



# Stockport Swimming Club

## Members' Information Booklet

### Introduction

Founded in 1886, Stockport Swimming Club has a rich history, and we are proud to offer swimming for all abilities. The club swims at Life Leisure Cheadle on Tuesday evenings and the club offers tailored lessons for non-swimmers through to competitive swimmers. Our aim is to help each swimmer become water confident, attain good stroke techniques, improving to be the best swimmer they can be all whilst enjoying the challenges of swimming sessions. Our mission statement is "Swimming for All".

Stockport Swimming Club is run by volunteers, both on the coaching side and the committee. All poolside volunteers are DBS checked and fully compliant with mandatory training requirements, including safeguarding. The club is a member of Swim England North West and upholds all the necessary requirements to hold this membership.

### Session Times

Please note that these times are the session start times. Swimmers should be poolside ready 5 minutes before the start of a session. **Parent/guardians should remain in the centre to observe their child swimming, and if they must leave the building for any reason, they should inform the front desk team to ensure that we have an emergency contact. The Club's responsibility ends when the session ends and when the swimmer has cleared the poolside.**

### Main Pool

**6:30pm** - Development sessions, Swim England stages 4-7 equivalent. This session is split into 45 minutes of width swimming, which concentrates on developing stroke technique and water skills, and 15 minutes of length swimming to build stamina, deep water confidence and allows swimmers to practice stroke technique over a longer distance. On reaching stage 7, our children will be swimming a minimum of 25 metres of each of the four strokes – Butterfly, Backstroke, Breaststroke, and Freestyle, with some diving skills, sculling and rotations.

**7:30pm** - Intermediate swimming sessions which are Swim England Stages 8-10 equivalent, building on stroke technique, stamina, and water confidence. This session is all length work. On reaching stage 10, the children will be swimming confidently and be able to swim 1,500 metres continuously using one stroke. Strokes will be of a high standard and swimmers will be able to perform competitive starts and turns.

**8:30pm** - This session is for members over the age of 14 and adults who are mostly advanced swimmers looking to improve fitness levels or train for competitions. We also have an adult non-swimmer session in the small pool for those wishing to learn to swim and gain water confidence.

## **Small Pool**

**6:30pm & 7:30pm** - Beginner lessons for over 4-year-olds. Children are initially taught water confidence through play.

**8:30pm** - Adult beginner sessions.

## **Trial Sessions**

Trials are arranged through the Head Coach. At the trial, the Head Coach will assess a swimmer's ability and assign them to the appropriate session. Thereafter, progress is monitored by the coaching team and session transitions occur at regular intervals throughout the year to maximise individual development.

## **Equipment**

Male swimmers should wear tight fitting trunks, as baggy trunks create resistance in the water. Female swimmers should wear one-piece costumes. All swimmers should wear a swimming cap if they have medium to long hair, but we encourage all swimmers to wear a cap. Alternative swimwear is permitted for religious or cultural reasons.

The club provides water equipment including floats, flippers, woggles and pull buoys. We ask parents/guardians to ensure that all swimmers have **goggles, swimming cap and a reusable water bottle** each week. Please do not bring supermarket bottles with loose lids as these can be lost in the water and can be a danger to other members.

## **Competitive Swimming**

Whilst the main ethos at Stockport Swimming Club is as a teaching club, there is an opportunity for swimmers who would like to take it to the next level to compete and the club enters competitions each year. The competitions available are ages 9 and over. Please speak to our team manager for further information.

## **Medical Conditions**

It is your responsibility to declare any medical condition when completing your membership form. Should these need to be updated, please inform the front desk. We encourage you to inform your or your child's swim coach and make them aware of any medical condition you or your child may have, or any medication you or your child may need or how this may have an impact on your or their swimming.

## **Membership Fees**

Membership runs from November to October at a cost of £60 per member. A discount is available for families with 3 or more members. The weekly fee per member is £5, payable on the night. Payment can be made either by cash or bank card. We have a card machine at the welcome desk. You can speak to a member of the front desk team in confidence if you have any issues paying your annual or weekly fees.

## **Annual Closures**

We close annually in August and for 2 weeks around the winter break in December/January. The exact dates will be communicated in advance once agreed by the committee.

## **Video and Camera Usage**

Any Club personnel using video or camera equipment will be aware of and agree to abide by the club's video and camera usage policy and have permission from the club committee for use of equipment at named occasions. In line with this policy, Stockport Swimming Club will seek written consent from the parent/guardian regarding video/camera usage on joining the club.

Please email our Secretary at: [stockportswimmingclub@gmail.com](mailto:stockportswimmingclub@gmail.com) if you require more information.

As per Life Leisure rules, the use of mobile phones is strictly prohibited by parents/guardians and swimmers during visits to Life Leisure Cheadle and notifications are displayed around the pool notifying attendees of the prohibits of using a mobile device.

## **Swim Safety**

All sessions are overseen by an NPLQ (National Pool Lifeguard Qualification) accredited Lifeguards from Life Leisure Cheadle, who undertake training regularly.

## **Code of Conduct**

Members are to view and be aware of Swim England's wave power document, which outlines how all our members are to behave and how they can expect to be treated in return. Copies of this can access via this link: <https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

## **Coaching Team**

At Stockport Swimming Club we are proud to offer some of the best coaching in the area. We have a range of experienced volunteers, delivering quality teaching and coaching. Our low swimmer to coach ratio means that we can provide all swimmers with a unique experience, helping them to fulfil their potential within the sport and gain confidence.

<b>Main Pool</b>	<b>Title</b>	<b>Member Since</b>
Lorna Hadfield	Head Coach	2007
Jean Hallworth	Teacher	1956
Graham Goodwin	Teacher	1997
Anna Regan - Competitions Team Manager	Teacher	1987
Emma Young	Assistant	2017
Nathan Taylor	Assistant	2020
Daisy Baxter	*Young Volunteer	2017
<b>Small Pool</b>		
Hilary Felstead	Teacher	1976
Sarah Kay	Teacher	1993
Debbie Kay - One-to-one Pool support	Assistant	1976
Joshua Kay	Assistant	1997
Declan Regan-Lees	*Young Volunteer	2009
Hermione Regan-Lees	*Young Volunteer	2012

\*Stockport Swimming Club is an advocate of Swim England North West Young Volunteer Scheme.

## **Committee**

Stockport Swimming Club has an active committee and members are elected annually at the AGM. The Committee administers and runs the Club's affairs on behalf of the members in line with Swim England regulations. All decisions made by the Committee are made with the benefit and progression of the Club and with our members in mind. Stockport Swimming Club is member of Swim England North West. The committee meets bi-monthly and holds an annual general meeting (AGM) annually, which is open for members to attend. Notification of this meeting will be given to members at least one month prior to the meeting.

## **Current Committee Members**

Pat Regan	President 2021-2023
Richard Hall	Treasurer
Wendy McDonagh	Club Secretary
Lorna Hadfield	Head Coach
Jean Hallworth	Swim Teacher
Graham Goodwin	Swim Teacher
Anna Regan	Swim Teacher/Team Manager
Andrew Brewood	Welcome Desk Admin
Nathan Taylor	Teaching Assistant/Welcome Desk Admin
Andrew Larner	Website/Digital development officer
Julian Jacobs	Welfare Officer

## **Communication**

Notices of Club events, competitions, and other information will be displayed at the welcome desk and/or the club website [stockportswimmingclub.org.uk](http://stockportswimmingclub.org.uk). Important information is also communicated via email. Parents/guardians must ensure that the Club Secretary is notified of any changes to emergency or other contact details, including email address. Please contact the Secretary via email at: [stockportswimmingclub@gmail.com](mailto:stockportswimmingclub@gmail.com)

## **Contact Us**

[stockportswimmingclub@gmail.com](mailto:stockportswimmingclub@gmail.com)

Club Secretary - 07850 537 062  
Welfare Office - 07747 800 207