



St Thomas ASC

Welcome Pack

2018

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Dear New Member,

On behalf of St Thomas Amateur Swimming Club – Welcome! This document is designed to explain what steps you need to carry out to join the club and provide you with all the information you need, going forward.

The club has a membership booklet which can be found on the club website which documents all the information you need on the club for squad training times, monthly fees, yearly membership, etc.

What you need to do:

- You will receive an email from the Membership Secretary (currently <mailto:steven.n.smith@gmail.com>) regarding the details of the new member – name, date of birth, emergency contact details, etc. Once completed/returned to the above email address the swimmer will then be registered with SASA. You will then receive email confirmation of the swimmer SASA Number, link to their personal best and information on what squad he/she has been allocated and associated payments due.
- Membership fee is current set at £70 for one swimmer, £130 for two swimmers, £180 for three and then increments of £43 per swimmer thereafter. If you are joining the club after membership renewal on April 1st then the membership fee may differ based on the date of joining:
 - 1st March – 31st August – as above
 - 1st September – 31st December – as above less £21.50 per swimmer (£48.50, £87 and £115.50)
 - 1st January – 28th February – as above less £32.25 per swimmer (£37.75, £65.50 and £83.25)

If you are currently hold a valid SASA membership for the year then the following fees apply:

- £27 for one swimmer
 - £44 for two swimmers
 - £51 for three swimmers
- Monthly Bank Mandate completed and sent to your Bank. This document is attached below (on page 5) and the squad fees are documented on page 4.

The club is affiliated to SASA (Scottish Amateur Swimming Association) – more information can be found at <http://www.scottishswimming.com>



TIMES OF SESSIONS AT ARBROATH *week commencing 15th Feb 2018

Performance Squad

Monday:	Pool 17.30-19.30		
Tuesday:	Pool 06.30-08.00;	Pool 17.30-19.30	
Wednesday:	Pool 17.30-19.30		
Thursday:	Pool 06.30-08.00;	Land 17.00-17.30;	Pool 17.45-19.45
Friday:	Pool 06.30-08.00		
Saturday:	Stirling Training (when advised – which will replaced Sunday training session when on)		
Sunday:	Land 08.00-09.00;	Pool 09.00-11.00	

Intermediate Squad

Monday	Pool 17.30-19.30		
Tuesday	Pool 17.30-18.30		
Thursday	Land 17.00-17.30;	Pool 17.45-19.45	
Friday	Pool 06.30-08.00		
Sunday	Land 08.00-09.00;	Pool 09.00-11.00	

Development Plus Squad

Monday	Pool 18.30-19.30		
Wednesday:	Pool 18.30-19.30		
Thursday:	Land 17.00-17.30;	Pool 18.45-19.45	
Friday:	Pool 06.30-8.00		
Sunday:	Land 08.00-09.00;	Pool 09.45.-11.00	

Development Squad

Monday	Pool 17.30-18.30		
Wednesday	Pool 18.30-19.30		
Thursday	Land 17.00-17.30		
Friday	Pool 06.30-08.00		
Sunday	Land 08.00-09.00;	Pool 09.45-11.00	

Skills Squad

Saturday	Pool 08.15-09.00		
Sunday	Land 08.00-09.00;	Pool 09.00-09.45	

Monthly Costs

Your child will be allocated a place on one of our squads. Based on this the monthly direct debit you need to set up is as follows:

- Skills Squad £12
- Development Squad £27
- Development Plus Squad £27
- Intermediate Squad £37
- Performance Squad £53

You can set up a direct debit/standing order via the document on page 5 or via e-Banking:

- Account number: 00775842
- Sort code 30-25-87

NEW MEMBER REGISTRATION DETAILS

Surname	
Forename(s)	
Sex	
Date of Birth	
Address Line 1	
Address Line 2	
Address Line 3	
Post Code	
Home Phone Number	
Mobile Phone Number	
SASA Number (if applicable)	
STO Number (if applicable)	
Email address	
Emergency Contact Name	
Emergency Contact Relationship	
Emergency Contact Mobile	
Emergency Contract email address	
Country of representation (Scotland, etc.)	
Medical Details (if any)	
Permission for photography (yes/no)	

* details above will be part of the email sent to you by the Membership Secretary for you for return via email



Arbroath St Thomas Swim Club

www.arbroathstthomas.co.uk

Instructions to your bank to pay by standing order. Please hand in to your bank, do not return to the club.

To the manager: _____

Address: _____

Account Name: _____

Account Number: _____

Sort code: _____

Signed: _____

Dear Sir or Madam:

Would you please arrange to have the following standing order put in place:-

Please Pay: **Lloyds TSB, Arbroath**
Sort Code: **30-25-87**
For the credit of: **St Thomas Swimming club**
Account number: **00775842**

Due date	Frequency	Amount	Starting date	Please set this payment as ongoing.
1 st of every month	Monthly	£		

TRAINING FOODS SAMPLE MENU

Lunch Options

Sandwiches/Rolls/Wraps/Pitta Bread etc with low fat protein filling e.g. chicken, turkey, tuna, ham, hummus etc.

Baked Potato and beans/chilli/cottage cheese/tinned tuna or salmon

Pasta or rice sale with protein e.g. chicken, beans and pulses, prawns etc.

Soup with sandwich

Drink – 500ml of fluid e.g., as previous.

Before Training

Have a light snack before training if it has been longer than 2 hours since your last meal e.g. Sports drink, cereal bar e.g. multigrain bar, fruit 'n' fibre, muesli bar, go ahead or raisin bread, banana, fig rolls or Jaffa cakes, hot cross buns/crumpet/scone or pancake with jam, small bowl of cereal, toast with jam, glass of milk, carton of fruit juice

After Training Recovery Snack

It is important to start refuelling and rehydrating as soon as possible after training to help improve your performance and replace energy and fluid levels ready for your next training session.

One of the above snacks can be chose to eat immediately after training and then have a more substantial protein containing snack within 2 hours (see below for examples of your nest meal based on carbohydrate foods and include a source of protein (see meal example)

For those training twice, a day eat a snack immediately after training (as above) and for every hour until your next session see (A light meal as per lunch/breakfast suggestions can be included in this time) remember also to drink regularly and with each snack.

Low fat yoghurt and banana, pancake and glass of milk, large bowl of cereal and low-fat milk. Tuna/ham sandwich, scrambled or poached eggs on toast. Lucozade sport recovery drinks, yop yoghurt drinks pot of low fat custard or rice pudding.

***If energy and fluid levels are not replaced this will have a negative impact on your next performance**

Main meal options

Serving of pasta/potatoes/rice with serving of protein and vegetables/salad

Fish: salmon/tuna/mackerel and noodles and stir fry vegetables.

Chicken, lean roast beef or gammon with boiled potatoes and roasted vegetables.

Lasagne/spaghetti bolognese and salad

Prawn/chicken risotto and vegetables

Spanish Omelette with bread and salad

Supper (you may not need supper if having a late dinner)

Low fat milky drink e.g. Hot Chocolate and slice of toast

Fruit, bowl of cereal, low fat rice pudding or custard etc.

For all swimmers the type of food you choose will be the same, but the quantities may vary depending on your individual energy requirements, the more training you do the more energy you will need.

For example: - 2 training sessions per day 1 early morning pool session and 1 evening pool session/land-based training

Pre-training Breakfast	(Eaten in the car on the way to training)	Banana and Smoothie, Squash
During Training		Sport Drink
Post training/Breakfast	(As soon as possible after training)	Large bowl of cereal and glass of fruit juice and low-fat yoghurt and water
Mid-morning snack		Pancakes and jam and glass of milk
Lunch		Soup and tuna and sweetcorn sandwiches
Mid Afternoon		Cereal bar and piece of fruit, squash
Pre-evening Training Snack		Fruit loaf, squash
During Training		Sports drink
Post Training	(within 30 minutes)	Fig rolls and water
Evening Meal	(within 2 hours)	Chicken and vegetable stir fry with fry, low fat rice pudding and water.



KIT INFORMATION

Club Kit (LeeAnn Smith)

This is ordered annually (March) – An email shall be sent out every February for parents to place orders, samples of Hoodies, Shorts, T-Shirts, Jackets will be available for your child to try on if in doubt of sizing. (Prices to be advised)

We have the option of Blue or White Cotton T-Shirts with printed ST Thomas Logo that can be ordered on a regular basis – see noticeboard for order form

Cotton T-Shirts - £10.00

Performance T-Shirts - £11.00

Swimming Cap (Amanda Dawson)

See noticeboard for Order form.

Named caps - £8.00 (we required a minimum order of 20 off caps before ordering)

Un-named Caps - £5.50 (we keep a stock of these)

Please Note: Payment will be required prior to ordering named caps.

Training Equipment

Equipment required for Poolside and Gym (Land Training)

2 pairs of Goggles

Fins*

Full Water Bottles

Log Book*

Paddles*

Roller*

Skipping Rope

Snorkels*

Tennis Ball

TheraBand

*These items may not be required straight away, so please talk with your child's coach before ordering.

Equipment can be purchased through website (for example):-

www.swimshop.co.uk

www.simplyswim.com

www.proswimwear.co.uk



GENERAL INFORMATION

The Weekly Plan

A weekly plan will be sent out by the Head Coach every Sunday, this will let you know what training is available for your child every week. The plan may change due to galas or coaches not being available, so please make sure that these are looked out for. If a weekly plan has not been sent, then the training times for your child will be as normal.

Dates of Diary

This is a list of dates in advance stating forthcoming Galas or events which the Club will be attending or hosting. Parents Committee also has one, these will be e-mailed out then a copy shall be put on the noticeboard by poolside.

Galas

Arbroath St Thomas Swimming Club host on an annual basis Age Championship (February) and Open Championship (September/October) – information regarding these will be sent out by email.

Swimmers and Coach attend Galas all over Scotland and some members of the Performance Squad will travel further south. Information on what Galas your child could enter will be sent out by email from our club Entries team, please check with your child's coach prior to entering (further information will be stated in the email).

Parents Committee

The committee is there to help with any issues that you may have, if you have any questions, please do not hesitate to speak with a member.

They organise and order the club kit, swimming caps and organise events to help raise funds for the club. For example, arrange Raffle stalls and Cake and Candy stalls when the club hosts galas. Emails will be sent out when a donation is required.



CONTACT LIST

Main Committee

Fiona Brown – Club President	arbroath.st.thomas.president@gmail.com
Mark Green – Vice President	arbroath.st.thomas.vice@gmail.com
Steven Smith – Membership Secretary	arbroath.st.thomas.membership@gmail.com
Maureen Cuthbert – Treasurer	arbroath.st.thomas.treasurer@gmail.com
Jane Duncan – STO (Swimming Technical Official)	arbroath.st.thomas.sto@gmail.com
Lynne Brown – Gala Entries	st.thomas.entries@gmail.com
Carol Wallace – Press Officer	arbroath.st.thomas.press@gmail.com
Deborah Coull – CPO (Child Protection Officer)	arbroath.st.thomas.cpo@gmail.com
Karen Duncan – Parents Committee	arbroath.st.thomas.parentsrep@gmail.com

Coaches

Head Coach	scott.haxton@btinternet.com
Assistant Head Coach	lornawhike@yahoo.co.uk

Parents Committee

Karen Duncan	arbroath.st.thomas.parentsrep@gmail.com
Deborah Coull – CPO (Child Protection Officer)	arbroath.st.thomas.cpo@gmail.com
Leeann Smith- Club Kit	leeann.g.smith@gmail.com
Wilson Robertson	wilsonhrobertson@gmail.com
Lena Leanovich	elena_leonovich@mail.ru
Fiona Brown – Club President	arbroath.st.thomas.president@gmail.com
Amanda Dawson – Swim Caps	amandadawson76@yahoo.co.uk
Candy Runge	candy.runge@yahoo.co.uk