

Darlington Amateur Swimming Club

Established 1882

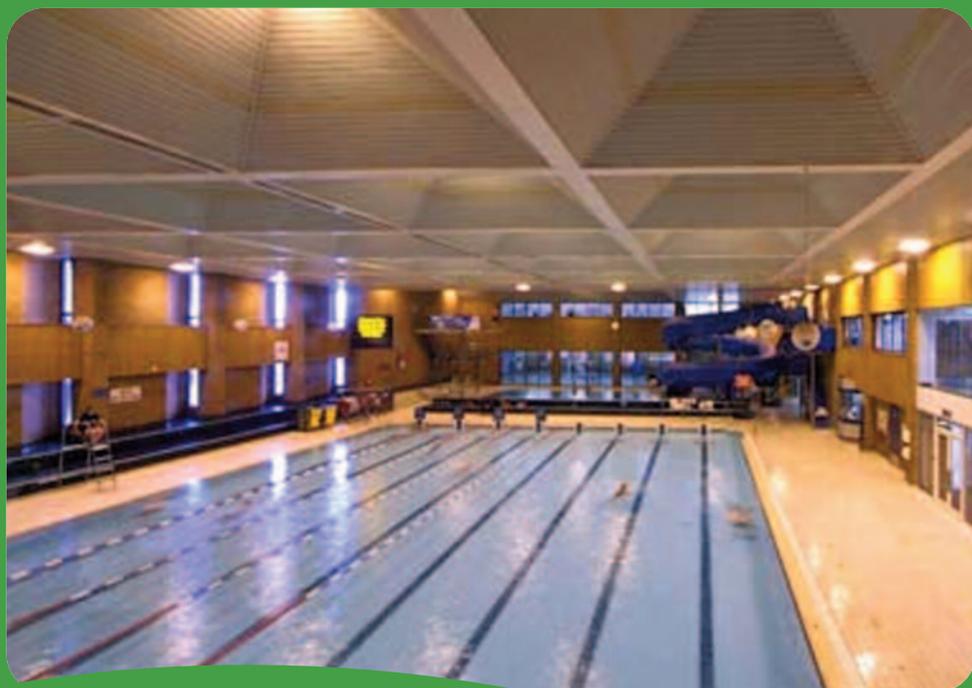
CLUB HANDBOOK

Issue 2 June 2010





Dolphin Centre Diving Pool



Dolphin Centre Swimming Pool

The Benefits of Diving to your Children

What are the benefits of having your children in a sport like diving? For all sports, the value of participation is dramatic. Countless studies draw a powerful link between participation in organized sports and success. Young people are more likely to finish school, go on to college, and to build beneficial social skills. According to these same studies they are less likely to get involved with drugs, become involved in teenage pregnancy, or get caught up in criminal activities. Organized sports programmes such as diving provide a safe place of encouragement, build self-esteem and teach critical social skills.

But a sport like diving has much more to offer. In some sports you can be a “natural.” But diving favours the dedicated. Even highly talented divers have a difficult time if they practise intermittently. On the other hand, highly motivated athletes with a small amount of physical “talent” can become quite successful in diving. Again, the key is dedication. We often see young athletes who show very little promise for diving, but are absolutely fascinated by it. Perhaps it is the challenge, the feeling of accomplishment when they conquer their fears, or the sense that they belong to a special group - but they are HOOKED!

These young people stay with the sport for years, and every year they get better. Often they end up as successful divers. But the real value of this perseverance is seen in the way the experience moulds their character. Whether you are the next National Champion, or just hope to make the local Schools Championships, if you want to succeed in diving, you must face your fears. This is as true for the Beginner as it is for the Olympic Champion. In diving, as in life, we must learn to manage fear in order to achieve anything worthwhile.

When you see your child conquer a dive that has terrified him/her for two weeks, and you watch the explosion of self confidence and accomplishment that follows, then you will know first hand one of the great benefits of our sport. But they will need your help!

Most young children cannot see the long-term benefits of our sport. The truth is that our society rarely encourages long-term work for deeper rewards. Diving is not a sport of instant gratification, and your child may become frustrated, losing sight of the rewards due to the fear of an upcoming new skill.

You can help your child through periods of frustration and anxiety by emphasizing the value of sacrifice, dedication and perseverance. Naturally, there will be days when a diver does not feel that the sacrifice is worth it. You, as a parent, must understand that the true reward will come when your child has pushed on through adversity, and has felt the rush of joy that comes only from accomplishing something truly difficult. Most children are not accustomed to having to wait 6-12 months or even longer for gratification.

Remember - a goal is most satisfying when it is achieved after overcoming adversity.

We all must learn to conquer obstacles in our lives. Diving offers a safe and encouraging training ground for young people to face adversity and learn to overcome it. When your child experiences the satisfaction of realizing a lofty goal, he or she will be transformed. Limiting beliefs are shed, and a new concept of what is possible is born. With your support, diving can be a strong positive force in your child's life, teaching principles of commitment, dedication and positive effort in the pursuit of a goal.

Parents play a critical role in a child's success in any field. Certainly diving is no different. But what can seem like the right thing to do is sometimes counterproductive. Read the list of Commandments for parents of young divers. These are based upon the conditions that are most likely to allow your children to become healthy, successful competitors and people. No one wins all the time, nor would it be of any value if they did. Following the principles behind them will help you to create the climate necessary for your child's success.

The Ten Commandments (For Parents of Divers)

- 1) Thou shalt not make this about you. It is easy to lose yourself in the excitement of competition, to get caught up in feelings of your own past athletic glories and shortfalls. This time, however, the moment belongs to your child. Don't allow yourself to ruin his or her moment by projecting your own needs onto the situation.
- 2) Thou shalt not coach, motivate or bribe. You pay your money to a coach because he or she is qualified to do the job. Allow the coach to work effectively by granting him/her authority on the sport. Diving is a very technical sport, which should not be taught by those without specialized training. Your coach has worked hard to become an expert in this field, and parents should resist the temptation to throw their two cents in on technique. In addition, diving is unique in that all athletes must, with the help of their coaches, face and conquer considerable fear. The result is that the coaches will form a very close bond with and understanding of your child, and this understanding gives them great insight into the motivation and discipline of your child. Finally, bribing a child to do a new trick seems harmless, but can effectively diminish the motivation that we strive to teach in our athletes - internal motivation to achieve purely for the satisfaction of it, and not for material rewards.
- 3) Thou shalt love unconditionally. It is crucial that your child understands one thing above all else - that your love for him/her does not in any way depend on his/her performance. There is already plenty of pressure in trying to get the dive right at the moment of the big meet. If you throw in a sense that "mom or dad will be mad if I blow it," then failure is almost inevitable.
- 4) Thou shalt follow the same rules of sportsmanship as thy child. The best advice on sportsmanship is quite simple; "A champion takes victory and defeat in the same way." Lead your child by example, and put a swift end to gloating and other forms of poor sportsmanship by showing that you won't tolerate it in yourself or your child.
- 5) Thou shalt not compare or divide. Comparing your child to other athletes on the team or in the meet is unhealthy and pointless. Success is a journey, not a destination. Every child will take a different path, will learn at a different speed, and will arrive at a different kind of success. Before you become concerned about who is outpacing your child, ask yourself "Is my child having fun? Is he learning? Is this a positive thing for him?" If the answers are "yes," you have nothing to worry about. This sort of comparison mindset leads to divisions within the team, and animosity among parents. Don't fall into this trap.

- 6) Thou shalt take criticism straight to the coach. Any concerns or questions about the programme should go straight to the coach. Discussing and complaining in the stands with other parents is a waste of your energy, and won't fix the problem. It also may plant seeds of discontent in the parent group, which is bad for everyone. It is also helpful to remember that these things always seem to get back to the coach anyway, and the grapevine is a very inaccurate way to communicate. Help to improve the team by talking directly with the coach.
- 7) Thou shalt teach thy child to find the lessons in failure. Once again, success is a journey, and failure is a teacher. In life, we are taught the same lessons over and over until we get the message and learn the lesson. Diving is a sport that is made up of 90% failure. If we teach children to see failure as an opportunity for growth, we empower them for life.
- 8) Thou shalt help thy child to persevere. Because there is so much fear involved with diving, a child may wish to drop out of the sport rather than face the next new dive. This often occurs after a diver has taken time off at the end of the season or at Christmas time. Children rarely understand the value of delayed gratification without guidance from an adult. Our culture is so preoccupied with instant gratification that it is even more critical to teach the value of hard work and sacrifice for greater rewards. Talk to the coach if you see your child becoming overwhelmed by fear, or becoming reluctant to go to practice, these are usually problems that can be solved through communication.
- 9) Thou shalt get thy child to training on time. Success in diving depends on consistent practice habits over the entire year. Poor attendance leads to fear, frustration, crashing, and poor performances.
- 10) Enjoy the ride. Diving is a unique sport that can serve to teach your child many valuable life skills. Take time to share this unique experience with your child, and have some fun while you're here!

Diving Training Times

Pool Training in the Dolphin Centre Diving Pool

Beginner Squad - (Level 1 - 6)

Tuesday Training (session 1) 6.00pm - 7.00pm and
(session 2) 7.00pm – 8.00pm.

Competition Squad - (Novice and Age group)

Tuesday Training 8.00pm - 9.00pm.
Sunday Warm up 6.30pm. Training 6.45pm - 8.15pm.
Warm down until 8.30pm.

Masters Squad - (Over 16 Years all abilities)

Sunday Warm up 6.30pm.
Training 6.45pm - 7.45pm.
Warm down until 8.00pm

(These times can be flexible to accommodate various different divers as agreed with Head Diving coach)

Land Training at the Dolphin Centre for all Divers

Land training sessions are held on poolside on Tuesdays 7.00 – 8.00pm for all competition squad divers.

Trampoline Training for Divers

Not only is trampoline training fun, but trampolining also provides a useful method of training for diving. The skills learnt in basic trampolining assist greatly when the diver moves from basic to more complicated dives. In addition, with the right equipment, divers can progress more quickly by practising new dives without getting wet. Divers on 5 star level and above would benefit from trampoline training.

Trampoline sessions are run at the Dolphin Centre. You should contact them for times and costs of sessions. Sedgefield Springers Trampoline club based in Ferryhill also offer sessions on Saturdays and Sundays and are coached by higher level coaches than those at the Dolphin Centre and hence are the preferred option. For more information on the sessions contact the Dolphin Centre or Steve Jackson (Head Diving Coach)

Diving Levels 1-6

1 Star Diver

Forward push & glide
Back push & glide
Forward jump straight
Forward jump tucked
Back jump straight
Forward tuck roll
Forward pike line up
Back tuck roll

2 Star Diver

Forward jump straight part armswing
Forward jump with tuck part armswing
Back jump straight part armswing
Back jump with tuck
Back pike roll
Forward dive from crouch
Back circle
Forward jump piked

3 Star Diver

Forward jump straight full armswing
Forward jump with tuck full armswing
Back jump straight full armswing
Back jump with tuck part armswing
Extended back pike roll
Forward dive hands grabbed
Back dive from crouch
Forward jump piked part armswing

4 Star Diver

Forward jump piked full armswing
Back jump piked
Back jump piked part armswing
Back pike sit part armswing
Reverse jump part armswing
Forward pike bomb
Forward dive hands apart
Back dive part armswing
Back jump with tuck full armswing

5 Star Diver

Forward dive with tuck
Inward pike bomb
Back jump piked full armswing
Back pike sit full armswing
Back dive full armswing
Forward crouch somersault tucked
Armstand dive straight
Armstand back fall straight
Reverse pike sit part armswing

6 Star Diver

Forward dive piked
Inward dive tucked
Back dive with tuck part armswing
Reverse dive with tuck
Armstand back fall to pike sit
Forward jump straight full twist part armswing
Forward somersault with tuck
Back dive half twist part armswing

A Beginner's Guide to Diving

The Components of a Dive

- **Initiation (take off)**

This may be in one of four directions

- Forward (facing the water, diving away from the board)
- Reverse (facing the water, diving towards the board)
- Backward (facing the board, diving away from the board)
- Inwards (facing the board, diving towards the board)

- **Position (how the body is carried)**

This may be in one of four ways

- Straight (no bending at the hips or the knees)
- Piked (bending at the hips but not at the knees)
- Tucked (body bunched up tightly, with the hands on the lower legs)
- Free (some twisting combined with one or more, usually at least two, of the other positions)

- **Somersaults**

Any number of somersaults can be performed

- $\frac{1}{2}$ (i.e. from a standing takeoff entering the water head first)
- 1 (from a standing takeoff entering the water feet first)
- $1 \frac{1}{2}$, (head first)
- 2 (feet first)
- $2 \frac{1}{2}$ (Head first)

- **Twists**

Any number of twists can be performed

- $\frac{1}{2}$ (i.e. 180°)
- 1 (i.e. 360°)
- $1 \frac{1}{2}$, 2, $2 \frac{1}{2}$

- **Entry (into water)**

Flawless execution of a dive will include strong initiation into the dive and vertical entry into the water without splash. (Divers call this a 'rip' entry.) Feet must always be together and toes pointed.

The Marks for a Dive

Marking of dives in a competition has two components:

- **Difficulty**

The difficulty of a dive is taken care of by its degree of difficulty ranging from 1.0 for the easiest dive to 3.8 or more for the most difficult dives. Dives are awarded degrees of difficulty by FINA (the governing body) taking into account the number of somersaults and twists, the direction of the dive, the position and the height of the board (springboards at 1 or 3 metres above the water or platforms at 5, 7.5 or 10 metres)

- **Performance**

Performance is marked by a panel of judges (ideally 5, but sometimes 3). Each judge may award 1 to 10 points in half point increments. Judges award points as follows

| | |
|-------------------|-----------|
| Excellent | 10 |
| Very Good | 8.5 - 9.5 |
| Good | 7.0 - 8.0 |
| Satisfactory | 5.0 - 6.5 |
| Deficient | 2.5 - 4.5 |
| Unsatisfactory | 0.5 - 2.0 |
| Completely failed | 0 |

When there are 5 judges the highest and lowest judges' awards are discarded and the sum of the remaining awards is multiplied by the degree of difficulty to give the points scored.

For example If a dive with a difficulty rating of 2.0 is awarded 4 5 5 5 6, the 4 and the 6 are discarded and the sum of the remaining scores ($5+5+5 = 15$) is multiplied by 2.0 to give a score of 30.00 points.

What is it like at a Diving Competition?

Arriving

The coaches will tell you what time you should arrive at the pool - try to get there on time if you can. When you get there, go into the spectator area and look out for other people from the club. If no one is around sit down and wait. Try to find the other families from Darlington to sit with - unless you are first to arrive.

The coaches will come and tell you when to get changed. If you can see the Darlington coaches down on poolside try to attract their attention to ask whether you should get changed. You can usually bring your diving bag back up to the spectator area after you have got changed but make sure that someone is keeping an eye on it for you.

You must NOT get into the pool to start training until there is a coach from Darlington on poolside, but you can do your warm up exercises while you wait.

Warming-up

There will be a training session before the competition starts, sometimes there is one session before the morning competitions and a separate session before the afternoon competitions, and sometimes it is one big training session first thing in the morning - it all depends on how it has been organised. There are usually lots of people training at the same time from a number of age groups.

We try to make sure that each diver has the same coach throughout the day - for training and competition. Your coach will tell you which board you should start training from - stand in the queue and wait your turn. When it is your turn get ready and make sure that your coach is watching and then do your dive. Listen to what your coach tells you to do next. It is important to concentrate and keep your eye on your coach between dives because these training sessions are busy and often quite noisy. You can also watch other divers - sometimes the more senior divers practise quite difficult dives which you will enjoy watching.

Once training is finished you should get changed out of your wet costume (unless you are in the first competition) so that you don't get cold. Once changed, you can go and sit with your friends and family in the spectator seats. Try to have plenty to drink - it is always very warm in the pool area - and have a small snack about an hour before you are due to start diving. Don't have too much to eat before diving.

You will have to decide when to eat your lunch depending on when your competition is due, but don't eat a big meal within about two hours before competing.

Your coach will probably ask you to check and sign your dive list (unless you signed it before the meet). Ask your coach to explain anything you don't understand before you sign - it is your responsibility to make sure that you are doing the correct dives. If the list is wrong you will be able to change it before signing.

Watch the other competitions, and cheer and clap to support the other Darlington divers. Keep an eye on the time and make sure you are changed in plenty of time before your competition. The coaches will come and remind you, but it helps if you remember yourself. Sometimes there is an extra, short, training session immediately before each competition - your coach will help you decide whether you should train again.

Before each competition there is usually a parade - wear your green Darlington tee shirt for the parade. The announcer calls out the names of each diver and the club supporters will cheer and clap and you can wave when your name is called out.

Competing

When it is your turn to compete, your coach will stay with you, and make sure you know which dive you are doing next. Try to concentrate on your own diving, and don't worry too much about what everyone else is doing.

The announcer will call out your name and the dive you are going to do. Your friends and family will shout encouragement. Listen carefully to make sure the dive is what you expected, and if it is not correct **DON'T DIVE** - your coach will sort it out. You have to do the dive that is on your signed dive sheet, which is why it is important to check the sheet. After the announcer has finished, you can get ready to dive, but don't dive until the referee blows his whistle. After the dive, the audience will clap and cheer.

If the dive goes wrong, **DON'T PANIC**. Everyone gets in a muddle sometimes. Try to concentrate on the next dive, and forget the one you have just done. After each dive the announcer will call out your scores and they will probably show up on a big screen. Most divers try not to listen to or look at their scores - It is easier to concentrate if you have no idea how you are doing.

After the competition

Once the competition has finished, there will be a pause while the recorders work out the result, and then there will be some sort of announcement and then a presentation. If you are lucky enough to have won a medal, you will be asked to join a winners' parade and climb on to a podium to get your medal. Wear your green Darlington tee-shirt for the ceremony. People will be able to take photos and there will be lots of cheering and clapping.

After the competition, get changed and go back up to the spectator area. We hope you will be able to stay and support the rest of the Darlington divers, but if not remember to take all your belongings with you.

And finally

We expect Darlington Divers to:

- be well behaved
- be good and vocal supporters of their team mates
- to compete fairly and with enthusiasm
- not leave any litter
- and above all to **enjoy themselves.**

Equipment List for a Diving Competition

Each diver should bring

- Two towels
- Shorts and tee-shirt to wear when not training or competing
- Light shoes (flip flops or sandals are ideal)
- A spare swim suit if possible
- A chamois towel if you have one
- A packed lunch
- A small high energy snack to eat about an hour before competing
- Plenty to drink (at least a half litre of squash or water – not fruit juice)
- A small amount of money
- A rucksack or bag to keep everything in (big enough to put your outdoor clothes in once you get changed)

You may also find the following useful

- Something to keep you occupied when not training or competing - e.g. book, hand held game console (with the sound turned off) etc
- A mobile phone if you have one (but turn the sound off)

Divers will be responsible for their own belongings; the coaches cannot take responsibility for divers' bags and equipment.

Parents may want to bring

- a camera (and Identification such as a bank card or driving licence for when you register with the organisers to take photos.) You will NOT be allowed to use flash whilst anyone is diving, as it can distract the divers and cause accidents
- a small cushion or blanket to sit on - the spectators seats are usually quite uncomfortable

Other Useful Information

- Most (but not all) pools have a small snack bar, but queues can be quite long and prices high
- Programmes are usually on sale (between £3 and £5) and spectators are expected to support the organising club by buying at least one per family. There is not usually an admission charge for spectators, except at the very largest competitions
- There is invariably a raffle and/or tombola and usually sweets and crisps on sale
- There is very little to entertain small children. It is often extremely warm in the spectator area. If you do bring them along please be prepared with lots to keep them entertained, because they will not be able to run around very much, and will need to keep fairly quiet whilst the diving is going on.

Dive Numbers

Dives are described by dive numbers. These are made up of three or four numbers followed by a letter.

Three digit dive numbers

| First Digit | | Middle Digit | | Last Digit | | Letter | |
|-------------|-----------|--------------|-----------|-------------|-------|----------|-----------|
| Direction | | Flight | | Somersaults | | Position | |
| 1 | Forwards | 0 | Normal | 1 | 1/2 | A | Straight |
| 2 | Backwards | 1 | Flying | 2 | 1 | B | Piked |
| 3 | Reverse | | | 3 | 1 1/2 | C | With tuck |
| 4 | Inwards | | | 4 | 2 | D | Free |
| | | | | 5 | 2 1/2 | | |
| Direction | | Somersaults | | Position | | | |
| 6 | Armstand | 1 | Forwards | 1 | 1/2 | A | Straight |
| | | 2 | Backwards | 2 | 1 | B | Piked |
| | | 3 | Reverse | 3 | 1 1/2 | C | With tuck |
| | | 4 | Inwards | 4 | 2 | D | Free |
| | | | | 5 | 2 1/2 | | |

E.g. 103c Forwards 1 1/2 Somersaults with tuck
 301b Reverse Dive Piked
 612a Armstand forward somersault straight

Four digit dive numbers

| First Digit | | Second Digit | | Third digit | | Last Digit | | Letter | |
|-------------|----------|--------------|-----------|-------------|-------|------------|-------|--------|-----------|
| Direction | | Somersaults | | Twists | | Position | | | |
| 5 | Twist | 1 | Forwards | 1 | 1/2 | 1 | 1/2 | A | Straight |
| 6 | Armstand | 2 | Backwards | 2 | 1 | 2 | 1 | B | Piked |
| | Twister | 3 | Reverse | 3 | 1 1/2 | 3 | 1 1/2 | C | With tuck |
| | | 4 | Inwards | 4 | 2 | 4 | 2 | D | Free |
| | | | | 5 | 2 1/2 | 5 | 2 1/2 | | |

E.g. 5211A Back dive 1/2 Twist Straight
 6142B Armstand forwards double somersault 1 twist piked

Sample Dive Tariff List

The difficulty of a dive is given a tariff or degree of difficulty ranging from 1.0 for the easiest dive to 3.8 or more for the most difficult dives. Dives are awarded degrees of difficulty by FINA (the governing body) taking into account the number of somersaults and twists, the direction of the dive, the position and the height of the board (springboards at 1 or 3 metres above the water or platforms at 5, 7.5 or 10 metres) See the following table for examples of dive tariffs.

| Springboard | | 1 metre | | | | 3 metre | | | |
|-----------------------|-----------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| | | Straight | Pike | Tuck | Free | Straight | Pike | Tuck | Free |
| Forward Group | | A | B | C | D | A | B | C | D |
| 101 | Forward Dive | 1.4 | 1.3 | 1.2 | - | 1.6 | 1.5 | 1.4 | - |
| 102 | Forward Somersault | 1.6 | 1.5 | 1.4 | - | 1.7 | 1.6 | 1.5 | - |
| 103 | Forward 1 1/2 Somersault | 2.0 | 1.7 | 1.6 | - | 1.9 | 1.6 | 1.5 | - |
| Back Group | | A | B | C | D | A | B | C | D |
| 201 | Back Dive | 1.7 | 1.6 | 1.5 | - | 1.9 | 1.8 | 1.7 | - |
| 202 | Back Somersault | 1.7 | 1.6 | 1.5 | - | 1.8 | 1.7 | 1.6 | - |
| 203 | Back 1 1/2 Somersault | 2.5 | 2.3 | 2.0 | - | 2.4 | 2.2 | 1.9 | - |
| Reverse Group | | A | B | C | D | A | B | C | D |
| 301 | Reverse Dive | 1.8 | 1.7 | 1.6 | - | 2.0 | 1.9 | 1.8 | - |
| 302 | Reverse Somersault | 1.8 | 1.7 | 1.6 | - | 1.9 | 1.8 | 1.7 | - |
| 303 | Reverse 1 1/2 Somersault | 2.7 | 2.4 | 2.1 | - | 2.6 | 2.3 | 2.0 | - |
| Inward Group | | A | B | C | D | A | B | C | D |
| 401 | Inward Dive | 1.8 | 1.5 | 1.4 | - | 1.7 | 1.4 | 1.3 | - |
| 402 | Inward Somersault | 2.0 | 1.7 | 1.6 | - | | 2.1 | 1.9 | - |
| 403 | Inward 1 1/2 | | 2.4 | 2.2 | - | | 2.1 | 1.9 | - |
| Twisting Group | | A | B | C | D | A | B | C | D |
| 5111 | Forward Dive 1/2 Twist | 1.8 | 1.7 | 1.6 | - | 2.0 | 1.9 | 1.8 | - |
| 5112 | Forward Dive 1 | 2.0 | 1.9 | | - | 2.2 | 2.1 | | - |
| 5121 | Forward Somersault 1/2 Twist | - | - | - | 1.7 | - | - | - | 1.8 |
| 5122 | Forward Somersault 1 Twist | - | - | - | 1.9 | - | - | - | 2.0 |
| 5211 | Back Dive 1/2 Twist | 1.8 | 1.7 | 1.6 | - | 2.0 | 1.9 | 1.8 | - |
| 5221 | Back Somersault Twist | - | - | - | 1.7 | - | - | - | 1.8 |
| 5223 | Back Somersault 1 1/2 Twists | - | - | - | 2.3 | - | - | - | 2.4 |
| 5311 | Reverse Dive Twist | 1.9 | 1.8 | 1.7 | - | 2.1 | 2.0 | 1.9 | - |
| 5321 | Reverse Somersault 1/2 Twist | - | - | - | 1.8 | - | - | - | 1.9 |
| 5323 | Reverse Somersault 1 1/2 Twist | - | - | - | 2.4 | - | - | - | 2.5 |
| 5411 | Inward Dive 1/2 Twist | 2.0 | 1.7 | 1.6 | - | 1.9 | 1.6 | 1.5 | - |
| 5421 | Inward Somersault 1/2 Twist | - | - | - | 1.9 | - | - | - | 1.7 |
| 5422 | Inward Somersault 1 Twist | - | - | - | 2.1 | - | - | - | 1.9 |

Improving your Diving Performance

To ensure that a diver gets the maximum benefit from diving and progresses fastest, there are some basics that can be done at home.

Flexibility Exercises

Flexibility is extremely important in diving, not only because of the shapes and positions that the diver has to put themselves in, but also to avoid injury due to forces that are applied to the body during the execution of dives.

Some basic stretching exercises that can be done at home every day as well as before any training can be found in the diving section of the club website.

Using Imagery

Imagery is the process by which you can create, modify or strengthen pathways important to the co-ordination of your muscles, by training purely within your mind. Imagination is the driving force of imagery.

All top athletes throughout the world use imagery. It is a proven method of increasing performance and reducing nerves (especially important to divers). It is not always easy at first and so takes daily practice.

Information about imagery techniques can be found in the diving section of the club website.

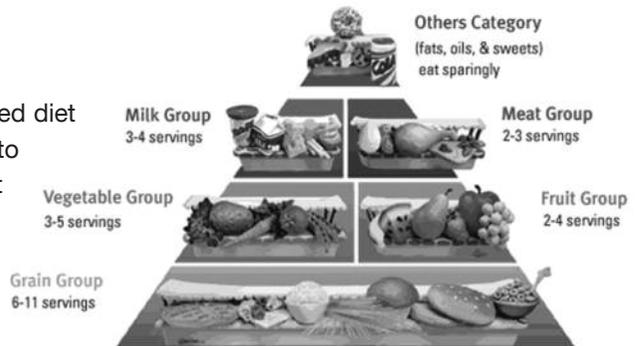
A Healthy Diet

A diver requires a healthy balanced diet to help prevent injuries and also to help heal quickly any injuries that may occur. The diet should also provide the energy needed for sports.

Food can be split into 6 groups – milk, meat,

vegetables, fruit, grain and others. Each group provides different nutrients for the body. The diagram below shows how many servings are required each day from each food group.

Information about diet can be found in the diving section of the club website.



Making DASC Work

The Mission Statement of DASC and the rules by which it operates as written in the Club's Constitution can be found on the club website (www.dare-asc.co.uk)

DASC Committee

The committee has overall responsibility for the running of the club and consists of three Executive Officers, namely Chairperson, Secretary and Treasurer plus up to thirteen other committee members, who are elected each year from the adult membership of the club. All Committee members are volunteers working on behalf of the members of the club. They do not necessarily have previous experience or expertise of swimming or swimming clubs, but are willing to serve the club as best they can. Committee members are involved with the general administration of the club, finance, organisation of club events (e.g. galas, fundraising etc), and most importantly representing the views of club members. The committee meets about once a month and the Head Coaches and Welfare Officer are also invited to attend meetings.

DASC AGM

DASC holds its Annual General Meeting each year in March or April when the Executive Officers and Head Coaches present their reports for the year and a new Committee is elected.

If you are a current member of DASC and are at least 18 years old, you may attend, speak and vote at the AGM and stand for election to the Committee.

Volunteers

There are many ways in which parents can help make DASC work. The more volunteers we have who are actively involved, the better DASC will be. As well as supporting and encouraging your own child and considering standing for election to the Committee, we would welcome those who can help with fund-raising, publicity, seeking sponsorship, running or assisting at club galas and other galas, being a squad rep, writing gala reports, training as a gala official etc.

If you are interested in finding out more about how to help, please see the Club Chairperson.

Coaches and Teachers

The coaches and teachers at DASC work with the swimmers and divers to enable them to improve and to develop their potential. They are responsible for planning and delivering training programmes and encouraging participation in competitions.

SWIM 21

Swim 21 is the ASA's Club Development model - a planning tool, based on the principles of Long Term Athlete Development, enabling clubs to help athletes, teachers, coaches and administrators to achieve their full potential. It focuses particularly on the needs of athletes - striving to provide them with the best possible support and environment. Swim 21 Accreditation is a 'Quality mark'. It recognises nationally and regionally the clubs that are committed to providing safe, effective and quality services for the benefit of their members. DASC achieved Swim 21 accreditation in August 2008 at Skill Development level for Swimming and Teaching level for Diving and was successfully revalidated at those levels in September 2009.

Club Membership and Fees

Swimmers and Divers

All swimmers and divers of any age must pay an annual membership fee in January (or as soon as they join) to belong to DASC. This money is largely spent on club affiliation and insurance fees, and administration costs. In addition they must pay an annual ASA registration fee in January (or as soon as they join) at the appropriate category so that they are covered by the ASA club insurance and (in the case of Category 2) are eligible to swim in ASA competitions. Members must complete a club membership form each year and an ASA registration form when first registering with ASA or when upgrading their registration to Category 2.

Competitors in National level competitions must complete an annual ASA Medical Declaration form even if they take no medication or have not changed it.

All swimmers and divers must also pay monthly squad fees, preferably by standing order and near the start of each month. These largely cover the cost of pool hire and coaches' fees. If a swimmer changes squads, then squad fees will need to be altered promptly.

Adult Non-swimming Members

When a swimmer becomes a member of DASC, one parent or guardian of the swimmer can also become a member of the club without additional payment, providing they complete the relevant part of the application form. Other non-swimming adults (whether or not they are related to swimmers in the club) can also become members of DASC by completing a membership form and paying a small annual membership fee.

Adults who assist with club activities in significant ways must become members of DASC and register with the ASA, but the club will pay these fees on their behalf.

Adult membership and the AGM

Current members (swimming or non-swimming) who are at least 18 years of age are entitled to attend, speak and vote at the AGM and stand for election to the Committee.

Data Protection

Details about members submitted on the membership application form will be kept by DASC on paper and on computer. The data will be circulated to those who require the information to carry out their roles within DASC eg Membership Secretary, coaches, squad reps, Treasurer, Competition Secretary. DASC undertakes to use the submitted data for the sole purpose of dealing with you as members of DASC.

Change of Circumstances

If your circumstances change, especially your address or contact details or medical information, or if you leave the club, please make sure you let the Membership Secretary and the Treasurer know.

Further Information

Information about fees, membership forms and methods of payment is available on the Club Desk on Tuesday nights at the Dolphin Centre from 6.30 –7.30pm most weeks.

If you need any help or advice please see the Treasurer and the Membership Secretary.

Child Protection

Child Protection Policy

DASC undertakes to comply with the ASA Child Protection Policy (entitled Wave Power). Details of this can be found on the ASA website at www.swimming.org/asa/clubs-and-members/wavepower/ and covers areas such as abuse, bullying, photography, travel, changing rooms etc.

Welfare Officer

The main purpose of the Welfare Officer is to assist with the safeguarding and protecting of children and young people in DASC, and to implement the ASA Child Protection Policy.

Our Welfare Officer is currently Dr Wico van Mourik.

CRB Checks

People who have significant contact with children and vulnerable adults within the club (eg coaches, squad reps) are required to undergo a CRB (Criminal Record Bureau) check to work in this context in DASC. Any new guidance issued by the Independent Safeguarding Authority (ISA) will be followed once it comes into force.

Swimline

The Amateur Swimming Association (in conjunction with NSPCC) provides a telephone service called Swimline for any swimmer/parent/coach/teacher who may have a concern that the welfare of a young swimmer is at risk. This could be neglect or abuse, bullying or fear of someone, or anything that is worrying you and you don't know who to discuss this with.



When you ring you will hear a message. Listen carefully to it and it will direct you to a counsellor, or, if one is unavailable, will ask for contact details and will ring back as soon as possible. Calls are free. The ASA Swimline number is 0808 100 4001

Photography

You will have had the opportunity on the club membership form to give or withhold permission for your swimmer to be photographed and for pictures to be used on the club website or noticeboard or in newspaper articles. Swimmers should have their tops covered when photographed.

If you wish to photograph or videotape a swimmer at a gala, you must check whether the gala promoter allows it, and you will usually be required to sign a book seeking permission to do so and may have an authorization sticker given to you for your camera.

Professional photography companies sometimes photograph competitors at galas. If you do not want your child to be photographed please inform the organiser of the event.

Structure Of Swimming & Diving in Great Britain

British Swimming

British Swimming is the National Governing Body for Swimming, Diving, Synchronised Swimming, Water Polo and Open Water in Great Britain. It is responsible internationally for the high performance representation of the sport.



British Swimming seeks to enable its athletes to achieve gold medal success at the Olympics, Paralympics, World Championships and Commonwealth Games.

See www.swimming.org/britishswimming/ for more information.

ASA



The members of British Swimming are the three Home Countries national governing bodies of England (ASA), Scotland (SASA) and Wales (WASA). The ASA is the English national governing body for swimming, diving, water polo, open water and synchronised swimming.

It organises competition throughout England, establishes the laws of the sport, and operates its renowned Learn To Swim Awards scheme. The ASA supports 1,600 affiliated swimming clubs through a National/Regional/County structure and aims to ensure everybody has an opportunity to learn to swim.

See www.swimming.org/asa/ for more information

ASANER (ASA North-East Region)



The ASA NER is the regional governing body for swimming and other aquatic disciplines in the North-East of England.

See www.asaner.sportcentric.com for more information

NDSA (Northumberland & Durham Swimming Association)

The North-East Region of the ASA is split into 2 county associations - Northumberland & Durham, and Yorkshire.

Access to the website is via the link on the ASANER website.

DASC Affiliations

DASC is currently affiliated to ASANER and NDSA and has to pay an annual affiliation fee per swimmer (and other associated members) to both organisations.

Each swimmer (and other associated members) also has to pay an annual registration fee to the ASA. This provides the members of the club with a civil liability, personal accident and legal expenses insurance scheme and higher-level registered members are able to compete in galas run under ASA laws.

DASC is also affiliated to GBDF (Great Britain Diving Federation) and pays an affiliation fee to GBDF for some of its members.

GBDF (Great Britain Diving Federation)



The GBDF runs along side British swimming and also provides insurance and competitions for certain groups of divers. It is an independent, voluntary organisation, dedicated to the promotion of the sport of Springboard and Highboard Diving. Central to the GBDF is the belief that diving should be organised and run by divers, and the organisation is completely democratic with the executive board being appointed by the membership at the Federation's AGM every February.

At present, the GBDF is active in two main categories – Novices and Masters, and organises the most enjoyable events in them.

See www.diving-gbdf.com for more information

ESSA (English Schools Swimming Association)



ESSA organises swimming, diving, water polo and synchronised swimming competitions for secondary and primary school children at a local, regional and national level and is a member of international schools organisations. In England it is split into 12 divisions and is run by volunteers. It also promotes the teaching of swimming in schools.

See www.essa-schoolswimming.com for more information

DASC has endeavoured to make sure that the contents of this handbook were correct at the time of going to print. Some of the information contained in it is subject to change and you are advised to regularly check the club noticeboards and website or to speak to the squad reps or coaches.

Jane Teague (May 2010)

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Darlington Amateur Swimming Club



www.dare-asc.co.uk