

# HINCKLEY SWIMMING CLUB



  
**HORNETS**



## A PARENTS GUIDE



**WANT TO:**

**Learn to swim?**

**Improve your swimming?**

**Compete?**

**Keep fit?**

**Have fun?**

**TAKE A LOOK INSIDE**

## MISSION STATEMENT

To enable the people of Hinckley and the surrounding area to learn to swim and to participate in both competitive and recreational swimming irrespective of age, gender, colour or creed.

Hinckley Swimming Club exists to promote and encourage both recreational and competitive swimming for it's members and will always strive to help those members to enjoy their time with the Club.

In order to ensure that everyone gets the most from their swimming, all swimmers are asked to adhere to the Swimmers Code of Conduct.

In the event of problems the Club has also adopted the ASA procedures for the handling of internal disputes and disciplinary processes.

Please see our Website for further details or ask a Committee Member.

[www.hinckleyswimmingclub.co.uk](http://www.hinckleyswimmingclub.co.uk)



## HINCKLEY SWIMMING CLUB

### WHO WE ARE

Hinckley Swimming Club has been an established club since 1910.

We take all abilities, from 5 years and above who may be just starting out as a complete beginner or maybe is already a swimmer and wants to develop their skills or a even already a competitive swimmer.

The swimmers are taught and coached by fully qualified, friendly and dedicated staff. We use all of the leisure centres three pools which enables us to develop a swimmer to his or her full potential.

Our more competitive swimmers may also be invited to train at the John Cleveland College Pool.

Further information on the Club including how to join, insurance, queries, policies, Committee Members and job descriptions can be obtained from our information board located at Hinckley Leisure Centre, Desk or our Website:

[www.hinckleyswimmingclub.co.uk](http://www.hinckleyswimmingclub.co.uk)



**HINCKLEY SWIMMING CLUB**

## TEACHING

Hinckley Swimming Club is committed to the ASA National Plan for the Teaching of Swimming (NPTS) and has developed its sessions to meet its standards.

Non swimmers begin in the learner pool where they work through the first NPTS levels. This is where they master water confidence through to basic strokes.

From the learner pool they progress on to the aqua pool where they will continue with both water skills and stroke development. At this stage they will work through the next few NPTS levels and will be able to swim the three main strokes Front Crawl, Back Stroke and Breaststroke. Swimmers will also start to develop the basic concept of Butterfly.

Swimmers then progress to the main pool where they will continue with stroke development and start to improve their stamina and learn the early basics of competitive swimming, through the next NPTS levels.

For more information speak to the

**CLUB CAPTAIN**

## COACHING

Once our swimmers have reached the limit of our 'learn to swim' programme or have shown an early competitive potential they may be asked to join the competitive side of our club.

Within the coaching sessions swimmers will complete the remaining levels of the NPTS and work through other relevant qualifications such as the ASA Competitive Start Award. The swimmers will also continue to develop their stroke technique and start to work on stamina and how to race, through a structured training plan.

All swimmers will be encouraged to compete for the club in both friendly and trophy galas and in the League competitions.

The overall focus is to encourage the swimmers to enjoy the sport.

For more information speak to the

**HEAD COACH**



**HINCKLEY SWIMMING CLUB**

## MASTER SWIMMERS

At Hinckley Swimming Club we offer master (anyone 18 to 95 and more) swimmers the opportunity to learn to swim and train together.

We offer swimmers an opportunity to keep fit through swimming and for those who wish to compete.

The more competitive master swimmers can train during the main coaching session, if they wish.

Master swimmers are also encouraged to compete for the club and take part in the club championships and the Bear Trophy.

For further information about masters sessions and swim times contact:

**MASTERS COACH**

## **WATER POLO**

The Hinckley Swimming Club has now established a Water Polo section; which has had a successful start, with many taking up the opportunity learn new skills.

The players are coached by two ex players who between them have a wealth of knowledge and experience .

The Water Polo section will take swimmers from 11 years of age.

Training with the Water Polo team is not intended to provide instead of swim training, rather, it is an additional session designed to compliment swim training.

For further information about Water Polo and training times contact:

**WATER POLO COACH**

**HINCKLEY SWIMMING CLUB**

## CLUB ANNUAL CHAMPIONSHIPS

The Club Championships covers events from 25m right through to 400m events, which are not for the faint hearted, in all four strokes and the individual medley.

The Championships are held in two parts in June / July the 200 m events and throughout November the 25m 50m, 100m and 400m events.

Any member of the club swimming in the main pool can enter. Flume Pool swimmers can also take part in their own age group if they wish!

We also give the Learner and Flume Pool swimmers the opportunity to experience competition and compete to win medals and trophies in their own events. Please note that Flume pool swimmers can only compete in the Flume trophy or the main club championships but not in both.

For more information contact:

Club Desk at Hinckley Leisure Centre or  
visit

[www.hinckleyswimmingclub.co.uk](http://www.hinckleyswimmingclub.co.uk)



## BEAR TROPHY

Anyone swimming in the main pool can take part in Bear Trophy Time Trials.

The trials are used to allow the swimmer to establish how they are progressing throughout the year.

The Bear Trophy is run on the first Sunday in the month; over 8 months. Swimmers are timed over 25m for 9yrs and under and 50m for 10yrs and over in each of the four strokes.

Apart from the guide to a swimmers progression and to add a little bit of competition points are awarded for each swim. At the end of the year the top three swimmers win an award for scoring the most points, with all the other swimmer's having the opportunity to win the most improved swimmer, which also has prizes for the top three.

Dates and further information is displayed on Club Information Board at the Leisure Centre.

For more information contact:

Club Desk at Hinckley Leisure Centre or visit [www.hinckleyswimmingclub.co.uk](http://www.hinckleyswimmingclub.co.uk)



**HINCKLEY SWIMMING CLUB**

## CLUB SQUAD COMPETITIONS

Hinckley Swimming Club competes in both league and local friendly galas. Our teams travel all over Leicestershire and the Midlands to compete against other clubs.

We have two Diddy teams which consist of swimmers whose ages range from 9-12 yrs competing in the Nuneaton and Leicester Junior Leagues. Each squad has their own captains who are selected annually.

Our swimmers also compete in the Speedo and Leicester senior leagues. Many swimmers also compete in open meets. Our swimmers have been very successful over the years with many of our swimmers coming back with medals and trophies.

For more information contact:

**HEAD COACH**

## **CLUB SWIMMERS COMPETITIONS**

Each year in February and March the Leicestershire ASA holds its County Age Groups and Championships, where we always field one of the biggest teams of all those represented.

The competition is open to all swimmers who are 9 years of age and over on the last day of competition.

This event gives our swimmers the opportunity to compete against swimmers of their own age from all over the county for the right to be County Champion.

Throughout the year there are many “Open” competitions where swimmers can compete against their peers, these events culminate in the East Midlands and National Championships.

For more information contact:

**HEAD COACH**

COME  
AND ENJOY THE  
HINCKLEY SWIMMING  
CLUB  
EXPERIENCE

Sundays

Teaching 5.30—7.30 pm

Coaching 5.30—6.45 and 7.45 to 9.00 pm

Masters 6.45—7.45 pm

Tuesdays

Teaching 7.00—8.30 pm

Coaching 7.45—9.00 pm

Masters 9.00—10.00 pm

Fridays (Apr-Sept inclusive)

Teaching & Coaching

7.00—8.30 pm

JCC

(Invitation only)

Monday 6.00—8.00 pm

Wednesday 6.15—7.45 pm

Saturday 7.30—9.00 am

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