



## West Wight Swimming Club

### Welcome letter to parents.

Dear Parent,

We would like to welcome you and your child(ren) to West Wight Swimming Club. We hope your child(ren) will enjoy the experience of being a club member including the training, competitions and the social interaction with all our members. This letter is aimed at giving you information that may be of assistance to you as new members. Please do ask us, the Club Welfare Officers or any committee member or coach if you have other questions not covered in this letter.

Firstly who runs the club? A full list of the club officers, committee members and coaches can be found on the notice board. Below is a list of some of those officers for your information.

Club Chairman - Hayden Fennimore	contact details - <a href="mailto:chairman@westwightswimmingclub.org.uk">chairman@westwightswimmingclub.org.uk</a>
Club Secretary - Nicolas Popov	contact details – <a href="mailto:secretary@westwightswimmingclub.org.uk">secretary@westwightswimmingclub.org.uk</a>
Club Welfare Officer – Hanne Miller	contact details - <a href="mailto:welfare@westwightswimmingclub.org.uk">welfare@westwightswimmingclub.org.uk</a>
Club Welfare Officer - Karen Smith	contact details – <a href="mailto:welfare@westwightswimmingclub.org.uk">welfare@westwightswimmingclub.org.uk</a>
Head Coach – Dave Russell	contact details – <a href="mailto:head-coach@westwightswimmingclub.org.uk">head-coach@westwightswimmingclub.org.uk</a>

We are a Swim 21 club and follow the guidance in Wavepower for child safeguarding, the ASA Code of Ethics and Codes of Conduct.

While we hope your child will be happy and content at the club, sometimes questions, concerns or issues may arise.

If you have a question or concern regarding child welfare, the club welfare officers should be informed. Alternatively there is a dedicated helpline for anyone wishing to raise a safeguarding or welfare concern directly to the ASA called Swimline. Swimline contact details can be found on the club notice board.

Our club is committed to providing good child safeguarding practice for all our young members and we have adopted the ASA Safeguarding Policy called Wavepower, a copy of which is held by your welfare officers or can be viewed and downloaded from [www.swimming.org](http://www.swimming.org). Our club is one where we accept that good safeguarding and fair play is paramount for all our young members.

If you have a question regarding coaching you should in the first instance approach your child's coach. Do so at a time convenient to you both and please do not go on poolside and interrupt training sessions. The coaches will be happy to arrange a time before or after training to discuss any training issues.

Your child(ren) will be assessed as to what level they are currently achieving in order to place them in the appropriate training lane and competition level, which is outlined below with other helpful information.

#### Coach's list

Head Coach – Dave Russell  
Coach - Anne Collins  
Coach - Gary Watson  
Coach - Nicolas Popov  
Coach - Chrissie Fennimore  
Coach – Gay Grieve  
Coach – Paul Critchley  
Coach- Rosie Gard  
Details of training times for squad members/young olympians.

West Wight Sports Centre  
Monday 18.00 – 19.00 (Young Olympians only)  
Monday 18.00- 20.00 (Selected Top Squad -2 lanes only)  
Tuesday 18.30 – 20.30  
Wednesday 18.00 – 19.00 (Young Olympians only)  
Wednesday 18.00- 20.00 (Selected Top Squad- 2 lanes only)  
Thursday 19.00 – 21.00  
Friday 18.30 – 20.30

Medina Sports Centre  
Sunday 18.00 – 20.00

Mountbatten Leisure Centre (50m pool) Portsmouth  
Approx 6 sessions a year- Saturday 19.00 – 21.00 (By selection only)

Swimmers will be entitled to swim a total number of hours per week depending on their ability as outlined by the coaching team:

Young Olympian, Level 1 swimmer entitled to train up to 4 hours per week - £22 Per month  
Young Olympian Development Squad, Level 2 swimmer entitled to train up to 6 hours per week - £27 Per month  
Junior Development, Level 3 swimmer entitled to train up to 8 hours per week - £33 Per month  
Junior Squad, Level 4 swimmer entitled to train up to 9.5 hours per week - £40 Per month  
Senior Squad, Level 5 swimmer entitled to train up to 11 hours per week - £46 Per month

Senior Squad swimmers are entitled to an additional 40 minutes of land training at Gurit's gym on a Thursday from 17:30 to 18:20.

If parents have any questions regarding the decision making process on their child's ability, they should speak with their child's coach in the first instance.

West Wight Swimming Club are always looking for parental help to run the club. You may offer to help or a member of the committee may approach you to see if you are able to assist. We are predominantly a voluntary run club and appreciate any help parents can give us.

Lastly we have a parent's code of conduct, which goes alongside similar codes for the coaches, officers and swimmers. You will be asked to read and sign the parent's code of conduct and countersign that of your child / children.

Finally we hope you and your child / children enjoy being a member of West Wight Swimming Club.

Kind regards

Hanne Miller/Karen Smith  
**Club Welfare Officers**

Useful websites for parents, children and young people:

1. Kidscape - have a helpline and downloadable leaflets on what to do if your child is being bullied. The ASA have formed a relationship with Kidscape and can when required refer swimmers who have been bullied to attend the WIZ course in London. [www.Kidscape.org.uk](http://www.Kidscape.org.uk)
2. NSPCC - Help for adults worried about a child? Call the NSPCC Child Protection Helpline on 0808 800 5000.
3. Childline - Help for children and teenagers. Need advice or just want to talk? Call ChildLine 0800 1111. Calls are free and confidential.
4. [www.culture.gov.uk](http://www.culture.gov.uk) - Help keep your child safe in sport. A child protection leaflet for parents. Downloadable or your club Welfare Officer will have a copy.
5. Child Protection in Sport Unit (CPSU) - Call 0116 234 7278. CPSU have useful downloadable documents at [www.cpsu.org.uk](http://www.cpsu.org.uk) including: Club safety list for parents, protecting your child by listening & how you can help make sport safe.