



Affiliated to Swim Wales

www.monnowsc.co.uk facebook.com/monnowsc

Dear Parent / Swimmer

Welcome to Monnow Swimming Club. We are a friendly competitive swimming club run by volunteers. Our aim is to help swimmers over the age of eight reach their potential and enjoy competition by improving technique and stamina.

We are fortunate to have a team of dedicated coaches and teachers, all relevantly qualified with the ASA. This allows us to provide coaching suited to all stages of a swimmers development.

We have plenty of pool time available with five sessions throughout the week.

The swimming sessions are as follows:

Monday	6.15 pm – 7.45 pm	@ Haberdashers Monmouth School for Girls
Tuesday	6.00 pm – 7.30 pm	@ Haberdashers Monmouth School for Girls
Thursday	6.00 pm – 7.30 pm	@ Haberdashers Monmouth School for Girls
Friday	6.00 pm – 7.30 pm	@ Haberdashers Monmouth School for Girls
Sunday	5.00 pm – 6.30 pm	@ Monmouth School Sports Club

Swimmers are placed into groups that recognise the stage of a swimmers development. Starting from group 5 and working up to group 1. The sessions swimmers attend will depend on the group they are placed in.

Group 6	¾-hour session on Thursday
Group 5	¾-hour sessions on Monday and Friday
Group 4	up to 4 nights per week
Group 3	up to 5 nights per week
Group 2	up to 5 nights per week
Group 1	up to 5 nights per week

The Club adheres to a competitive calendar and we will attend a number of open meets and galas throughout the year, so there is plenty of opportunity for swimmers to swim competitively. There will be events to suit all ages and abilities of swimmers. We encourage all swimmers to swim in at least one open meet, two galas and the Club Championships during the year (September to July).

Monnow is a Competitive Swimming Club and whilst we do also welcome members who wish to swim only for fitness, there is an expectation that all swimmers will compete in the Club's own Championships which are held once per year.

The fees are as follows:

Group 6	1 x 45 minute session	£12 per month
Group 5	2 x 45 minute sessions	£19 per month
Other Groups	1 Session per week	£19 per month
	2 Sessions per week	£28 per month
	3 Sessions per week	£35 per month
	4 or 5 Sessions per week	£40 per month

The club is not able to collect direct debits therefore the payments need to be made by standing order. You will need to set up the standing order directly with your own bank selecting a monthly payment date of the 15th please.



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Enclosed with this letter is a standing order form, which you can complete and send to your bank. Alternatively, you can set up your standing order via online banking using the clubs bank details as follows:

Monnow Swimming Club, HSBC, Sort Code: 40-33-11, Account number: 01402056 (using the swimmers name as a reference)

In addition to these fees, each swimmer is required to be a member of Swim Wales (WASA) for insurance and competition purposes. This requires an annual fee of **£32** for swimmers aged 10 and under, as at 31 March 2016, and **£34** for swimmers aged 11 and over, as at 31 March 2016. Cheques should be made payable to Monnow SC and returned with your completed WASA form.

Swimmers will require the following equipment, which should be brought to each swimming session:

Group 5	Goggles, Swim Hat, drinks bottle containing water or weak squash Boys – close fitting trunks Girls – close fitting costume with cross over back
Group 4	As above plus mesh bag, kickboard, pull buoy
Group 3	As above plus ankle strap, short swim fins and hand paddles
Groups 2 and 1	As above plus drag shorts and rashie

Pictures of these items can be found on the clubs website, monnowsc.co.uk.

Enclosed in this pack you will find the following:

Application form for Monnow Swim Club	to be completed and returned
WASA application form	to be completed and returned with appropriate fee (see above)
Code of Conduct	to be signed and returned
Photography consent form	to be completed and returned
Standing Order form	optional for use with your bank
British Swimming Medical Form	Send direct to British Swimming if applicable

Important please note:

The rules of Swim Wales allow a maximum of three swims before a swimmer must apply for membership. It is therefore imperative that these forms are completed and handed to the Coach by the end of the third session a swimmer attends.

Swimmers will not be allowed to swim in a fourth session until the completed forms have been returned.

I hope your child enjoys swimming with the club and look forward to welcoming them as a member.

If you need any further information, please do not hesitate to contact me. Contact details are at the bottom of this letter.

Yours faithfully
Maria Smith
Chairman

Chairman : Jo-anne Sheen
chairman@monnowsc.co.uk
07807 267820

Secretary : Jill Jones
secretary@monnowsc.co.uk

Treasurer : Jo Chick
treasurer@monnowsc.co.uk