Club Information Pack

Welcome!

Welcome to Monnow Swimming Club!

We are a volunteer run club that was established in 1975 to provide a competitive swimming club for residents of Monmouth and the surrounding area. In the first year the club had 35 members and steadily grew to over 100 members before Covid hit in 2020. After Covid, membership dropped to 42 members but has steadily grown to the 118+ members that are in the club now.

We are here to help swimmers learn their skills, increase their fitness and stamina and overall enjoy themselves in a friendly yet competitive environment.

Swim Wales Membership

All swimmers must be a member of Monnow Swimming Club and Swim Wales. This covers all aspects of insurance and training to swim, as well as the competitive element too. Membership is renewed on an annual basis from when you join. Login to Just Go - https://swimwales.justgo.com

A child won't be able to train or compete without it. Please remember to join/renew your membership. Further information available on the Swim Wales Website.

Swim Club Manager (SCM)

All of the management of the Swim Club is carried out through Swim Club Manager which you will have used to set up your swimmer.

Through this we send out all invoices, manage swim sessions, manage swim events, log swimmer's race times, keep a register of swimmers and ensure a smooth running of the club.

Can you please ensure that all the consents are completed and the code of conduct acknowledged in SCM and update your swimmer's profile if you have any contact or medical detail changes.

Swimming Kit and Club Kit

Swimmers are advised to purchase the following equipment to make sure they are ready for all types of training sessions:

- Goggles plus spare (essential)
- Drink bottle (500ml minimum)
- Mesh swim bag
- Kick board
- Pull buoy
- Short blade fins

These can be purchased at online swim shops such as Allens of Kingsbury where Monnow has a club shop. The full range is online at www.allensswimwear.co.uk/swim-clubs/monnow-swimming-club

A Monnow Swim Hat and T-shirt will be provided to all new members when they join. If you require a replacement hat then please contact kitmanager@monnowsc.co.uk and we will provide one and add the cost to the next invoice.

There are a variety of other branded clothing items available from our kit supplier VX-3. The full range is online at https://vx-3.com/collections/monnow-swimming-club

Example of kit but the make/branding is not important.

Lost Property

It is the responsibility of the swimmers and parents to ensure nothing is left at the swimming venues. If items are lost at the Leisure Centre then please contact them directly or there is a lost property basket outside the changing rooms (pool side) at the Haberdasher's Prep School pool. Please do not contact the Swimming Club.

Swimming Squads

The Swimming Club is set up into a number of squads which each swimmer is allocated to depending on their swimming ability. The idea is that a swimmer progresses through the squads as they improve and the squad criteria can be found on the Swimming Club website.

The levels are:

Academy

The Academy Squads are our introduction to club swimming. They follow the criteria for Waves 5 - 7 of the Welsh 'Learn to Swim' programme, but with a stronger focus on the competitive starts and turns elements. The sessions are designed to build on the learning that swimmers have gained in their lessons. They are fun and engaging but will start to prepare swimmers for the stamina and focus required as they move from swimming lessons to swim training. Each session is 45 minutes long and the recommendation is that swimmers attend twice per week to gain improvements required to move into Development. Most swimmers will start in one of the 2 Academy squads even if they have reached Wave 7, to allow them to gain experience of club swimming.

Development

The Development Squad will take swimmers for the first time fully beyond 'learn to swim' and into the competitive swimming programme outlined in the Swim Wales 'Skills' programme. Swimmers will build on the skills they have been learning in Academy whilst also increasing the distance swum and learning to independently follow coach's instructions, such as swimming a number of repeats with a set rest period using the pace clock. Swimmers will demonstrate an ability to focus and train for longer periods, moving up to 90 minute training sessions with a recommendation that they swim at least twice per week.

Advanced Development

In Advanced Development swimmers will first be introduced to different types of training, such as aerobic and speed work. The programmes will include warm up and cool down elements. There will still be technical training, with a focus on enhancing competitive starts and turns and moving all strokes to efficient. The distances swum and intensity of training will again increase and swimmers will be expected to listen to and follow more complex instructions. The recommendation for this squad is that they swim at least 3 x 90 minute training sessions per week.

Regional Performance

This squad is for our more experienced swimmers, most of whom will have experience of competition already. They will be expected to demonstrate correct competitive starts, turns and underwater phases. The training is more intense and demanding and swimmers need to be able to show far more independence in their training, following coach issued instructions, using the pace clock and demonstrating consistently good technique. Their aim is to achieve qualification times for the South East Wales Regional Championships. There are now 4 x 90 minute training sessions available a week for this squad and swimmers are recommended to attend all sessions if they want to maximise their performance.

Movement between the Squads is at the discretion of the Coaches who will speak with the Swimmers and Parents when a move is identified. You will then be contacted by the Membership Secretary so that any session time changes can be recorded in SCM if required.

Swimming Sessions and Locations

HMS = Haberdashers Monmouth Prep School
MLC = Monmouth Leisure Centre

Academy Silver:

Tuesday	6:00pm to 6:45pm – HMS
Wednesday	6:15pm to 7:10pm – MLC
Friday	6:00pm to 6:45pm – HMS

Academy Gold:

Tuesday	6:00pm to 6:45pm – HMS
Wednesday	7:15pm to 8:15pm – MLC
Friday	6:00pm to 6:45pm – HMS

Development:

Monday	6:15pm to 7:45pm – HMS
Tuesday	6:45pm* to 8:00pm – HMS
Wednesday	6:45pm to 8:15pm – MLC
Thursday	6:00pm to 7:30pm – HMS
Friday	6:45pm* to 8:15pm – HMS

Advanced Development:

Monday	6:15pm to 7:45pm – HMS
Tuesday	6:45pm* to 8:00pm – HMS
Wednesday	6:15pm to 8:15pm – MLC
Thursday	6:00pm to 7:30pm – HMS
Friday	6:45pm* to 8:15pm – HMS

Regional Performance:

Monday	6:15pm to 7:45pm – HMS
Tuesday	6:30pm to 8:00pm – HMS
Thursday	6:00pm to 7:30pm – HMS
Friday	6:45pm* to 8:15pm – HMS

*Poolside warm up from 6:30pm

Can swimmers please stick to the sessions that are agreed when joining. If you need to change sessions please contact the Membership Secretary.

During the school summer holidays we swim on a reduced schedule based on pool and coach availability, which is communicated prior to the summer holidays.

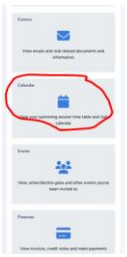
We also do not swim on Bank Holidays and have a 2 week shut down over Christmas and the new year, the dates of this are communicated in early December.

How to be "Swim Session Ready"

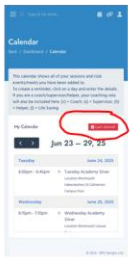
Please can all swimmers make sure they arrive on time for their sessions as later arrivals are disruptive.

If your swimmer is not able to attend please can you mark them as absent in the SCM App as per below:

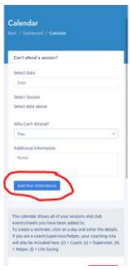
In the SCM App Click on Calendar



Click on "Can't Attend"



Select the date, session and name of swimmer and then "Add Non Attendance"



All swimmers must be poolside by the start of the session ready to train and coaches may refuse to allow swimmers to train if they miss the warm-up.

For training sessions all swimmers need to have at least 500ml of fluid with them, ideally water or weak squash, NOT energy drinks or gels or any other sports product as they can give stomach cramps or even induce sickness if you're not used to them.

Over a 90 minute training sessions, fluid should suffice as long as they have eaten prior to training.

It is recommended that Swimmers need at least an hour after eating and not to have eaten anything difficult to digest. Toast and bananas are ideal pre-workout snacks.

All swimmers need to have goggles that don't leak (preferably with a spare pair) and short fins that fit.

The idea of the sessions is to learn, improve and have fun!

Meet the Committee

Monnow Swimming Club is run by a dedicated team of volunteers from committee members to coaches and event volunteers.

Chairman
Alun Parker
chairman@monnowsc.co.uk

Treasurer
Richard Glyn-Jones
treasurer@monnowsc.co.uk

Secretary
Caroline Mackenzie
secretary@monnowsc.co.uk

Welfare Officer
Jenny Munslow
welfare@monnowsc.co.uk

Competitions Secretary
Angela McGrath
competitions@monnowsc.co.uk

Membership Secretary
Jodie Robinson
membership@monnowsc.co.uk

Coaching Representative
Rachel Lynch-Warden
coaching-rep@monnowsc.co.uk

Marketing & PR Coordinator
Julie Glyn-Jones
marketing@monnowsc.co.uk

DBS Secretary
Julie Glyn-Jones
dbs@monnowsc.co.uk

Non-Committee Roles:
Kit Manager
Matthew Sadler
kitmanager@monnowsc.co.uk

Swimming Competition (Meet/Gala) Information

A quick explanation –

An **Open Meet** is where the swimmer decides what events to enter whereas a **Gala** is where swimmers are selected to represent the Club.

Level 1 Meet - These are "Long Course" (LC) only which are held in a 50m pool. They have qualifying times to enter and the times swam at these competitions can be used to qualify for Regional and National Championships..
Level 2 Meet – same as a Level1 but these are "Short Course" (SC) which means they are in a 25m pool.
Level 3 Meet - These meets can be held in both LC and SC formats. They will generally use qualifying times and also upper limit times (not faster than). This is to ensure that the meet stays as a development meet for up and coming and younger swimmers. They are designed to encourage swimmers with no times and who are starting out in their swimming career.

Usual Annual Competitions

These are an example of the competitions that swimmers can compete in. Every event is communicated to members via the Competitions Secretary and organized through Swim Club Manager. A "Meet Pack" is sent out in advance with all the information on the competition.

February:	South East Wales Regional Racing Series
March:	St David's Day Meet
April:	P&P Cars Club Gala
May:	Tiger Bay Open Meet
June:	Torfaen Dolphins Long Course
July:	Cwmbran Novice Gala Cardiff Bay Sprint Meet
October:	Monnow Swimming Club Sprint Meet
November:	Torfaen Dolphins Spooktalkular Welsh Capital Open Meet SEW Regional Championships
December:	Christmas Cracker

Volunteering at the Club

Monnow Swimming Club is solely run by volunteers and in order for us to operate as a club and compete at meets and galas we need to supply volunteers.

If you are able to offer time to the club then we are always looking for the following:

- Timekeepers

- Poolside helpers

- Event coordinators

If you would like to help the club with any of these please get in touch with a committee member.

Welfare

Monnow Swimming Club has a dedicated Welfare Officer who can be approached with any Safeguarding issues that need to be reported.

You can contact Jenny Munslow at:

welfare@monnowsc.co.uk

All reports are treated confidentially and are dealt with in accordance with the Swim Wales Child Safeguarding Policy.

Club Communications

We recommend all parents follow the Monnow Swimming Club Facebook page where we will post notices.

There are also squad WhatsApp Groups that you are invited to join with the Welcome email. If you need more information please contact the Membership Secretary.

We will also send emails to parents via Swim Club Manager if it is a message for all the club or via personal email if it is specific to your swimmer.

We love to share news about the club and our swimmers so if you have any news you would like to share then please email marketing@monnowsc.co.uk.

When possible, we also like to get results into the local paper and will on occasion submit articles and photos to the Monmouthshire Beacon. Only swimmers with consent to have their image shown will be included in this.

Meet the Coaches

All the coaching staff at Monnow Swim Club are volunteers who either have or used to have swimmers at the club (and in a couple of cases used to swim at the club).

We are very fortunate to have this team to bring out the best in all our swimmers. You can see all the coaches below and meet them poolside.

We are looking for more coaches and all training will be provided by the club. Please contact coaching-rep for more information.

Rachel Lynch-Warden
coaching-rep@monnowsc.co.uk

Paula Willis

Jane Sambrook

Matt Williams

Alun Parker

Angela McGrath

Matthew Sadler