



Helpful Information for Parents:

1. Annual Membership

Each year an annual subscription is payable which is currently £25 and is due at the beginning of September. Reminders will be e-mailed or handed out.

2. ASA Membership

Every competitive member of the club must be registered with the Amateur Swimming Association; this forms part of an insurance cover for them and is a necessity in order for them to compete in competitions. It is quite easy; it requires a few details to be filled in on an ASA blue form which will be given to you on joining the competitive section of the club... The current ASA fee for this is £19.50.

3. Equipment/Kit

TRAINING:

- Swimming **costume**/trunks/towel (obviously)/ goggles plus spare goggles
- **Hats** (if worn)
- **Kickboard**
- **Pullbuoy**
- Finger **paddles**
- SHORT training **fins** (must not be long ones)
- **Drink** bottles

COMPETITION:

- Racing **costume** (often a size smaller than training costume) /goggles + spare goggles
- At least 2 **towels**
- Griffins **Hat** (if worn)
- Griffins **T-shirt** and or hoody
- Navy blue/ black track suit **trousers**
- **Socks** and **trainers**

Griffins kit **order form** can be found on the web site and can be handed in with a cheque for the correct amount to any of the coaches. Parents can also wear the Griffins T-shirts/ hoody, which can be ordered in the same way. Online:

www.mailsports.co.uk

or

www.swimshop.co.uk

...can be used for costumes and equipment.

4. Entering Competitions

All swimmers will at some time be asked to swim for Griffins in a competition. There are many different types of competition throughout the year. When the appropriate competition comes along, the swimmers will be given the information which will include an entry form which should be completed and returned to the coaches with a cheque payable to Griffins for the correct fee **before** the closing date stipulated on the form.

It is extremely useful and interesting if you start recording the times that your child swims in competitions, as all competitions require this information on the entry form. Results can be found on the Griffins website.

On the day of competition, make sure you arrive at the pool in plenty of time for the warm-up, with all the necessary equipment that your child needs. Please ensure this is on poolside with them, it is rather distressing for the less experienced swimmers to finish the warm up, and find that Mum or Dad is sitting in the gallery with their towels and kit! Swimmers should dry well, put T-shirt, trousers, shoes and socks on, plus dry costume if they have one. Keep warm, muscles work better when warm, this avoids injury. Use old /training costume for warm-up so that the swimmer's competition costume can be put on dry after warm up.

Nutrition

It is important that swimmers bring with them to every training session and competition sufficient **drinks** to last the whole session/competition. Swimming pools are hot and humid; a dehydrated swimmer will not perform well. They will not notice that they are sweating, but they are. For more information refer to the 'Nutrition Information' section of the Griffins website.

6. Supports

We hope that your son/daughter will enjoy swimming at Griffins and make good friends with his/her team mates that will last a long while, thereby creating an excellent team.

Parents, your support is invaluable, we know that you are very busy people, but any help and support that you can give Griffins will benefit your child.

If there is ever a problem, we have a welfare officer: Veronica Trew, mum to Shane in the intermediate squad, who is always available - and of course the coaches are always willing to offer help and advice. You just have to ask.

Rosie Long
Head Coach
8/2007