

# Whitworth Swimming Club News

## Spring: March 2013

### Issue: 4



Welcome to the fourth issue of Whitworth Swimming Club newsletter.

If you would like to see additional features in this newsletter then speak to one of the qualified teachers or Mike Burgess. More information about the Swimming Club is also on our website [www.whitworthswimmingclub.com](http://www.whitworthswimmingclub.com)

## Dates for the Diary

Please add these dates to your diary, phone, blackberry and calendar:

**Tuesday 23<sup>rd</sup> April 2013** Distance Night (Short 32 or less lengths)

**Wednesday 24<sup>th</sup> April 2013** Distance Night (Long 40 or more lengths)

**Sunday 16<sup>th</sup> June 2013** Junior Splash n Dash (part of Whitworth Sports Festival)

**30<sup>th</sup> July 2013 to 6<sup>th</sup> August 2013** Kandel Exchange visit, club is going to Kandel

2013

### Distance nights: Tuesday 23<sup>rd</sup> April 2013: 32 Lengths or less only

- Tuesday night is for short distance swimmers only doing 1 to 32 lengths.
- Parents: If your children are only doing between 1 or 32 lengths, please bring them on Tuesday night at your normal time of 6.55pm or 7.25pm
- Swimming teachers will recommend exit from the pool for some swimmers depending on the distance and time they have swam
- Certificates and badges are available from the tuck shop – please be patient during busy periods as certificates need to be signed by an authorised swimming teacher.
- Children must swim continuously and not stop at the end of each length
- Teachers and assistants needed to help count the lengths please
- Please bring your child on the correct night to help us maximise their time in the water.

### Distance nights: Wednesday 24<sup>th</sup> April 2013: 40 Lengths of more only

- Wednesday night is for long distance swimmers only doing 40 or more lengths.
- Parents: If your children cannot do this distance, please bring them on Tuesday night
- All swimmers to turn up at 6.55am regardless of normal swimming time
- Swimming teachers will recommend exit from the pool for some swimmers depending on distance and time they have swam
- Certificates and badges are available from the tuck shop – please be patient during busy periods as certificates need to be signed by an authorised swimming teacher.
- Children must swim continuously and not stop at the end of each length
- Teachers and assistants needed to help count the lengths please
- Please bring your child on the correct night to help us maximise their time in the water.
- We are discussing a possible earlier start for swimmers wishing to do 200 lengths.

### Junior Splash and Dash: Sunday 16<sup>th</sup> June 2013 at 8.00am

- Entry forms will be available from Whitworth Sports Council and Whitworth Leisure Centre
- Junior entry only – 8 lengths swim in the pool followed by a run around Cowm Reservoir
- Medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> at Whitworth Sports Festival medal celebration. Certificates for all entrants
- Good exercise, lots of fun, and fantastic scenery.
- Parent volunteers are urgently needed to help at the pool and marshal the run around Cowm Reservoir, please let Mike Burgess know if you can assist or one of the qualified swimming teachers
- Starts at 8am prompt on the Sunday morning



## Kandel Exchange 2013

In 2013, Whitworth Swimming Club is travelling over to Kandel, Germany for the exchange. The dates are Tuesday 30<sup>th</sup> July 2013 to 6<sup>th</sup> August 2013. Final numbers are confirmed.

<http://www.whitworthswimmingclub.com/#/kandel-twin-town/4544078773>



## And there is more.....

At the end of this newsletter you will find:

- School Holiday closure dates
- Swimming teacher and assistant meeting dates
- Swimming Club Activities Calendar
- Other useful Whitworth event dates

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## Communications and Social Media

When club memberships were renewed for 2013, the club asked if you would kindly include an email address so we can email newsletters. Over the next few weeks we will be putting together a definitive mailing list to achieve this. In the meantime more information is available in this newsletter or via the following media solutions:

Whitworth Swimming Club website contains lots of information about the club

<http://www.whitworthswimmingclub.com/>

We are visible and active on Facebook

<https://www.facebook.com/groups/253308758086422/>

We are tweeting on Twitter

<http://twitter.com/whitworthswim>



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## Volunteers at Whitworth Swimming Club

Whitworth Swimming Club is completely run by a group of dedicated and willing volunteers to ensure your children learn to swim and have an enjoyable experience.

We do all this whilst; improving their stroke techniques, helping them gain confidence, have fun, swim more lengths and meet new friends. We are always short of volunteers, helpers and teachers to achieve these aims and ambitions. Please consider if you can spare a few hours a week to help us contribute to ensuring 100's of Whitworth children can swim and have fun in water in a safe and controlled manner.



Please contact Kim Blezard, Mike Burgess or our website if you are interested and can help.

- We need Teaching Assistants to help the Swimming Teachers. Full induction and training will be given. Must be aged 14 or over and is great records of achievement for a CV, helping your local community in the Duke of Edinburgh award or college / university application.
- We really need more qualified Swimming Teachers aged 25 years+. If you are interested in finding out more then please ask. We can support you through STA (A) swimming teachers training programmes.
- Please remember this club runs on volunteers and we need your help and support.

## Swimming Club Rules

- Swimmers should not attend swimming club in shorts or bikinis. Appropriate swimming costumes and trunks must be worn
- Children with long hair should wear bobbles or a swimming cap
- Parents should not take photographs or distract teachers whilst teaching
- Weekly club fees should now be paid on standing order where appropriate
- Parents should ensure children aged under-12 are not left on their own during swimming club lessons
- Children should not be running up and down the spectator area
- Please be patient at the tuck shop during busy periods
- Children should not eat for two hours prior to their swimming session
- Please observe Whitworth Leisure Centres health and safety rules
- Children must get their hand stamped to enter the pool
- All children must have a shower before entering the pool
- Please inform a teacher if your child is feeling unwell or has any injury that may affect their swimming session
- Please ensure your child arrives promptly for their lesson.
- Please bring your membership card (s) every weeks
- Please do not cancel your standing order during holiday periods
- Please inform a qualified teacher if your child is permanently leaving swimming club
- **For lane sessions we have implemented a three strike rule behaviour policy to manage behaviour (see separate article at the end of the newsletter).**
- Teachers operate to the Normal Operating Procedure (NOP) and Emergency Operating Procedure (EOP) guidelines of Whitworth Leisure Centre



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## View from the Pool!

### Focus on David Whatmough

Teaching at the Swimming club's Wednesday evening sessions, David Whatmough (69) is one of our oldest swimming teachers. He joined the ranks four years ago when he became a State pensioner.

His life-time swimming achievements are second to none. On 24th August 1975 he completed the Cross Channel Swim - 100 years to the day of the first ever crossing by Captain Matthew Webb. Like David, Captain Webb swam breaststroke. Webb completed his swim in just less than 22 hours - David took nearly 17 hours.

David has also completed the following long-distance swims, some solo swims and organised events:

Two-way Lake Ullswater 16 miles

Across Morecambe Bay 12 miles

Two-way Lake Coniston 11 miles

Lake Windermere 10 miles

Two-way Torbay 8 miles

Two-way Lake Bala 6 miles

Folkestone to Dover 6 miles

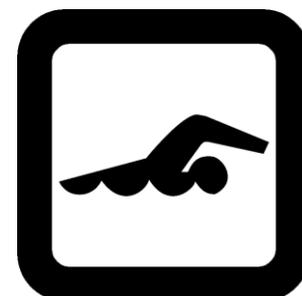
ASA Championship (Trentham Gardens) 5 miles

Pickmere 3 miles

The Pickmere 3 mile event is traditionally the first formal event (May) in the outdoor swimming calendar. Not only has David swam, this breaststroke but front crawl and, even more remarkably butterfly.

Having both seen and suffered from fatigue and hypothermia during his years of long-distance swimming career he never, ever swims out of his depth unless accompanied by a boat.

It is perhaps why when teaching his groups to swim strokes correctly he also tries to ensure the children build up their stamina, their confidence and ability in swimming underwater and to be alert to the risks and dangers of swimming indoors and outdoors.



Incidentally after completing his epic 1975 swim David never again swam long distance. When asked why he said, "Because there was nothing more to do!".

## Swimming Teachers Christmas Night Out

On Sunday 3<sup>rd</sup> February 2013, the Whitworth Swimming Club teachers celebrated a very belated Christmas night out with a superb meal at Basil's Steak House in Whitworth. The evening event organised by Kim Blezard (Secretary) was a fantastic success with everyone enjoying the meal and the entertainment provided by host Ste Butterworth. The plan is to try and organise more regular social nights out.



More pictures of the night out are on [Swimming Club Facebook Page](https://www.facebook.com/media/set/?set=oa.416318981785398&type=1)

<https://www.facebook.com/media/set/?set=oa.416318981785398&type=1>

You can follow Basil's Restaurant on Facebook

<https://www.facebook.com/BasilsTraditionalEnglishRestaurant?fref=ts>

<https://www.facebook.com/groups/547209298642111/>

## Whitworth leisure centre new website

Whitworth Leisure Centre has a brand new website

[http://www.whitworthleisure.co.uk/leisure\\_centre.html](http://www.whitworthleisure.co.uk/leisure_centre.html)

Whitworth Leisure Centre and Whitworth Riverside Civic Hall are both managed and operated by CLAW, the Community Leisure Association of Whitworth.

Whitworth Swimming Club is independent of CLAW however what makes Whitworth Swimming Club different from most other clubs is that there are no pool-hire charges. Because of the unique relationship between the Swimming Club and CLAW we share the admissions income instead. Over the years, this has proved to be a more satisfactory method to both parties. In a way we have a sort of unofficial partnership each supporting each other for mutual benefits. Over the past few years we have organised and arranged a number of joint events especially in 2012 when the leisure centre and the club celebrated our fortieth years.

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## Whitworth News Issue 32, March 2013

The latest Whitworth News should have been delivered to all houses in Whitworth. Please see our latest update and article in the newsletter on page:

You can download the article on this link <http://www.whitworth.gov.uk/newsletters.php>



## You asked, We Listened, We Acted

Before Christmas, we canvassed your opinions and ideas for the Newsletter  
“You asked, We listened, We Acted” section is showing our commitment:

You asked for a Calendar of activities and what strokes the groups are focussing on?  
Please see our new calendar at the end of this newsletter

You asked for the names of the teachers at Whitworth Swimming Club?  
Please see the annex at the end of this newsletter.

You asked what the levels of our swimming teachers are and what can they teach?  
This section will be available in the next newsletter.



## Swimming Teachers

All our teachers are either: STA (A) or STA (C) levels and have enhanced Disclosure and Barring Service (DBS) checks. This is the new version of the CRB check,

More information available here; <https://www.gov.uk/crb-criminal-records-bureau-check/overview>

Whitworth Swimming Club is affiliated with the Swimming Teachers Association (STA) and the club uses their recognised courses to train our level (A) and level (C) teachers and maintain our continuing professional development (CPD).

Whitworth Swimming Club wants to have inspirational and professional swimming teachers and the STA has helped teachers achieve the qualifications needed to pursue this.



The STA has almost 80 years' of frontline experience and the STA remain at the forefront of swimming and aquatic teaching in the UK. Adopted in over 20 countries worldwide STA's accredited, swimming teacher qualifications are designed specifically to ensure swimming teachers are qualified to the highest level.

The rigorous courses are the qualifications required to gain employment as a swimming teacher, designed specifically for those who want to confidently teach non swimmers, beginners and improvers of all ages.

The STA Award in swimming teaching and STA Certificate in Swimming Teaching sit on the Qualification and Credit Framework at Level 2 with Ofqual, and both have SQA accreditation, which means the club will have attained a high level of aptitude.

The STA also offer an extensive range of Continuing Professional Development (CPD) seminars include sessions on safeguarding, rookie life guard and badges which club teachers have participated on. The qualifications are supported by the International Learn to Swim Programme (ILSP) which provides the platform for an inclusive, progressive and fun programme that fosters pupil engagement and motivation, whilst rewarding achievement and endeavour.

**Swimming Teachers Certificate - Beginners (STCB)** has been replaced by the:  
**STA Award in Swimming Teaching (STA A)**

Holders of this Award can teach up to 10 beginners. They may deliver the Stanley Series of awards and also the Octopus and Goldfish Series of STA's International Learn to Swim Programme. Holders of this Award may also act as an assistant swimming teacher and may teach larger classes or advanced skills under the direct supervision of a swimming teacher qualified to certificate level.

More details are available on these links

<http://www.sta.co.uk/downloads/STA%20Level%20Award%20in%20Swimming%20Teaching%20TDS%20and%20Syllabi%20v12.2.pdf>

<http://www.sta.co.uk/downloads/Accepted%20Safeguarding%20Certificates.pdf>

**Swimming Teachers Certificate - Full (STCF)** has been replaced by the:  
**STA Certificate in Swimming Teaching (STAC)**

Holders of this Certificate can teach, without supervision, pupils of all levels: widths, lanes, stroke development, the complete STA badge series and basic lifesaving skills.

More details are available on these links

<http://www.sta.co.uk/downloads/STA%20Level%20Certificate%20in%20Swimming%20Teaching%20TDS%20v12.3.pdf>

<http://www.sta.co.uk/downloads/Accepted%20Safeguarding%20Certificates.pdf>

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## Whitworth Swimming Club Volunteer Teachers

<b>Tuesday Evening</b>	<b>Wednesday Evening</b>
Michelle Ashcroft Michelle Barker Mike Burgess Tracey Mitchell Jess Smithies Mel Charmer Katie Offley Emily Hedley Alicia Senelle	Kim Blezard Benedicte Senelle Sam Keiley David Whatmough John Howley Dale Blezard Rebecca O'Loughlin
Plus teaching assistants and helpers	Plus teaching assistants and helpers

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## Whitworth Swimming Club – School Holidays

### Easter Holidays:

**2<sup>nd</sup> and 3<sup>rd</sup> April 2013**

**9<sup>th</sup> and 10<sup>th</sup> April 2013**

### Half Term:

**28<sup>th</sup> and 29<sup>th</sup> May 2013**

### Summer Holidays:

**23<sup>rd</sup> and 24<sup>th</sup> July 2013**

**30<sup>th</sup> and 31<sup>st</sup> July 2013**

**6<sup>th</sup> and 7<sup>th</sup> August 2013**

**13<sup>th</sup> and 14<sup>th</sup> August 2013**

**20<sup>th</sup> and 21<sup>st</sup> August 2013**

**27<sup>th</sup> and 28<sup>th</sup> August 2013**

### Autumn Half Term:

**29<sup>th</sup> and 30<sup>th</sup> October 2013**

### Christmas and New Year 2013/14:

**17<sup>th</sup> and 18<sup>th</sup> December 2013**

**24<sup>th</sup> and 25<sup>th</sup> December 2013**

**31<sup>st</sup> December 2013 and 1<sup>st</sup> January 2014**



## Whitworth Swimming Club

### Teachers and Assistants Swimming Club Meetings

Thursday 17<sup>th</sup> January 2013 at 8.30pm

Thursday 7<sup>th</sup> March 2013

Thursday 28<sup>th</sup> March 2013

Thursday 25<sup>th</sup> April 2013

Thursday 23<sup>rd</sup> May 2013

Thursday 27<sup>th</sup> June 2013

Thursday 19<sup>th</sup> September 2013

Thursday 24<sup>th</sup> October 2013

Thursday 28<sup>th</sup> November 2013

## Whitworth Swimming Club Activities Calendar 2013

**6.55pm and 7.25pm Width Sessions**

**8.00pm onwards Length Sessions**

Month	Focus Activities
January	Breast Stroke and Contrasting Activities Learner Pool activities that contribute Group 1 shallow activities that contribute
February	Back Stroke and Contrasting Activities Learner Pool activities that contribute Group 1 shallow activities that contribute
March	Badge Month Learner Pool activities that contribute Group 1 shallow activities that contribute
April	<b>Distance Night</b> Stamina Turns Learner Pool activities that contribute Group 1 shallow activities that contribute
May	Butterfly (7 and over) Contrasting Activities Learner Pool activities that contribute Group 1 shallow activities that contribute
June	Front Crawl and Contrasting Activities Length's Night Learner Pool activities that contribute Group 1 shallow activities that contribute  <b>Splash n Dash 16.06.2013</b>
July	Badge Month Summer Closure Fun Night Learner Pool activities that contribute Group 1 shallow activities that contribute  <b>Kandel Exchange 30.07.13 to 06.08.13</b>
August	Summer Holiday Swim Safe Campaign
September	Stamina Sprints Preparation for Annual Gala

	Contrasting Activities Length's Night Learner Pool activities that contribute Group 1 shallow activities that contribute
<b>October</b>	Breast Stroke and Contrasting Activities Learner Pool activities that contribute Group 1 shallow activities that contribute  <b>Annual Gala</b>
<b>November</b>	Back Stroke and Contrasting Activities Length's Night Learner Pool activities that contribute Group 1 shallow activities that contribute  <b>Swimming Club Medal Celebration</b>
<b>December</b>	Back Stroke and Contrasting Activities Badge Support Activities Winter Closure Fun Night Learner Pool activities that contribute Group 1 shallow activities that contribute
<b>Contrasting Activities can include:</b>	Other strokes, life-saving, confidence building, games, activities from your STA manual on stroke development etc.

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## Other Whitworth Events <http://www.whitworth.gov.uk/calendar.php>

### **Sat 13 April: Mayor of Whitworth's Civic Dinner & Dance**

The Mayor and Mayoress of Whitworth host a fundraising dinner and dance at the Riverside, raising funds for the Mayor's Charity in the process.

### **Sun 21 Apr: St George's Day celebrations**

Whitworth's annual celebration of St George, incorporating a process along Whitworth's main road followed by a family service of celebration at the Riverside.

### **Thursday 16 May: Whitworth's Annual Parish Meeting**

Facilitated by the Town Council, this is a meeting which brings the parish together to chew over the year that has passed and look forward to the year ahead.

### **Thursday 23 May: Whitworth Town Council – Annual General Meeting and Mayor-Making**

The first council meeting of the new municipal year, and the date on which a new Mayor of Whitworth is elected.

### **Sat 8 – Sun 16 June: Whitworth Sports Festival**

A 9-day extravaganza of sport now in its 5th year featuring all manner of activities to participate in or just to watch. Organised by Whitworth's Sports Council and involving many of the town's sporting organisations and individuals.

### **Sat 29 June – Sun 7 July: Whitworth Scarecrow Festival**

Now in its third year, the Scarecrow Festival has moved to a new slot at the end of June. The festival sees scarecrow displays all across the town produced by residents, businesses and community groups. A trail map is provided of all the official displays.

### **Sun 7 July: Whitworth Family Fun Day**

An afternoon of family fun on the car park at the Riverside. Featuring rides, entertainments, food and drink to keep all members of the family amused.

### **Sun 8 Sept: Whitworth Rushcart**

The highlight of the Whitworth events calendar, this traditional event involves a procession up the main road to the Riverside, featuring the Rushcart itself, morris dancers and community groups. At the Riverside the car park is taken over by stalls, dancing demonstrations, rides, food and drink. This is a very popular event and its roots go back hundreds of years.

### **Sat 12 Oct: Mayor of Whitworth's Charity event**

This date is still TBC but is likely to feature a fundraising evening hosted by Whitworth's Mayor.

### **Sun 10 Nov: Remembrance Sunday**

The Whitworth community pays its respects to those who have been lost, injured and fought in the World Wars and more recent and current conflicts. The procession makes its way up the main road to the Memorial Gardens in Facit at 10.20am and is followed by a service of commemoration in the Gardens straight afterwards. The 2-minute silence is marked at 11am, and the service is followed by warming refreshments at the Riverside.

### **Sun 24 Nov: Christmas Lights Switch On**

Whitworth switches on its Christmas Lights with a good old festive sing-song in the Riverside, and the lights are turned on by the winners of the schools colouring competition. Even Father Christmas finds time in his busy schedule to come along and join in the fun!

### **Mon 16 Dec: Civic Carol Service**

Organised jointly by the Town Council and Churches Together in the Whitworth Valley, this family service is very popular.

### **Wed 1 Jan 2014: New Year's Day Duck Race**

OK, so technically not in 2013 but it's worth making a note of anyway! 1,000 yellow rubber ducks are sponsored at £1 each; the ducks are flung into the overspill at Cowm Reservoir, and the first three ducks to cross the line collect a cash prize. This is a great event and was attended by over 350 people in 2013.

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## **Useful Web Links**



### **Whitworth Swimming Club**

[www.whitworthswimmingclub.com](http://www.whitworthswimmingclub.com)

### **Swimming Teachers Association**

[www.sta.org.uk](http://www.sta.org.uk)

### **Whitworth Valley website**

[www.whitworthvalley.com](http://www.whitworthvalley.com)

### **Whitworth Council Website**

<http://www.whitworth.gov.uk/>

### **Whitworth Leisure Centre and Riverside**

[http://www.whitworthleisure.co.uk/leisure\\_centre.html](http://www.whitworthleisure.co.uk/leisure_centre.html)

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

### **Community Leisure Association of Whitworth (CLAW)**

<http://www.claw.org.uk/>

## “Three Strike Policy” for Disruptive Behaviour

The safety, enjoyment and protection of every child at Whitworth Swimming Club are our top priorities.

*The policy outlined below covers behaviour in the changing rooms (before and after swimming), in the leisure centre areas (seating, spectator's, reception) and within the pool itself either, before during and after teaching classes.*



To ensure that every child benefits from the swimming teaching experience we have implemented a three strike rule to manage disruptive behaviour of the lanes sessions on Tuesday and Wednesday evenings.

The rule is to help facilitate a productive teaching session / experience whereby the teacher can be heard and the children show respect by listening, participating and not disrupting the lane / class or teaching practice.

Parents and guardians pay an annual membership and weekly fee to ensure their children are taught to a high level and as teachers we need to ensure that we deliver this requirement in a safe and constructive environment.

### The Three Strike Rule for Disruptive Behaviour

- Where children do not abide to this policy they will be informed of their first strike to behave and not disrupt the class / pool environments.
- If behaviour or attitude continues on the second strike warning they will be asked to leave the class and sit on the side of the pool until behaviour improves or the situation has calmed.
- If a third and final strike warning is given then the child will be asked to leave the pool and go and get changed.

If a second and / or third strike has to be implemented **then this will be shared and discussed** with parents / guardians through the Teacher / Chair / Child Protection Officer involved.

Mike Burgess

Chair Person Whitworth Swimming Club  
[www.whitworthswimmingclub.com](http://www.whitworthswimmingclub.com)