




MILFORD HAVEN SWIMMING CLUB



WELCOME PACK

Introduction

All club information including training times, squad criteria, gala guides, news, results and much more can be found on our website at www.milfordtigers.co.uk we also have a Facebook page, so please come along and give us a 

Coaching Team

We have a head coach in Milford Tigers who is paid for by membership fees.

We have a Level 2 volunteer coach, two Level 1 volunteer coaches and 1 trainee coach who give up their time freely.

Pool time is allocated, monitored and agreed by Pembrokeshire County Council:

Fabian Scharf	Head Coach
Makala Soughty	Level 2 Coach
Katrina Williams	Level 1 Coach
Joe Thomas	Level 1 Coach
Alison Marsh	Level 1 Coach

If you are interested in volunteering please speak to a member of the committee.

Application

At the end of this pack you will find forms to be completed in order to enrol in the squad, consisting of a behaviour policy agreement for swimmers and parents to sign and a bank mandate form to set up payments for training. The club is now using a paperless system, so rather than print a copy, please ask either our membership or fixture secretary to fill out the forms with you.

Membership Fees

There are three fees that need to be paid to enable swimmers to swim competitively for Milford Tigers

All swimmers have to pay an annual Swim Wales fee each April, this is currently (2017):

Category 1 (Under 10)	£32.00
Category 2 (Competitive 10 and over)	£34.00
Category 3 (Non swimming)	£22.00
Category 4 (Competitive over 70)	£30.00
Category 5 (Non swimming over 70)	£22.00

All swimmers will also need to be on the Pembrokeshire County Council Tier structure (Please note, these are subject to change via Pembrokeshire County Council):

Tier 1: Waterdragons (up to 2 hours per week)	£17.50
Tier 2: Development Club Squads	£26.00
Tier 3: Junior Academy	£28.50
Tier 4: Senior Academy	£31.75
Tier 5: Junior National	£36.00
Tier 6: National	£40.25
Tier 7: National Performance	£44.50

Swimming club members will still be eligible to junior fitness sessions and classes (children 13+ will also be able to access the fitness suite at all times and attend adult fitness classes), public swimming, and discounted holiday scheme activities (25% off).

Members at Tier 2 and above will also include Rookie Lifesaving, Junior Tristars & Waterpolo.

Monthly coaching fees which are due on the 1st of each month:

Waterdragons/Swim Fit	£4.00
Development 1	£7.00
Development Squads 2 & 3 Including Development 2 Link	£11.50

New Swimmer Trials

New Swimmers wanting to enter the club will require an assessment (unless they are a known competitive swimmer transferring from another club).

If the swimmer is accepted they will be eligible for a 4 week trial to see if they enjoy the swimming club structure. After this trial they will need to enrol with the club and payments for coaching and training to be implemented.

New swimmers are welcome to try out every Wednesday 6pm - 7pm

Training Times

Monday	6pm - 7pm	7pm - 8pm
	Water dragons	Development 1
	Development 2 & 3	
Wednesday	6pm - 7pm	7pm - 8pm
	Water dragons	Development 1
	Development 2 & 3	
Thursday	6.45 am - 7.45 am	
	Development 2 Link Squad	
	Development 2 & 3	
Friday	6.30pm - 8.30pm	
	Development 1	
	Development 2 & 3 (including Development 2 Link Squad)	

Please remember to swipe your membership cards at reception for ALL sessions. The Leisure Centre can deny entry for anyone who does not produce their membership card to swipe in on arrival. Swimmers failing to swipe in can be asked to leave their training session by the Leisure Centre.

Squad Structure, Progression and Kit Requirements

Waterdragons

Must have passed stage 6 of the Learn to swim scheme

Development 1 - To get into Development 1 swimmers must be able to demonstrate the following:

- Swim 50m Front crawl and Backstroke to include legal turns and streamline off the wall, good technique and body position.
- 25m Breaststroke with gliding and good stroke timing
- 25m Butterfly arms clearing the water with fins.
- Be able to perform legal starts and turns.

Swimmers in Development 1 will need: Fins, Kickboard and a Pull buoy

Development 2 - To get into Development 2 swimmers must be able to demonstrate the following:

- Swim 100m Front crawl to include perfect technique, 3 correct and legal tumble turns, streamline at least 5m off each turn
- Swim 100m Backstroke as above, Must also be performed with bent arm pulling action
- Swim 100m Breaststroke to include legal pull out, legal turns, gliding and efficient stroke timing.
- Swim 50m Butterfly so that arms clear the water, correct stroke timing & 5m streamline out of turn.
- Swim a 200m IM to maintain technique across all strokes, Correct IM Turns

Swimmers in Development 2 will need: Fins, Kickboard, Pull Buoy and a Front Snorkel

Development 3 - Entry into Development 3 is at the Head Coach's discretion

Swimmers in Development 3 will need: Fins, Kickboard, Pull Buoy, Front Snorkel & Hand Paddles

Progression through the squads will be initiated by a continuous assessment process.

Swimmers will be moved upwards when coaches feel they are ready and have met the above criteria.

Quick Gala Guide

Please note a full gala guide is available on our website

Team Events

These are galas where you swim as part of a team for Milford Tigers. They are inter-club events often against other Pembrokeshire swimming clubs. They are a great opportunity to gain competition experience in a friendly environment, to swim as part of a team, be encouraged by and encourage your fellow team mates, and have a bit of fun on poolside. There is no cost to enter.

In House Galas (Club Champs & Colours Gala)

We ask all swimmers to enter these events.

Club Champs - these offer the chance to break club records, receive trophies and medals all in the friendly atmosphere of the club. It is a good way for new swimmers to experience a gala. Medals and trophies are presented at our Presentation evening.

Colours Gala - this is like a Sports Day for swimmers - it's purely fun based and includes coaches' races, novelty races, and relays.

Open Meets

These are for swimmers to gain and update licensed times for all strokes and distances.

They are events organised by other clubs (e.g. Swim Swansea Open), the county (Pembrokeshire Championships) or an organising body (West Wales/Swim Wales). Notification and Meet Packs for these events are put on the notice board and on our website as early as possible, often some months before they take place. The Meet pack contains all the information you will need, the dates, venue, programme of events, necessary qualifying times and the cost per swim - these events are not free to enter. Additionally if it is needed, an eligibility report of your entitlement to swim will be produced by the club and posted on the website/notice board.

Fees are due on **entering** your child for an event. Please pay promptly. Cheques/cash (cheques payable to Milford Haven Swimming Club) to Anne Beegan or Kerrie Dimond, or any committee member.

All information on galas will be on our notice board, website, and Facebook page and in our monthly newsletter. We will target some events and encourage swimmers to enter. All of this can be very confusing to start so we will try to help you where we can - please contact us anytime to discuss any queries you may have.

Information and advice (for a particular swimmer) can be obtained from:

The Fixture Secretary

The Coaching Team

Information & Queries

We are here to help with any queries you may have. You can always seek advice from the coaching team or our committee members. Email addresses to contact team members are below.

Committee Members

Chair - Katrina Williams	mhss.chairperson@gmail.com
Vice Chair - Dawn Cole	mhss.vicechair@gmail.com
Treasurer - Anne Beegan	mhss.clubtreasurer@gmail.com
Secretary - Ceri-Ann Gough	mhss.secretary@gmail.com
Membership Secretary - Aimee Bowen	mhss.membersecretary@gmail.com
Child Welfare Officer - Alison Marsh	mhss.clubwelfare@gmail.com
Head of IT / Fixture Secretary - Joe Thomas	mhss.headofit@gmail.com
Team Manager - Heidi Thomas	mhss.teammanager@gmail.com
Head Coach / County Rep - Fabian Scharf	mhss.headcoach@gmail.com

General Members -

Makala Doughty
Sandra Rowland
Vanessa Yeomans
Tracy Huddy

Club Shop

Our club shop is available online at St Brides Bay Clothing www.stbridesbay.com; you can order over the phone 01646 696904 or by calling into the shop at Agamemnon House, Nelson Quay, Milford Marina

Club t-shirts are yellow (swimmers usually have these for galas when on poolside)

Club Sweatshirts are black (These are not essential but handy to keep warm after training in the winter).

We also have a swim shop available on poolside to purchase hats.

Complaints procedure

Most of our coaches and committee members are volunteers, therefore if you have a complaint please respect their volunteer roles. Issues can be raised with coaches and/or committee members but if you have a complaint please forward in writing to our club committee chair email address mhss.chairperson@gmail.com so we can deal with it calmly & fairly.

Unless deemed urgent, your issue/complaint/query will be discussed at our next committee meeting usually 3rd Wednesday every month. We will then contact you by email and, if appropriate, arrange a convenient meeting to discuss.

If you would rather speak face to face we have a child welfare officer - Vanessa Yeomans. She may not be able to answer/deal with your issue immediately but can bring it to the attention of the committee on your behalf. Committee members are quite often at the pool when their children swim and can be approached anytime for a chat. If you don't know who the specific people are, let any coach know and they will point them out.

Full information on our complaints procedure can be found on our website.

Any further questions?

Please do not hesitate to contact anyone of the committee if there are any other queries that you have.

Welcome to Milford Tigers!