

HAWICK AMATEUR SWIMMING CLUB
INFORMATION FOR PARENTS

Who Can Join?

Hawick Amateur Swimming Club welcomes children from 7 years of age, who can swim, unaided, a distance of 50 metres.

Who Coaches Your Child?

Our Club Coaches are Lesley-Anne Aitken, Alison Bruce, Sarah Oliver & Carol Phillips, who are assisted by a team of poolside helpers. Our Coaches are always happy to discuss your child's progress, should you wish to do so.

Where & When Does the Club Meet?

Teviotdale Leisure Centre in Hawick is the home of the Club and sessions are as follows:-

MONDAY 5.00pm - 6.00pm (Squad 3) 6.00pm - 7.00pm (Squads 1&2)

TUESDAY 7.00pm - 8.30pm (Squads 1 & 2)

FRIDAY 5.00pm - 6.00pm or 6.00pm - 7.00pm (All Squads)

SUNDAY 4.00pm - 5.00pm (All Squads)

Our Coaches will inform your child which squad they are in and what days would be most suitable for them. New members are most welcome on Mondays, Fridays & Sundays.

How Much Does it Cost?

The cost for taking part is £16 / month - this is payable to TLC by direct debit after a 4 week trial period - all money goes to the Trust, therefore, it is essential that from time to time we undertake some fund raising to purchase equipment etc for the benefit of all members in the Club.

Membership?

We allow children a trial period of 28 days, which hopefully they will enjoy. After this time every child has to pay an annual fee to the SASA, our governing body. This amount depends on the age of the child. (None of this fee comes to the Club.) We are unable to accept children if this fee is not paid, because they will not be covered by insurance.

What Should They Wear?

Children can wear any suitable type of swimming costume - no need to buy Club costumes or "named" costumes. However, we do suggest that boys will find it easier if they refrain from wearing Bermuda type shorts. Similarly, girls will find it easier if they have a one piece costume. We do have Hawick ASC costumes, t-shirts etc - but please note these are optional.

Stay or Go?

Parents are welcome to watch their child take part in Club sessions - at present the TLC do not charge you to spectate, but unfortunately, this is outwith our control. If they decide to charge we would have no say in the matter.

Competitive Swimming?

The children are welcome to take part in competitions when they & the Coach feel they will benefit from taking part. We do recognise that some children will not wish to compete & this is fine.

Social Events?

Occasional Discos & Outings held for members.

Other Information?

If your child attends regularly, we have a Direct Debit scheme with the TLC and this can make savings over the year. See Ian Aitken for details.

We have land training on Wednesday evenings. These are taken by a TLC Trainer. As spaces are limited, please speak to Ian Aitken.

On becoming SASA members, we have an agreement with the local shop, It's Great Outdoors, that our members receive 10% of **all** full priced goods & 5% off sale goods. They stock a small selection of swimwear.

Any Other Questions?

Please do not hesitate to contact any Committee member, should you have any questions or require any further information.

We have a notice board in the balcony area, which has a full list of the current Committee, as well as other useful information and future events.

Contacts

Alison Bruce - Chairperson Tel No 01450 374383

Janet or Ian Aitken Tel No 01450 376700