

Frequently asked questions?

What is the ASA?

The Amateur Swimming Association (ASA) is the National Governing Body for swimming. Upon joining WASM you are automatically registered with the ASA. This is essential for insurance and competition. The ASA runs county, regional & national competition as well as teacher & coach education.

Who runs the club?

At the AGM each year the chairman and a voluntary committee are elected. Committee positions such as the chairman, secretary, finance officer and child protection officer are essential to the running of the club. The head coach is also a committee member to align swimming matters.

How can I get involved?

All teachers, coaches and the committee are volunteers and the club welcomes additional volunteers for the numerous jobs that need doing to keep the club running. Please let the head coach or chairman know if you can contribute some time. Some training can be provided by the club and expenses shared.

Swimming jargon?

Look at the WASM website for Swimming terms or ask your teacher or coach.

Millfield 50 metre pool



Other interesting websites for you to visit:

The Amateur Swimming Association

Look for the guide to Long Term Athlete Development at <http://www.britishswimming.org>

Swimming Equipment

<http://www.swimshop.co.uk>

<http://www.allensswimwear.co.uk>

<http://www.totalswimmingshop.com/cgi-bin/home.cgi>

Swimming News

<http://www.swimnews.com>

<http://www.somersetasa.org>

<http://www.swimwest.org>



Wells and Shepton Mallet Swimming Club is a successful yet friendly competitive swimming club with swimmers joining us from the age of 4 upwards. We nurture and develop our young swimmers through the ASA National Teaching Plan before gradually introducing them to squad swimming. The club has a long-term framework to look after our swimmers through every stage of their development, which is over-seen by myself, WASM's full-time professional head-coach. This information leaflet is designed to give you the best possible start in swimming. More information can be found on our website - www.WASM.co.uk and by speaking to other parents and swimmers. Please feel free to come and speak to me before or after any session.

Karen Pinniger

Head Coach

07500 028404

kpinniger@somerset.gov.uk

WASM INFORMATION

CLUB FEES

These vary depending on which group your child is swimming in. Fees are collected by standing order of 11 monthly payments.

WASM CLUB NEWSLETTER

This is produced monthly and is e mailed to all members and is also available on the website.

WASM SHOP

Your coach will tell you what you need to buy to get started with the club.

SWIMMING VENUES

The WASM Programme has swimming sessions at Wells Leisure Centre for our Learn to Swim Programme and squad Training is at Millfield Prep School and also in the 50m pool at Millfield Senior School. Location & maps can be found on the website.

CLUB CHAMPIONSHIPS

These are held every year and all club swimmers are encouraged to enter.

MEETS, GALAS and CHAMPIONSHIPS

WASM compete in various Meets and Galas throughout the swim year. We compete in the National Swimming League, the Cotswold League and also the Southern Junior League. Our swimmers also qualify for the Somerset Counties Age Group Championships and strive to achieve qualifying times for the ASA South West Regional championships.

WASM SQUAD STRUCTURE

Learn to Swim (LTS) Scheme

The Learn to Swim sessions are at the Wells Leisure Centre on a Wednesday from 6.00pm to 6.30pm and 6.30pm to 7.00pm. WASM operate the new ASA national teaching plan. Each swimming Group has been named for width groups starting in the small pool; Penguins, Otters, Turtles, Seals, and for lengths; Sea Lions, Dolphins, Sharks and Piranhas.

Fundamental Skills Academy (FSA)

A squad that bridges the transition from the LTS scheme to the hour-long training sessions. It is by invitation from the coach (whilst continuing in the LTS session) to join the Fundamental Skills Academy session too. The Fundamental Skills Academy is on Sunday from 4.00 pm to 5.00pm at Millfield Prep School (MPS). Swimmers are taught the fundamental skills for competitive swimming, such as diving, turning, finishing and learning how to swim for fitness and race. Swimmers will also undertake work to help them to achieve the ASA competitive start award.

Swim Skills Squad (SSS)

This squad builds on the skills learnt in the FSA and uses progressive drills to ensure precise technique and brings an introduction of speed and competitive swimming. Squad sessions are currently: Tuesday at Millfield (50m pool) from 6.30pm to 7.30pm (by invitation from the coach only) Wednesday at Millfield Prep School (MPS) from 7.00pm to 8.00pm Thursday at MPS from 7.00pm to 8.00pm Sunday at MPS from 5.00pm to 6.00pm

WASM SQUAD STRUCTURE CONT'D

Train To Train Squad (T2T)

In T2T: (training to train squad) The training to train squad utilises a combination of endurance interval training and further skill development. There is a greater emphasis on competition skills, including racing strategy, mental approach to swimming, goal setting and nutrition. Squad sessions are currently: Tuesday at Millfield (50m pool) from 6.30 to 7.30 Wednesday at Millfield Prep School (MPS) from 8.00pm to 9.30pm Thursday at MPS from 7.00pm to 8.00pm Thursday at Millfield 50m pool (by invitation from the coach only) Sunday at MPS from 6.00pm to 7.30pm

There are clear entry and progression criteria for each Squad. This is based on the coach's discretion based on skill and potential.

SWIMMERS INFORMATION

LANE ETIQUETTE

Check the website for advice regarding training in your lane. Have respect for your coach's decisions and your fellow swimmers.

NUTRITION

Check the website for advise on healthy nutrition for training and competing.

BAGCATS

The British Age Group Categories Points Scheme. Helps age-group swimmers to enter a wide range of events at competitions. More information can be found at www.britishswimming.org

For more info visit www.WASM.co.uk