



NEXUS VALLEYS SWIMMING CLUB

Members Handbook

"So many people along the way, whatever it is you aspire to do, will tell you it can't be done. But all it takes is imagination. You dream. You plan. You reach."

By Michael Phelps

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1. Welcome

Welcome to Nexus Valleys Swimming Club, we are a South West Wales based development-swimming club. We hope that our swimmers have an enjoyable and happy time swimming with our club, our swimmers will have the opportunity to make many new friends, enjoy training sessions and to compete representing our club at various levels and ages.

As a club we aim to help our swimmers enjoy training, learn to work hard and achieve their full potential. The coaches and poolside assistants are here to help swimmers achieve this and have been trained to ensure that swimmers do this in a safe and progressive environment. As a club we work on each individual stroke to ensure that our swimmers achieve good standards of technique throughout. The children train hard but have fun and make new friends while striving to achieve their goals.

Our club currently trains at both Aberdare and Glynneath swimming pools. There are also occasional training sessions at both Wales National Pool, Swansea and Cardiff International Pool.

Joining the club requires an assessment of the child's swimming. We welcome all children that have achieved stage 6 swimming lessons to come along for an assessment, if they are interested in joining a swimming club.

If our swimmers or parents / guardians have any concerns about training, these should be raised with your coaching team.

2. Club Structure

2.1. Our Aims

Our Aims are:

- 2.1.1. to encourage individuals to take part in the sport of swimming
- 2.1.2. to provide a safe and structured, happy environment in which they can enjoy developing skills, essential for their sport and future life skills
- 2.1.3. to improve performance of each individual to all levels

2.2. Our Mission

Our mission is to offer children/young people in the surrounding communities, the best opportunity to develop and achieve their full potential as part of structured pathway in aquatics. Ensuring a safe and secure environment to allow children/young people to work, be part of a team, and to achieve their goals.

Nexus is an unprejudiced club, our doors are open to any nationality and ability.



2.3. Our Values

- Excellence – Our swimmers will reach their maximum potential as athletes.
- Strong work ethic – goal relationships, balanced and realistic.
- Inclusive - Sound program. Sport for all. Policy allowing diversity.
- Equality - Nexus is committed to treat everyone equally within the context of their activity regardless of gender, ethnic origin, ability or political/religious persuasion.

2.4. Club Coaches and Committee Members

Our coaches and club committee members are listed below.

Role	Who
Head Coach	Chris Weller
Lead Coach - Swim teacher – Level 2 / Coach Level 1	Marc Thomas
Lead Coach – Coach Level 2 / committee member	Darren Edwards
Lead Coach Development – Coach Level 1	Rob Warlow
Lead Coach Skills - Swim teacher – Level 2	Cara James
Swim teacher – Level 2 / Club Welfare Officer / committee member	Helen Williams
Swim teacher – Level 2 / Coach – Level 1	Martin Llewellyn
Swim teacher – Level 2 / Coach – Level 1	Samantha Price
Coach – Level 1	Graham Hall
Coach – Level 1	Matthew Jacklin
Coach – Level 1	Matthew George
Coach – Level 1	Lisa O’Connell
Team Manager	Andrea Davies
Club Chairman	Craig Hughes
Club Treasurer	Allison Green
Club Secretary	Sarah Thomas
Club Welfare Officer	Keri Owens
Committee member	Kate Davies
Poolside Assistants	Grace Owens Ian Jones



2.5. Our parents, volunteers and poolside assistants

We are fortunate to be well supported by our parents and coaches. We are very keen for our parents to volunteer and support our club as it grows – the club is growing at such a pace we can never have too much help!! There's the opportunity to help on poolside, at swim meets or be a member of our committee. There are many roles including committee members, events gatherings, coaching, timekeepers, judges and team managers (parents who generally make sure the swimmers are well cared for) there are training courses available, even the occasional help will be greatly welcomed. As a club, we welcome anyone who would like to get involved, providing the opportunity to learn new skills and potentially achieve qualifications in aquatics related areas.

3. Squad structure and training times

3.1. Club squads and squad criteria

Club squads and squad criteria to be confirmed.

3.2. Training Schedule and Location

Training schedule and location to be confirmed.

4. Training Session Guidelines

4.1. Code of Conduct – Members

- Each member of the swimming club including swimmers, parents, coaches and committee should be treated respectfully.
- At competitions and galas, treat all officials, competitors (including your team mates) and representatives from competing clubs with due respect.
- Bullying, the use of inappropriate or abusive language, harassment, discrimination or physical violence will not be tolerated, and could result in action being taken through the Club disciplinary or child welfare policy.



4.2. Code of Conduct – General behaviour

- Treat all members of, and persons associated with, Swim Wales with due dignity and respect.
- Treat everyone equally and never discriminate against another person associated with Swim Wales on any grounds including that of age, sexual orientation, gender, faith, ethnic origin or nationality.
- The use of inappropriate or abusive language, bullying, harassment, or physical violence will not be tolerated and could result in action being taken through the disciplinary or child welfare policies.
- Display a high standard of behaviour at all times.
- Report any poor behaviour by others to an appropriate officer or member of staff.
- Recognise and celebrate the good performance and success of fellow club and team members.
- Respect the privacy of others, especially in the use of changing facilities.

4.3. Code of Conduct – Changing rooms

- Swimmers remain the responsibility of their parents at all times.
- Swimmers are to listen to the coaches and pool staff at all times to ensure that everyone gets the most out of their session and it runs smoothly and safely.
- Parents should not accompany swimmers aged 8 and over in the changing rooms.
- Swimmers are to use lockers to safely store their belongings and not leave them in cubicles or on benches.
- Keep the changing rooms, the facilities we use and all other areas **clean and tidy**
- Changing rooms are often cleaned by pool staff during our training hours.
- The Club shares the changing rooms with members of the public who also deserve a little privacy while changing.
- Showers are to be used on a first come first serve basis. Likewise showering and changing should be done as quickly and efficiently as possible.
- All kit should be labelled with the swimmers name to try and minimise any confusion between kit / equipment.

4.4. Training

- Treat all coaches and fellow members with respect.
- Listen to coaches at all times and obey any instructions given.
- Make your coach aware if there are difficulties in attending training sessions as per the rules laid down for your squad.
- Arrive in good time on poolside before the training session starts to complete poolside warm up as directed by your coach.
- Understand that if you arrive late, you must report to your coach before entering the pool.
- Ensure that you have all of your equipment with you, e.g. paddles, kick boards, hats, goggles, etc.



- If a swimmer needs to leave the pool for any reason during training, inform coaches before doing so.
- Always swim to the wall as in a race, and practice turns as instructed.
- Do not stop and stand in the lane, or obstruct others from completing their training.
- Do not pull on the ropes as this may injure other members.
- Do not skip lengths or sets – to do so means cheating yourself.
- Swimmers should think about what they are doing during training, and if there is a problem, discuss with coaches at an appropriate time.
- If swimmers experience problems with the behaviour of fellow members, report them at the time to an appropriate adult.

4.5. Code of Conduct – Swimmers approach to training

Use the following training tips to help you (our swimmers) achieve your goals, improve your technique and progress through our squads:

- Arrive in plenty of time to begin your session. Swimmers should arrive on time, with the correct equipment / kit and be ready to train.
- Be **poolside 10 minutes before** the start of your session to carry out pre water mobility as shown by your lane coach *'this will decrease the risk of injury, increase joint mobility and warm up your muscles ready for your session'*
- Go to the **toilet** before your training session starts
- Attend all scheduled training sessions if possible as each are equally important.
- Keep a positive attitude and always be ready to train at the level your coach requires.
- Inform your lane coach of any **medical problem** that may affect your swimming
- **Do not** swim if you are **unwell or injured** - let us know about this
- Bring all of your training equipment with you (fins, goggles, swim hat, drinks, etc)
- Drink plenty of water, and bring a drink to poolside with you – drink little and often during training will prevent dehydration. The Head Coach recommends for sessions over one hour please ensure an extra drink is provided. The preference is water, if further advice is needed please speak to the coaching team.
- Make sure you understand which **direction** your lane should swim.
- **Do not sit** on the starting blocks or the lane ropes during any part of training
- Pay attention to your coach. They are there to advise you and to help you to become a better swimmer. Ask if you do not understand what you have been asked to do
- Swimmers are to listen to the coaches and pool staff at all times to ensure that everyone gets the most out of their session and it runs smoothly and safely.
- Do everything that your coach asks to the best of your ability.
- Train at the intensity your coach asks you to and pace yourself accordingly, **it is just as important not to go too fast as it is not to go too slow**
- Swim **Warm Up slowly** with good technique *'this ensures you continue to warm up your muscles, stretching them in the right way'*
- Learn to pace yourself in all sets.



- Always think about your technique. Streamlining, butterfly kicks and maintaining good stroke technique throughout training. It is what will make you swim faster.
- Complete every set with your very **BEST TECHNIQUE** and practice your starts and turns every time you swim
- **Overtake** down the middle or at either end without causing other swimmers to stop
- If you are **being overtaken**, move close to the lane rope to give the other swimmer more room to pass you or if at the lane end, give way to that swimmer
- Swim **all the way to the end** of each length - Do not stop mid length or pull on lane ropes
- Do **not** fight for **position** in the lane 'It is more important to complete the set correctly'
- Do **not** pull on other **swimmers (legs)** to get past *This can cause injury to others*
- **Swim Down** slowly at the end of your session '*this is just as important as warm up and will help avoid muscle stiffness*'
- Think about each session and leave having accomplished something positive and enjoyed it.
- Enjoy your session!

Remember Perfect Practice Produces Perfect Performance

4.6. Attendance at training - Holidays and Absences

If a swimmer is unable to attend a session, through holiday, illness or another reason, then please let the Club know at earliest convenience. This can be done via an email message or Social media.

4.7. Understanding a training session

Our training sessions include the following.

Activity	Description
Land stretches and warm-up	Before getting in the water you should do some dry land loosening exercises and dynamic stretches. You will be shown what to do. You will need to arrive 10 minutes before your session starts to do this.
Warm-up	This gets you ready for your session. It will involve some easy swimming, with build swims (getting gradually faster) and sprints introduced, as you get older.
Drills	A controlled form of stroke designed to draw attention to a particular aspect of that stroke, eg Elbows High, Zip-up, and many more (further detail below)
Set	This is the distance or several shorter distances that you are asked to swim e.g. 8 x 50m freestyle which means you will swim 50m freestyle 8 times, with a rest in between each one.
Repetition (reps)	The number of times you repeat the swim each set e.g. 4 x 200m means 4 repetitions.
Target time	The time you are aiming to swim each repetition in e.g. If you are told PB + 10 seconds and your PB is 42secs, then your target time is 52secs - <i>make sure you know your PBs</i> .



Activity	Description
Turnaround time	The length of time in which to do your swim and have your rest, so if your turn around time is 60 seconds you will start a new repetition every 60 seconds.
Rest interval	The length of time between each repetition. This might be given instead of a turnaround time.
Pace Clock	We have both analogue pace clocks and a digital pace clock. Practice using both to time your swims, turnaround times and rest intervals.
Stroke Count	This is the number of strokes you do each length. You will sometimes be asked to count your strokes.
DPS (Distance Per Stroke)	This is the distance you travel each stroke. When we do 'distance per stroke' work you will be asked to 'lengthen your stroke' and you may be asked to stroke count too.
HVO (High Velocity Output)	These are short sprints lasting 5-10 seconds only. You should be able to swim faster than 100m race pace for these. These will improve your basic speed.
Target heart rate	For senior swimmers - How fast or slow your heart rate should be eg. 50 beats (per minute) below max (bpm). This ensures you are working at the right intensity for that set not too hard/fast and not too easy/slow.
Stroke Rate	The number of strokes you do in a minute.
Swim Down	This is moderate paced to slow swimming. It helps bring down your heart rate and restore your body to its pre-exercise state. This will prevent muscle soreness the next day and ensure you are able to manage your next training session well.

4.8. Drill training – why practice swim drills?

The movements our swimmers do while practicing drills are completely different than the ones done during regular swimming, and especially so in the beginning when joining the club. Drills ensure that previously learned bad habits don't have a chance to interfere during the (re-)learning phase of a swim stroke. Drills support our aim to improve swimmer technique.

The drills also teach swimmers to use senses to feel how to do the correct movements rather than having to think them intellectually. A swimming stroke is broken down into its components, and each component is practiced repeatedly until the body *knows* how to move correctly.

Once this understanding has occurred, the body will automatically try to reproduce the same sensations and movements during practice and the mind is free to take on the next challenge.

This also means that there is a progression in the skills learned. During each sequence of swimming exercises, you are presented to more and more difficult challenges to solve. But as your body adapts and integrates new skills, you become ready to tackle the next drill.

Each drill is designed to teach one specific skill to be mastered. Tackling one skill at a time ensures that you don't become overwhelmed and can be fully concentrated on the task at hand. Progress is faster and can be measured more easily this way.

Once a swimmer has mastered a swimming drill, they are ready to progress to the next one without too much difficulty. But if a previous drill hasn't been mastered, the next one will be much more difficult or even impossible to master.



4.9. Training Equipment

Once a swimmer has decided to join our club, it is recommended that the swimmer has their own training equipment.

The right training equipment is vital to help a swimmer progress and develop technique, strength and stamina. Dependant on the squad the swimmer is in, will depend on the training equipment needed. Training kit should be brought to all sessions, and be clearly labelled with the swimmers name.

Equipment	Use	Squads	Approx cost
Kick boards 	These come in different sizes, junior and adult – blue or pink. These are used during kick practices to concentrate on the kick action for each stroke.	ALL	£11.50
Pull Buoys 	These come in different sizes, junior and adult – blue or pink. Used so the swimmers can concentrate on developing their arm actions without worrying about the kicking movements.	ALL	£8.50
Training fins 	Specially designed for swim training and are not the same as diving fins – both softer and shorter – blue or pink. Swimmers can swim much faster with fins on, particularly useful with butterfly as swimmers can swim for longer.	Development 2 and above	£17.00
Hand paddles 	For younger swimmers it is mainly for technique purposes, it is much easier to mistakes with paddles on. As they become more proficient the paddles then become a way of increasing resistance to build strength and muscular endurance.	Development 2 and above	£12.60



Equipment	Use	Squads	Approx cost
Snorkels 	Specialist but a good tool to get the swimmers to be able to swim without head movement disturbing the stroke. Please note this is a centre snorkel.	Development and above	£15.00
Meshbags 	Useful for keeping all kit together – mesh allows easy drying.	ALL	£6.00

Swimmers are able to purchase any make equipment, but if purchasing through the club, these are the makes provided. The Club has an account with Proswimwear and any orders placed through us receive a 10% discount. If you would like to order any of the equipment, please download the club equipment order form and pass to a committee member.

5. Understanding Competitions

5.1. Code of Conduct at Competitions – Members

- At competitions, whether they be open meets, national events or club galas, swimmers will always behave in a manner that shows respect to coaches, the officers, team mates and the members of all competing organisations.
- Swimmers understand that they will be required to attend events and galas that the Head Coach has recommended, unless agreed otherwise by prior arrangement with the relevant official and coach.
- Understand that swimmers must wear appropriate swimwear, tracksuits, T-shirts/shorts and caps as per the rules laid down by the organisation.
- Swimmers will report to the coach and/or team manager on arrival on poolside.
- Swimmers will warm up before the event as directed by the coach in charge on that day and ensure they are fully prepared for the race.
- Swimmers will be part of the team. This means swimmers will stay with the team on poolside.
- If swimmers have to leave poolside for any reason, inform, and in some cases, get the consent of the team manager/coach before doing so.
- After a race, swimmers will report to coaches for feedback.

- Swimmers will support team mates. Everyone likes to be supported and they will be supporting you in return.
- Swimmers will swim down after the race if possible, as advised by coaches.
- Swimmers behaviour in the swim down facility must be appropriate and respectful to other users at all times.
- Swimmers will never leave an event until either the gala is complete or swimmers have the explicit agreement of the coach or team manager.

5.2. Competition Kit – the design

In September 2018 the club re-designed our logo, and introduced new competition kit for our swimmers. All swimmers must wear competition kit at competitions (and at galas), at a minimum, our poolside t-shirt and swimming cap (not pictured). Front facing images of our kit are below, other kit items are available to purchase but not compulsory.



5.3. Competition kit – how to order

The Club provides competing swimmers with the competition kit free of charge, which includes a club hoodie, t-shirt and one swim cap.



The Club kit is for swimmers that are competing regularly, if a swimmer leaves the club or does not regularly compete during a period of SIX MONTHS following receipt of the kit, the kit should be returned to the Club. There will be no free kit for those swimmers supporting the club at Galas (and do not attend competitions), but the club will loan a swim cap on the day of the Gala to the swimmer.

Where a swim cap has been damaged or lost, and a replacement cap has been provided, there is a charge of £7.00.

It is important that all competition kit is labelled with the swimmers name. A black Sharpie works really well. Please see a committee member for advice on obtaining and purchasing kit.

5.4. Swimmer Team Kit & Personal Belongings

All team kit and personal belongings must be labelled in preparation for each team event. It is the swimmers responsibility to ensure that their kit and belongings are secured. If there are lockers available, our swimmers should be encouraged to use these. If a swimmer decides not to use the available lockers, all items should be kept in their bags. If in the event an item goes missing, it should be reported to a member of coaching staff on poolside as soon as possible. Spare dry clothing should always be part of the swimmers on the day kit.

5.5. Our swimmers and PB's

A swimmers PB or Personal Best is the fastest time that they have ever achieved in a given event. Our aim is for our swimmers to improve certain PB's each time they compete. Be aware that there will be a slight difference with long and short course times, with the short course being a couple of seconds faster.

It is really important that all of our swimmers have an awareness of their PB's in given events. As we develop as a club, our swimmers PB's will begin to govern training sessions and squad membership. PB's will be used to analyse the effort levels that our swimmers are displaying during training sessions. Further information on this for our swimmers is available on our poolside noticeboards.

5.6. Competitions and Galas– what's the difference?

The Club will attend a number of Competitions and Galas each year. These are very different events.

A swimming Competition (or Swim Meet) is officiated by Swim Wales, and is usually individual events. A Meet will consist of events with varied distances and butterfly, backstroke, breaststroke, freestyle, and individual medley. In addition to these individual events in some Competitions, four swimmers can take part in either a freestyle or medley relay. Swimming each stroke requires a set of specific techniques; in competition, there are distinct regulations concerning the acceptable form for each individual stroke. Results from a Competition are recorded on the online rankings database.



Whereas a swimming Gala, is a swimming competition between a number of clubs, competing as an entity against one another. During each event, swimmers can achieve a score, dependent on where they finish in the event. Clubs entering a Gala are ranked based on the total points scored for each event. Events are not timed during Galas. Although the techniques and regulations relating to strokes still need to be followed. Galas are usually a little more relaxed than Competitions. When selecting a squad for a swimming Gala, the Club reviews personal bests achieved in 50m races, as recorded on the online rankings database.

5.7. Swimming Competitions in more detail

We are a Swim Wales affiliated development swimming club and we expect most swimmers to compete regularly. There are many different levels of competition, which when you are new to the club or first reach the magic age (in swimming) of 9 can all seem quite confusing. This information is designed to explain competitions, however do ask if you are not sure about anything.

The club has a mix of children who have competed in other sports and those who their swimming competition will be their first competition experience.

As a development club, who encourages competitiveness, we may go to the occasional unlicensed event such as some Junior Meet or hold internal time trials, but the vast majority of the meets we go to are licensed by Swim Wales as either a Level 1, Level 2, Level 3 or Level 4 Meet. All times recorded in a licensed meet will be shown in the National Rankings database (which is open to everyone to see). You can look at your child's individual times <https://swimmingresults.org/biogs/> , <https://swimmingresults.org/individualbest/> or their ranking <https://www.swimmingresults.org/12months/>.

Please be aware, that if a swimmer does not attempt an event in a period of 12 months, then their personal best time expires. The next time they attempt the event they need to be entered (and seeded as) as NT (No Time).

Licensed times are needed to prove a time for entry into a certain Meets. This is particularly important for qualification into Regional or National Events where qualification can only be achieved at certain Levels of Meet e.g. for Regional events only times at Levels 1, 2 or 3 Meets are acceptable.

Level 4 Meets are intended for either Novice events or Club Championships. These times are eligible for County qualification.

Level 3 Meets some require Upper limit times and qualifying times and can attract a wide spectrum of swimmers. The qualifying times can vary widely from times which are equivalent to County qualifying times to those which can enable inexperienced swimmers to compete. As these meets are for a wide range of swimmers they are usually open on a first come first served basis. A fast turn-around between initial email and entry is usually needed. **Due to this entries cannot be accepted past our deadline.** Level 3 meets are usually held in a short course (25m pool) although occasionally there are long course (50m pool) level 3 meets.

Level 1 and 2 Meets must have a minimum set of qualifying standards. No upper limit time is required. They are aimed at higher level swimmers such as National and Regional qualifiers and the better County Level swimmers.



If these meets are over-subscribed, slower swimmers may be not be able to enter, and therefore unable to swim. All Level 1 meets are held in a long course (50m) pool. Level 2 are 25m pool (short course).

5.8. Competitions – Some Common Reasons for Disqualification

Faulty Stroke

Butterfly – Arms not clearing the water properly or not moving forward together. Legs not moving up and down together - freestyle kicks or breaststroke kicks are not permitted.

Backstroke – Swimming on front - stay on back at all times except for turns. Some swimmers turn on their fronts towards the end of a race looking for the finish. This could cause a disqualification.

Breaststroke - Kicking with a Sidestroke or scissors motion (any alternating movement). Butterfly or flutter kicks are not permitted. (with the exception of a single downward dolphin kick at the start and turn)

Faulty Finishes

2 Hands! – Both Butterfly and Breaststroke require a two handed (i.e. together) touch at the finish.

Backstroke swimmer must finish on back, touch with one hand – no turning over to see where the end of the pool is.

Faulty Turns

Butterfly and Breaststroke, swimmer must use two hands to touch visibly (out of the water) before turning.

Freestyle swimmer must touch the end with some part of your body –don't tumble turn too early and miss push off, not only will it slow you down but you could get disqualified.

Backstroke turn is one area that a lot of swimmers get disqualified. Swimmer is allowed to turn on to front to do a tumble turn BUT if turn too soon and put in a kick or arm stroke while on front and before start to turn swimmer will be disqualified. Any movement of the arms or legs while on front must be part of the turn. Also once swimmer has tumble turned must push off the wall on back.

Breaststroke – only allowed one arm pull and one kick under water at the start and after each turn. Head must be out of the water before next pull back with arms.

Faulty Starts

Simply if a swimmer starts the race before the starting signal they will be disqualified.

Moving on the block will also cause a disqualification. The swimmer must be as still as possible. There are no second chances.



Faulty Takeovers (Relays)

Most disqualifications are for setting off too soon. The golden rules are:

If starting from the blocks or side of the pool feet must not have left the floor before the incoming swimmer touches the pool side.

If starting in the water swimmer must hold onto the side of the pool and not let go until the incoming swimmer has touched. Remember it is hands that count when start in the water and not feet.

Finally sometimes swimmers goggles come off after the dive start and while it may seem harsh or unfair, if they touch them or try to put them back on they will be disqualified because they will not be complying with the rules of the stroke. It is better to struggle on than be disqualified!

6. Competitions – schedule, eligibility and entry

6.1. Competition calendar

The swimming season runs from September to July. At the start of the swimming season the coaches and committee agree a draft calendar of events for the year. Each competition will be purposeful, if swimmers are to gain maximum benefit from the programme, they are encouraged where possible to attend every meet available. Each squad has a minimum number of competitions the swimmer should attend.

Please note that although the calendar of events is agreed, on occasion the Club may chose to vary this throughout the swimming season.

6.2. Eligibility

Competitions are organised in age groups. The meet pack will state which age group the swimmer is eligible to compete in. A number of competitions refer to qualifying times, these are defined as follows:

- Upper qualifying time – swimmers whose personal best equals or is faster than the upper qualifying time may not enter the event. Typically this will be a level 3 meet.
- Qualification time – swimmers who achieve the qualifying time or faster are guaranteed entry. Nationals and Regionals have qualification times.
- Consideration time – swimmers who achieve between the qualification time and consideration time, will be granted entry if space permits. Where an event is fully subscribed, the slower swimmers will be unable to swim. Regionals and level 1 meets often have consideration times.



6.3. Competition entry

All competition entries are managed via the Swim Manager portal.

6.4. Competition planning and event targeting

Support is available for those parents / guardians that are interested in competition planning and event targeting, further detail is available on request for each swimmer. **Please be aware, this is not essential for all swimmers due to age, ability and experience.**

For further information / details please contact Chris Weller or Andrea Davies.

7. Competitions – preparing and on the day

7.1. Important information regarding competitions

Swimmers / parents / guardians will be provided with full meet information including entries, venue, time of warm ups etc. Please ensure that all instructions are complied with, swimmers should report to the team coach/manager on the poolside in advance of the stated warm up time. They must also report to the meet coach/manager prior to their event.

Swimmers should advise the Coach if they are unable to swim before the event and the reason for their absence. On the day of the event should a swimmer need to be withdrawn then the swimmer/parent should contact a coach / team manager at earliest convenience.

7.2. Dress code at competitions

All swimmers should wear the Nexus swim cap when competing, and club kit on poolside and when receiving presentation of medals, pennants and other awards.

7.3. Equipment needed at a competition

- Swimming Caps
- 2 Pairs of Goggles (in case one breaks)
- 2 Towels (or more – keep one dry to get changed at the end of the competition)
- 2-3 Swim Suits (in case one breaks)
- Club T-shirt and hoody



- Trainers or Pool shoes
- Drink bottle(s) (not fizzy drink – water is the recommended drink)
- Healthy snacks/lunch

Note: All clothing should be clearly marked with the swimmer's name.

See Appendix One for further competition guidance.

8. Membership and fees

8.1. Membership and Fees

New swimmers are eligible for the first night free as a taster session, beyond that there is a monthly membership fee payable. For new swimmers that choose to swim once a week, there's an introductory monthly fee, for the first three months only, beyond then the full fee is payable.

In addition to the monthly fee, there is an annual fee payable which covers the membership fee and the Swim Wales WASA fee (swimmer insurance). The annual fee is payable on 1st April via Swim Manager or when a swimmer joins.

For new swimmers WASA payments will be processed through Swim Manager, and paid at the time of first registration on Swim Manager. Cash will only be accepted when a swimmer first joins, but they must register on Swim Manager within TWO weeks of joining the club. Until registration is complete, pro rata payments will be managed in cash. No more cash payments will be accepted for registered swimmers.

Monthly payments and WASA fees must be paid before competition entries can be processed, all competition entry fees will be paid at the time the entries are processed via Swim Manager.

Monthly membership fee:	£32.00 – payable on the 1 st of the month via Swim Manager, with a reminder sent 7 days in advance
Introductory fee:	£16 (for a maximum of 3 months if only swimming once a week) – as above
WASA and annual membership fee:	£50 – payable annually for the period 1 st April to 31 st March (fee is reduced when swimmer joins in the final quarter)



8.2. Swim manager and registration

Nexus Valleys Swimming Club uses Swim Manager to manage the administration within the Club and all swimmers must register on the portal – the link is noted below. All membership subscriptions and meet entries / payments are managed via this portal. Each swimmer will have a personalised portal, the system is accessible via laptops or mobile devices. If you would like support to register your swimmer please speak with one of the committee members or the Team Manager.

If your swimmer decides to leave the Club, you must notify the club in writing. Only the club can cancel the Registration and monthly payment. Please notify Allison, Sarah or nexusswimming@yahoo.co.uk.

9. GDPR – General Data Protection Regulations

Nexus Valleys Swimming Club will only use your personal data for the purpose of your involvement in the club and will never pass this information on to 3rd parties with the exception of Swim Wales. By becoming a member of the club you are consenting to receiving information either by email, phone, text or messenger concerning the club's activities including competition information, membership and training fees, training issues and contact from the club's committee members and coaches.

Each member has access to their personal data *via* Online Membership System (OMS). This information on the swimmer's personal details, medical issues, parent(s)/legal guardian(s) and emergency contact(s) is what is required by Swim Wales to participate in the sport. It is the responsibility of each member to keep their personal data up-to-date by notifying the Treasurer/Membership secretary of any changes.

If you have membership of Twitter or Facebook then you are subject to their GDPR compliance policies and these are outside the scope of our club.

Nexus Valleys Swimming Club adheres to the principles of data protection for swimming clubs as outlined in the document issued by Swim Wales.

10. Photography, video and our swimmers

Parents and guardians are not permitted to take photographs or video during training or during our swim meets.

Nexus Valleys Swimming Club uses photographic images of its members on its website and social media sites only when the proper procedures are followed. We consider it to be beneficial to our swimmers and the club to have both recognition of achievement and the use of photographs to review swimmer technique.



During training, Nexus Valleys Swimming Club uses underwater video equipment to allow coaches to view swimmer underwater technique in real time. It enables identification of any mistakes or areas in need of improvement.

Before any photographs or video are taken at club sessions, parents will always be consulted – usually at the event and the club will sign a consent form on behalf of all involved. Every leisure centre will have its own policy on still image and video capture. Photographs will only be taken with the approval of the coaches and the Facility Management at poolside of the venue.

Swimmers shall not be named along with their photograph in a way that allows direct identification, whether that photograph is of a group or an individual.

Any images of swimmers not in a sporting context (out of the water, on poolside or receiving trophies etc.) shall only be used if the image is a “waist up” shot and the swimmer is wearing a shirt or track suit top, alternatively full length shots may be used if the swimmer is wearing a track suit / fully clothed.

Anyone having any concern over the use of any images or video should email the club.

All photographs or video must observe generally accepted standards of decency in particular:

- Action shots should be a celebration of the sporting activity and not a sexualised image in a sporting context.
- Action shots should not be taken or retained where the photograph reveals a torn or displaced swimming costume.
- Poolside shots of children should normally be above the waist only in a swimming costume though full length tracksuit shots are approved.
- Photographs should not be taken from behind swimming blocks at the start of a race or exhibit young swimmers climbing out of the swimming pool.
- All photography must gain permission of Facility Operators.

11. Useful info

- Noticeboards – we have noticeboards at both Glynneath and Aberdare. These are updated with key information, please review these.
- Social media – join our Facebook page to ensure that you receive up to date information
- Email – always ensure the club has the most up to date email address, our main communication channels are Facebook and email.
- Newsletters – will be issued throughout the season at key periods.
- [Nexus Valleys Swimming Club Constitution](#)
- [Swim Wales - Child Safeguarding Policy](#)



12. Club social media and web pages

Social media / contact	Address / name
Web site	http://tnvsc.co.uk/
Closed Facebook group	 <p>Nexus Valley Swimming Club Group 108 members</p> <p>https://www.facebook.com/groups/902062349893475/</p>
Public Facebook group	 <p>Nexus Valleys Swimming Club ✓ Liked Page · 217 like this · Amateur sports team</p> <p>Nexus is a swimming development club for young people, with sessions in Glynneath and Aberdare.</p> <p>https://www.facebook.com/groups/902062349893475/</p>
Twitter	@nexusvalleyswmi
Email	Nexusswimming@yahoo.co.uk
WhatsApp	<p>WhatsApp group for bulletin messages, if you wish to join, click on the following link:</p> <p>https://chat.whatsapp.com/I9nxiS2FLwe7AlzQ5eF3fB</p>
Swim Manager link	https://swimportal.active.com/?a=284177224

Version: 1.0

Issue date: June 2019



APPENDIX ONE



NEXUS - Swim Meets (competitions)

Whether you are an experienced competitor or it's your first competition, below is some useful information on your approach to race day.

Swimmers - the day before

- Familiarise yourself with club advised arrival time.
- Pack swim bag the night before (most meets start early)
- Always pack a Nexus t-shirt (to wear at poolside), costume (and spare), Nexus hat, goggles (and spare), flip flops, two towels (one for poolside and one to shower after the meet), healthy lunch, plenty of drinks for the meet and snacks.
- Remember swimmers take their bags and lunch to poolside.
- Have an early night!

Parents - the day before

- Familiarise yourself with club advised arrival time.
- Ensure swimmer has organised their kit
- Take a cool bag with food and drink – not all venues have good catering facilities!
- Parents / guardians need money for entry and programmes (may also be swimwear / equipment to purchase)
- Take a pen and highlighter (some like to take a ruler and clipboard too!) – allows you to highlight your swimmers heat(s), and note down the times.
- Dress cool – even in winter!!!! Penlan is particularly warm, but all venues need short sleeves!
- If unsure of location, familiarise yourself with the route – post codes are handy!
- REMEMBER – its not about winning or achieving a personal best (PB) every time – its about the swimmers giving 100% - always encourage and be supportive. Don't be afraid to cheer (although your swimmer wont necessarily hear you)
- Be proud of your swimmer!!

Swimmers - on the day

- Swimmers leave the coaches alone until they have highlighted who is swimming, then you will be told when you are swimming
- Bring activities to occupy yourself, nothing too precious but devices are allowed
- Keep your kit together on one chair: towels, t-shirts, bags, hat, goggles etc
- Learn where rubbish bin is and put your rubbish in it
- Cheer for your team mates when they are swimming!!
- Don't worry if you feel you want to start in the water, diving in will happen the more you practice it
- Always be polite to your coaches, other swimmers and the Marshalls

Most of all...

- Set your alarm clock!
- Have an early night
- ENJOY THE DAY – both the swimmer and the parents / guardians (the first one always causes anxiety for us all)

Any questions contact: Speak with your coaches on poolside or contact via social media