so.

Please use these numbers if you need to. Anyone who has put their number on this list is someone who is normally at the swim session and can help out if an exceptional circumstance arises.

Just for general information under the guidelines of Swim Ireland's child protection policy, the absence of parental supervision at a coached swimming session is expected to result in the cancellation of that session. To date we have not had a situation where this has been necessary but we have come close on a couple of occasions across all squads. As parents, our collective effort to supervise sessions properly will contribute to a safer session for our children.

The supervising parent must identify themselves to the coach, supervise outside the group changing room for 15 minutes before the session begins then stay for the duration of the swim session. A seat is provided beside the shower area for your convenience. When the session is finished supervise outside the group changing area for 15 minutes. Please contact the designated person (phone number on the notice board) if you need to report any incidences noted during your supervision.

Finally and importantly

Finally and importantly, thank you from all the committee and coaches. We value your input in your club and we always welcome suggestions from parents about how to make this club better.

The committee meet on the first Tuesday of every month in Aura and all are very welcome to join. New members bring new ideas and suggestions about how to do things better and we very much welcome your participation.

Sincerest thanks

Swilly Seals Committee

Contact Us

info@swillyseals.ie

Visit us on the web at
www.swillyseals.ie