

Dear Parent/Guardian

Introduction

Welcome to the Newquay Cormorants Amateur Swimming Club. The Cormorants have a very proud history with a tremendous success record. Although we are a "competitive swim team", we're not only about winning. We have seen children from our community develop beyond their dreams not only as swimmers but also as individuals, athletes, competitors and teammates. Every swimmer and parent/guardian is a valuable asset to our club and to our success. We strive for each child to learn, improve and have a positive experience they will value forever.

Please take the time to read all the information in the enclosed pack and use it for reference as it contains all the information you will need throughout the season.

As a club we aim to ensure that every swimmer enjoys and achieves their potential in a safe and friendly environment. To support this we have the following policies that are included in the Membership pack

- Child safeguarding policy
- Anti-bullying policy
- Equal Opportunities policy
- Club Philosophy & Competition Statement

Club training information

The Club's current Head Coach is Ian Russell. Our other coaches and teachers who support Ian in running the Club's training sessions are Teresa Sweet, Sue Price, Julie Andrews, Lou Russell and Jenny Charles-Rowe. All of our coaches have attended appropriate training programmes to train our swimmers in a safe and proper manner.

Our main training base is at Newquay Waterworld but we also offer two swimming sessions at Newquay View Holiday Park, Newquay. Swimmers are placed into one of four training groups (Development, Club, Intermediate and Performance) depending on ability as assessed by our coaches with the aim of helping them to progress to the next group when ready.

Our current training times are detailed below. These may change at specific times throughout the year due to pool closure, holidays etc. but we will endeavour to inform

parents/guardians in advance wherever possible. All times listed are at Newquay Waterworld unless stated and may be subject to change.

Development

Tuesday 6.15pm to 7.00pm (at Newquay View), Wednesday 6.00pm to 6.45pm, Friday 6.15pm to 7.00pm (at Newquay View), Saturday 9.00am to 9.45am, Sunday 9.00am to 9.45am.

Swimmers should be prepared to attend a minimum of three sessions a week.

Club

Tuesday 7.00pm to 8.15pm (at Newquay View), Wednesday 6.45pm to 8.00pm, Friday 7.00pm to 8.15pm (at Newquay View), Saturday 7.45am to 9.00am, Sunday 7.45am to 9.00am.

Swimmers should attend a minimum of 4 sessions a week and to be available for selection for Team Galas. They should also make themselves available for Open Galas as well as Club and County events, and may compete in such events that they have qualified for and are willing to enter.

Intermediate

Monday 6.30am to 8.00am & 7.00pm to 8.00pm, Tuesday 6.15pm to 8.15pm (at Newquay View), Wednesday 6.45pm to 8.00pm, Friday 6.30am to 8.00am & 6.15pm to 8.15pm (at Newquay View), Saturday 7.45am to 9.45am, Sunday 7.45am to 9.45am.

Swimmers should attend a minimum of 4 sessions a week and to be available for selection for Team Galas. They should also make themselves available for Open Galas as well as Club and County events, and may compete in such events that they have qualified for and are willing to enter.

Performance

Monday 6.30am to 8.00am & 7.00pm to 8.00pm, Tuesday 6.15pm to 8.15pm (at Newquay View), Wednesday 6.45pm to 8.30pm, Friday 6.30am to 8.00am & 6.15pm to 8.15pm (at Newquay View), Saturday 7.45am to 9.45am, Sunday 7.45am to 9.45am.

Swimmers must attend between 5 and 9 sessions a week and be either close to or above Western Counties swim times.

Any questions regarding your child's swimming training programme should be addressed to a member of the coaching team in the first instant. Please do not approach a member of the coaching team whilst they are conducting a session.

During the year we enter various competitions that range from Development and Intermediate Galas for swimmers new to competitive swimming to Open Meets, County Championships, Regional Championships and National events for our more experienced swimmers.

Parents/Guardians will be informed of any galas your child is eligible for in advance along with any gala/race fees and closing dates for entries. Swimmers for Team Galas will be selected by the Head Coach. A list of upcoming competitions will be shown in our newsletter and placed on the club noticeboard.

Our Club noticeboard details many of our policies and information relevant to our club

**NEWQUAY
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PARENT'S/GUARDIAN'S WELCOME LETTER

including any newspaper reports about the success our swimmers achieve. It can be found poolside by the changing area and extra boards can be found to the right of the reception area in Newquay Waterworld, along the left wall of the corridor leading to the fitness gym.

Club General Committee

The Club is run by a General Committee that consists of 6 officers and 8 committee members. It meets monthly at Newquay Sports Centre. The Club and ASA are committed to good child welfare policies and practice, and have a child welfare policy, details of which can be obtained directly from the Welfare Officer/ notice board/ASA website.

The officers currently elected are:

- Mr Steve Davies, Club President
- Mr Ron Fullwood, Honorary Chairman
- Mrs Chris Jepson, Honorary Secretary (01637) 876030
- Mr Martin Grigg, Honorary Treasurer
- Mr Nick Jenkin, Honorary Competition Secretary
- Mr Martin Macdonald, Club Welfare Officer

Our committee works hard to support the club in all its activities but it relies heavily on the valuable and important support of parents at key events such as fundraising activities and when we run our own swimming meets. There are many opportunities at the club for volunteers to become involved and make a difference, so please do not hesitate to contact one of our committee members if you would like to help out and join a great team.

Thank you for choosing Newquay Cormorants as your child's swimming club.

From

Mr Ron Fullwood, Honorary Chairman