



Blairgowrie Dolphins

Amateur Swimming Club

New Starts Information Pack
2024





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Welcome

Dear Swimmer,

Congratulations, you've successfully completed a Dolphins trial, and our coaches believe you have what it takes to join **Blairgowrie Dolphins Amateur Swimming Club**.

While you're a member, our coaches will help you develop your swimming technique and increase your stamina. They will focus on all four strokes as well as starts and turns. As you improve, the coaches will discuss changing squads so you can develop alongside other Dolphins who are at the same level and there may be opportunities to increase the number of sessions you attend each week.

Along the way, there will be competitions (galas) to take part in. These are great fun, but don't be surprised if you feel a little anxious about your first one. The coaches will support and advise which galas and events are best suited to your abilities. Prior to each gala, coaches will work on race craft techniques to help you prepare physically and mentally. On the day of the gala, the coaches and your teammates will be there to support you through every moment, ensuring you have a positive experience.

There's lots of information to take in when you first start training for a competitive swimming club. To help you get started, we've written this **New Starts Information Pack** for you to read through. Please ask if you don't understand something or need more help.

Blairgowrie Dolphins ASC will endeavour to make your swimming journey as enjoyable as possible while ensuring our new members feel safe, are treated equally and achievements are celebrated. We believe in creating an environment where all swimmers, coaches, volunteers and parents / carers respect each other in all aspects of club life whether in the water or poolside. Not only will you make lifelong friendships, you will learn invaluable skills which will stay with you for a lifetime.

Yana Doherty
Club President



What to do next

Before taking part in any training, swimmers and parents / carers should:

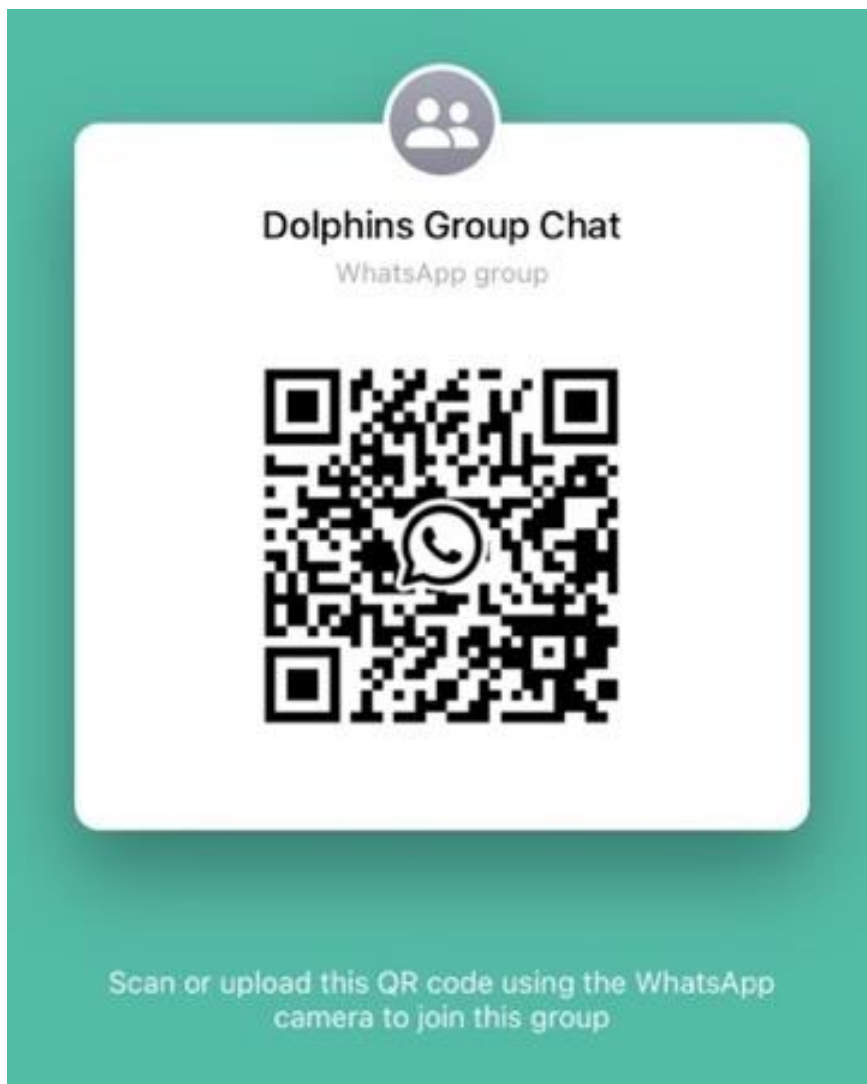
1. Read this document, it contains valuable information about all aspects of the club.
2. Any questions, please contact the New Starts Co-ordinator via the following email address:
blairdolphinsnewstarts@gmail.com
3. Read the following documents (attached to the welcome email or view on our website):
 - a. Athlete Code of Conduct (for the swimmer)
 - b. Parent / Carer Code of Conduct
 - c. Official / Volunteer Code of Conduct (for parents / carers who wish to volunteer)
 - d. Spectator Code of Conduct
 - e. Safeguarding Policy
 - f. Disciplinary Procedure
 - g. Digital Communication & Social Media Policy
4. Fill out the Google Form links (within the welcome email):
 - a. **Codes of Conduct Declaration** must be completed by each swimmer and parent / carer.
 - b. **Consent Forms** must be completed by parent / carer on behalf of the swimmer.
5. Register with the Scottish Amateur Swimming Association (SASA), using Scottish Swimming's online membership system 'JustGo' and pay the annual membership fee (see Page 13).
6. Set up your session fee payments with a monthly standing order (see Page 14).
7. Complete the weekly 'SignUpGenius' form that will be emailed to you prior to your swimmer's first session (see Page 11).
8. Join the WhatsApp group chat (link on Page 5).
9. Follow our Facebook page (link on Page 5).
10. Pop into Blairgowrie Recreation Centre and meet with other Dolphins parents / carers.
11. Join the Committee and / or enquire about becoming a Club Volunteer.



Club Communication

To keep up to date with all club related information, please see the links below to our social media accounts.

- Website: <http://www.blairgowriedolphins.co.uk/>
- Public Facebook Page: <https://www.facebook.com/blairdolphins>
- Members Only Facebook Page "Goggle Box": * Please request to join via the Public Facebook page
- WhatsApp Group Chat: <https://chat.whatsapp.com/F6NoCz5JPJLHitScxAPx6t>





Scottish Swimming

The culture and values that Scottish Swimming staff want to create and work by:

Inclusive

We are passionate about ensuring everyone can swim and are proud our sport really is for all

We take an inclusive approach to everything we do, ensuring we continually learn

Focused

We are clear on what we are trying to achieve and the difference it will make

Confident, ambitious & creative

We continue to challenge ourselves and each other as we constantly strive to improve

We are open to new ideas and to try new things

One team — staff, volunteers & partners

United behind our plan and at our best when we are all working together

Supporting and enhancing the work of our partners and members

Fun, relaxed & flexible

At the heart of our culture is a desire to create a great place to work for great people. A place which challenges you and helps you grow; and which gives you the freedom to make a real difference with the full range of talents you have

We are at our best when we combine ambition and high standards with a sense of fun

scottishswimming.com



Our Club

In 1986, a competition was run at Blairgowrie Recreation Centre for local youngsters to come up with a name for a swimming club. “Blairgowrie Dolphins” was established, and on Sunday 24th August 1986, the first ever Blairgowrie Dolphins training session took place. On 4th January 1987 we became affiliated to the Scottish Amateur Swimming Association and our first competitive swimming gala took place in July 1987 at Blairgowrie Recreation Centre, where we defeated Aberfeldy Sharks 165 points to 154!

We are a competitive club, and our swimmers compete at various levels. We’ve had swimmers compete in inter-club friendly galas, league galas, Midlands District galas, Tayside Schools galas, Scottish Schools galas, Perth & Kinross Disability Swimming galas and we’ve even had swimmers attend National events like the Scottish Summer Meet and the Scottish National Age Groups (SNAGS).

Throughout your time with **Blairgowrie Dolphins ASC**, you’ll have a range of amazing opportunities to try out such as open water swimming and long course training in a 50m pool. We’ve developed strong links with neighbouring clubs, Dundee City Aquatics (DCA) and Perth City Swim Club (PCSC) where we’ve been invited to attend Development Sessions run by coaches David Haig (DCA) and Ann Dickson (PCSC). In previous years, we’ve had the pleasure of meeting Olympic athletes like Hannah Miley and Stephen Milne at organised events throughout the district.

We are ‘non-profit’, relying entirely on volunteers giving up their valuable spare time to run and develop all aspects of the club. The volunteer roles include fully qualified coaches, poolside support, technical officials, and the club’s committee. Our main financial overheads are associated with the training facilities. No-one running the club (including coaches) receive an income.

Throughout the years, our club has grown immeasurably through the invaluable support of our club’s volunteers. 2019 was a particularly momentous occasion where we won the Midlands District Division 1 League. We were subsequently promoted to the Premier Division League for the 2020 season – a very proud moment for all who made this happen!

We are affiliated to SASA Midlands District / Scottish Swimming, and we are one of the first clubs to attain AquaMark 1 status. All coaches and club members in regulated roles are required to have a PVG (Protecting Vulnerable Groups) and CWPS training (Child Wellbeing & Protection in Sport). All coaches are qualified to a minimum of Coaching Level 1 (or equivalent teaching qualification) and most have achieved Coaching Level 2. Training is an ongoing process and renewed periodically.

We don’t have an age restriction for joining the club, instead swimming ability is key. Most swimmers reach the end of their swimming lessons programme e.g., Scottish Swimming Award Scheme Level 4 and may have joined a ‘Club Ready’ programme which is the preferred pathway to joining our club.

Currently, our training takes place in a 5 lane, 20m swimming pool within Live Active’s Blairgowrie Recreation Centre. However, our club is looking forward to the grand opening of the new Blairgowrie Recreation Centre, currently under construction. The new 6 lane, 25m pool will become a premium competition venue for all clubs throughout Midlands District and will allow us to host our own swimming galas.



Club Roles & Contact Information 2024

President	Yana Doherty theblairgowriedolphins@gmail.com
Vice President	Mel Marchbank blairdolphinsvicepresident@gmail.com
Head Coach	Lindsay McNally headcoachblairdolphins@gmail.com
Wellbeing & Protection Officers	Dawn Hally, Claire Galloway blairdolphinswpo@gmail.com
New Starts Coordinator	Claire Galloway blairdolphinsnewstarts@gmail.com
Secretary / Gala Convenor	Karlyn Shaw blairdolphinsclubsecretary@gmail.com blairdolphinsgalaconvenor@gmail.com
Treasurer / Subscriptions Secretary	Ken Davis blairdolphins@yahoo.co.uk
Digital Communications Officer	Nikki Muir blairdolphinsmedia@gmail.com
Swimwear / Equipment Co-ordinator	Dave Muir blairdolphinsswimwear@gmail.com
Volunteer Co-ordinator	Mollie Campbell blairdolphins.volunteer@gmail.com
Team Managers	Lindsay McNally, Ian Davidson, Yana Doherty, Karlyn Shaw, Nikki Muir
Poolside Helpers	Denise Cassell, Janie Wright, Fiona Downey, Mel Marchbank, Yana Doherty, Ken Davis, Claire Galloway, Nikki Muir, Dawn Hally, Karlyn Shaw
Fundraising Co-ordinators	Nikki Muir, Lynn Symon
Website Administrators	Mel Marchbank, Yana Doherty, Ken Davis
Document Controllers	Yana Doherty, Mel Marchbank
New Pool Liaison Officer	Fiona Downey

Committee Members 2024

Kerri Dearsley	Arryn Souter
Izabela Lawniczak	Karen Stewart
Angela McDonald	Philip Stewart
Mairi-Anne Miller	Julie Whytock
Paul Scrimgeour	

If you would like to support the Club Committee, please contact the President in the first instance via this email address: theblairgowriedolphins@gmail.com

Swimmer Representatives 2024

Captain	Zoe Davidson
Vice-Captain	Logan Symon



Head Coach Statement

Hi and welcome to our club,

Blairgowrie Dolphins ASC are first and foremost a competitive swimming club. We strive to create a training environment that is fun and enjoyable, with a strong sense of belonging. The coaching team will support all swimmers to enable them to perform to the best of their abilities.

In training, our swimmers and coaches work together to achieve goals, build a positive team and family spirit. We value all our members, encourage their development, and recognise their achievements.

In competition, we draw on our training experience and continuously strive to better ourselves, pursuing growth, always giving our best, and empowering swimmers to achieve excellence.

On behalf of the coaching team, we wish you well on your journey with **Blairgowrie Dolphins ASC** and look forward to seeing what you achieve throughout your time with the club.

Lindsay McNally
Head Coach

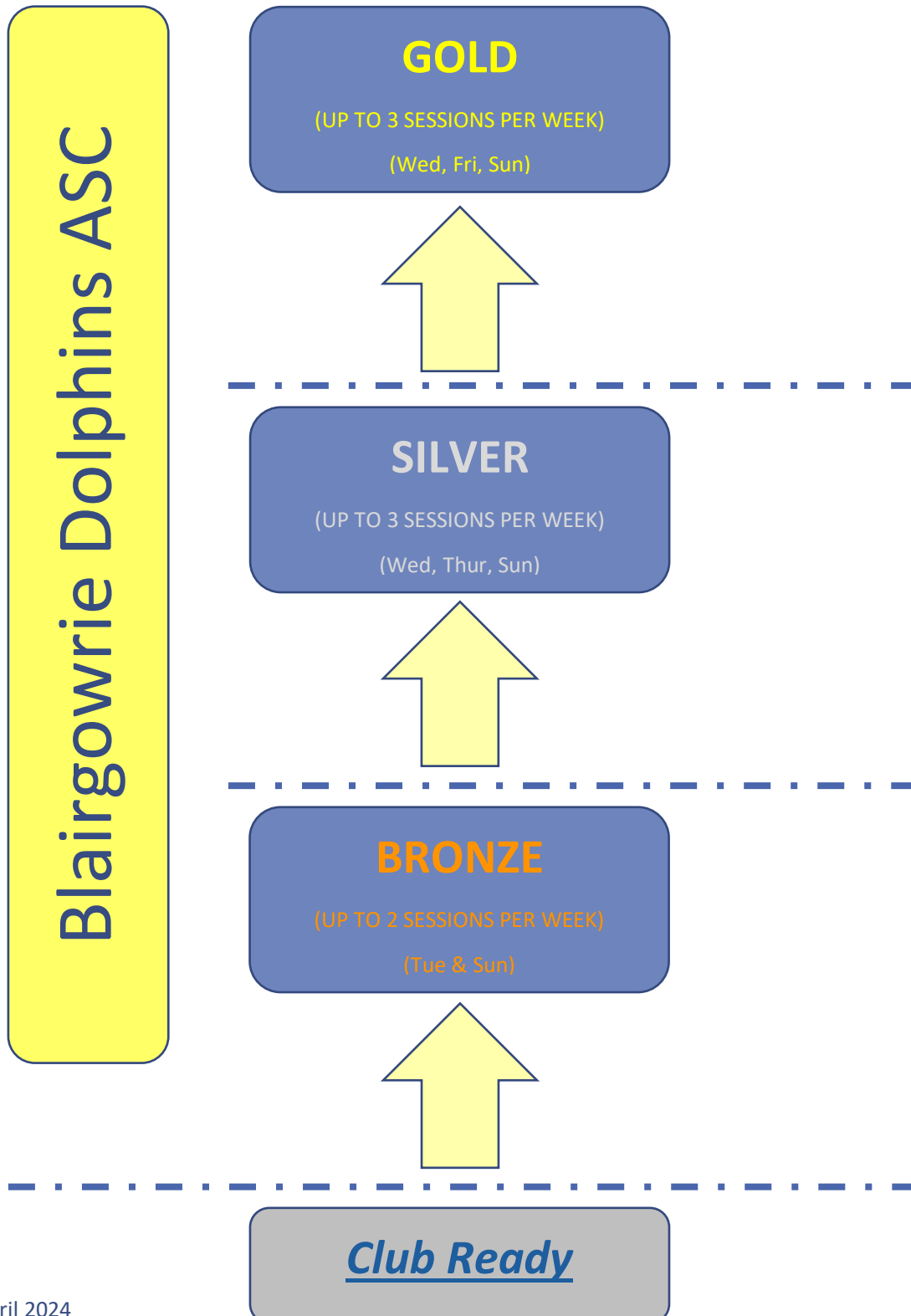
Our Coaching Team 2024

Lindsay McNally	COACH LEVEL 2 TEACHER LEVEL 2 DIVING LEVEL 2 TEAM MANAGER LEVEL 1
Ian Stewart	COACH SSCQ (Equiv. COACH LEVEL 2) TEACHER LEVEL 1 (Equiv. COACH LEVEL 1)
Ian Davidson	COACH LEVEL 2 TEAM MANAGER LEVEL 2
Gregor Thomas	COACH LEVEL 2 TEACHING AQUATICS LEVEL 2
Scott Forsyth	COACH LEVEL 1 TEACHER SSTQ (Equiv. COACH LEVEL 2)
Denise Cassell	TEACHER LEVEL 2 (Equiv. COACH LEVEL 2)
Janie Wright	TEACHER LEVEL 2 (Equiv. COACH LEVEL 2)



Swimming Squads

There are three squads in **Blairgowrie Dolphins ASC**. Coaches review individual development and advise swimmers on an individual basis when it is appropriate to move between squads. All squad moves will be made at the coaches' discretion.





Training

What to expect

Training with **Blairgowrie Dolphins ASC** will start by attending one of the two Bronze Squad sessions. Ideally, swimmers will attend on a Sunday when the training sessions are longer. During each pool session, the coaches will work with each swimmer to help develop good technique across all strokes, as well as build stamina.

If there is space available, and if the coaches think that the swimmer is ready, they will be invited to attend further sessions. Which in the case of Bronze Squad, would be on a Tuesday night.

At **Blairgowrie Dolphins ASC**, we understand that not all swimmers will be able to attend additional sessions. Also, on occasion it might be necessary to decrease the number of sessions. These outcomes should be discussed with the coaching team in the first instance.

Once the coaches have agreed session attendance, the Subscriptions Secretary will confirm by email.

Please note it is not possible for a swimmer to switch sessions on an ad-hoc basis without consulting with the coach. Unfortunately, missed sessions and mid-month changes to attendance cannot be refunded.

SignUpGenius

Each week, parents / carers will be sent an email allowing them to register their swimmer’s attendance at the relevant sessions each week. This must be completed before every training session the swimmer will attend. SignUpGenius forms a register of attendance for liability insurance purposes and allows the coaches to plan the training sessions accordingly.

If your swimmer is unable to attend a session after signing up, please contact the coaches using the WhatsApp Dolphins Group Chat.

Session Times

Bronze Squad	Tuesday	5.30 to 6.30pm
	Sunday	1.00 to 2.30pm
Silver Squad	Wednesday	7.15 to 8.15pm
	Thursday	5.45 to 6.45pm
	Sunday	1.00 to 2.30pm
Gold Squad	Wednesday	7.15 to 8.15pm
	Friday	8.00 to 9.30pm
	Sunday	2.30 to 4.30pm

Changing Squads

Once a swimmer meets the minimum requirement to change squad, they will be invited to move into the next squad. This is a great day for all swimmers, since changing up squad reflects their development as a swimmer. It also means that they can access more training sessions which will help them develop further. All squad changes are at the discretion of the coaches and are also subject to there being enough spaces.



Galas

Blairgowrie Dolphins ASC is a competitive swimming club. Competing is an important way for swimmers to record their development, whether trying to improve their own PB, beat their peers, the clock, or swimmers from other clubs.

There are many types of Galas for swimmers to compete in. When the coaches believe a swimmer is ready, they will encourage them to enter a gala appropriate to their level and age. The coaches will give advice on which races to enter based on ability.

When swimmers reach that stage, we have a **Guide to Galas** (available to view on our website) which provides more information on what to expect and how to prepare.

It's likely that swimmers will be nervous about their first Gala, which is completely normal. All swimmers in the club have experienced this and we'll be able to offer help and support should you need it.

Club Championships

In Autumn each year, **Blairgowrie Dolphins ASC** hold their own annual Club Championships. The Club has an expectation that all swimmers will try to attend. It's a very relaxed, fun and friendly event. All swimmers will have a chance to race other swimmers in their own age group..... what better way to enter the world of competition!

Following the Club Championships, the club hosts an annual Presentation Night & Disco (normally in late November), where swimmers are recognised for their achievements at the Club Championships and for other achievements made throughout the year. It's also a great opportunity to meet other parents and celebrate all those involved in the running of **Blairgowrie Dolphins ASC** over the past year.



Club Membership

Scottish Swimming: Swimmer Membership

Important! Every swimmer must be registered with the Scottish Amateur Swimming Association (SASA). This is the responsibility of the parent / carer and must be actioned immediately upon the swimmer joining **Blairgowrie Dolphins ASC** and before they take part in any club training session for Liability Insurance purposes. If the parent / carer has not actioned membership, the swimmer will not be permitted poolside to train with the club until this has been rectified.

When the swimmer attends a session for the very first time, the parent / carer must sign their swimmer up to the training session using SignUpGenius (email will be sent beforehand). Please arrive early (before the training session commences) and confirm with the coach that an active membership is in place, before leaving the swimmer unattended at Blairgowrie Recreation Centre.

New members should apply for a SASA membership using Scottish Swimming's on-line membership system called 'Just Go': www.scottishswimming.justgo.com

If you experience any issues doing this, or if you are a member / have been a member in the past with another swimming club, please email the Subscriptions Secretary for assistance via this email address: blairdolphins@yahoo.co.uk

Athlete Membership fees (reviewed annually) are set by Scottish Swimming and are usually paid annually before 1st April. Current fees for swimmers are:

Date of Joining Club	Percentage of Annual Fee	Fee to be Paid
1 st April to 31 st August	100%	£48.00
1 st September to 31 st December	60%	£28.80
1 st January to 31 st March	25%	£12.00

The correct fee should be paid to **Blairgowrie Dolphins ASC**. The club then pays this fee to Scottish Swimming. Our account details are as follows:

Account Name: Blairgowrie Dolphins Association

Sort Code: 80-05-68

Account No. 06002031

Reference: Swimmer's Name

Membership must be renewed each year in March at which time the full annual fee of £48.00 is due.

Scottish Swimming: Volunteer Membership

Anyone who volunteers for the Club in any capacity, must also be a member of Scottish Swimming. The annual fee for volunteers is £12.00 per annum which is paid for by the Club.



Session Fees

Session fees (reviewed annually) are payable to the club depending on how many training sessions a swimmer attends each week. Fees are paid monthly via bank standing order as follows:

No. of Sessions	Monthly Fee
1 Session per week	£18.60
2 Sessions per week	£25.30
3 Sessions per week	£31.90

Payments should be made by bank standing order each month to:

Account Name: Blairgowrie Dolphins Association

Sort Code: 80-05-68

Account No. 06002031

Reference: Swimmer's Name

Please Note: No session fees should be paid at Live Active Reception.

If fees are not paid on time and a swimmer has an outstanding balance of over £40, or if more than two month's fees are missed then the swimmer cannot attend training sessions until the fees are brought into balance.

Fees are reviewed annually based on operational costs incurred by the club.



Swimwear & Equipment

All swimmers are expected to wear their own goggles and swimming caps.

Swimmers are encouraged to have their own training equipment which includes a kickboard, pull buoy, fins, hand paddles and a swim snorkel (not a diving one, please ask if unsure). Please put your name on all equipment and bring to each training session in a mesh bag (please see Page 16).

Blairgowrie Dolphins have a small selection of fins which can be borrowed if required.

Swimmers should bring a refillable water bottle to all training sessions in order to stay hydrated.

Examples of commonly used swimwear / equipment suppliers:

Allens of Kingsbury	https://www.allensswimwear.co.uk/
Aqua Swim Supplies	https://aquaswimsupplies.co.uk/
Pro Swimwear	https://www.proswimwear.co.uk
Simply Swim	https://www.simplyswim.com
Wiggle	https://www.wiggle.co.uk/swim

If you would like to purchase Dolphins branded items such as swimwear, swim caps, poolside shirts, hoodies, or shorts, please contact the Club's Swimwear Co-ordinator, Dave Muir via this email address: blairdolphinsswimwear@gmail.com

Payments for swimwear, etc. should be made to the following account:

Account Name: Blairgowrie Dolphins Swimwear

Sort Code: 80-05-68

Account No. 00170325

Reference: Swimmer's Name

BLAIRGOWRIE DOLPHINS A.S.C. TRAINING ESSENTIALS!

Here is a list of kit you will find useful for training.



SWIMSUIT / LEGSUIT/

JAMMERS

Baggy shorts are NOT suitable for training



KICK BOARD

One with handles is easier to keep hold of!



SWIM CAP



SWIMMING GOGGLES



WATER BOTTLE

you must bring water to every session to keep hydrated



NOSE CLIP

Some swimmers prefer to use these when using the snorkel



SNORKEL

Allows focus on other aspects of the stroke without worrying about breathing.



FINS - SHORT BLADE

Helps increase speed to allow focus on a particular technique



HAND PADDLES

Allows your arms to pull with more power to help develop the muscles



PULL BUOY

Used to work on upper body strength and technique



MESH BAG

to keep all kit in





Scottish Swimming: Swimwear Policy



From 1 September 2022, children aged 13 and younger cannot wear tech suits* to compete in Scottish Swimming licensed/sanctioned events.



Permitted – chlorine resistant fabric but not compressive, raised seams, leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Prohibited – water repellent + compressive material, with leg grippers, bonded or taped seams



Permitted – chlorine resistant fabric but not compressive, raised seams, leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Permitted – chlorine resistant fabric but not compressive, raised seams, no leg grippers



Prohibited – water repellent + compressive material, with leg grippers, bonded or taped seams

Traditional one-piece race suits for females, as well as briefs and trunks for male swimmers, are **NOT** defined as tech suits and will be **permitted**. FINA-approved knee length suits and jammers will also be **permitted** provided they are **NOT** manufactured using fabric with water-repellent properties or use any bonded or taped seams, regardless of fabric used to make the rest of the suit. Above are examples of permitted and prohibited suits for those aged 13 years or younger, who are competing in Scottish Swimming licensed/sanctioned events.

A technical suit is defined as one made of water repellent and compressive materials, with leg grippers and taped seams.



AquaMark Accreditation

Scottish Swimming aim to have clubs which are strong, sustainable, and inclusive to help grow our sport.

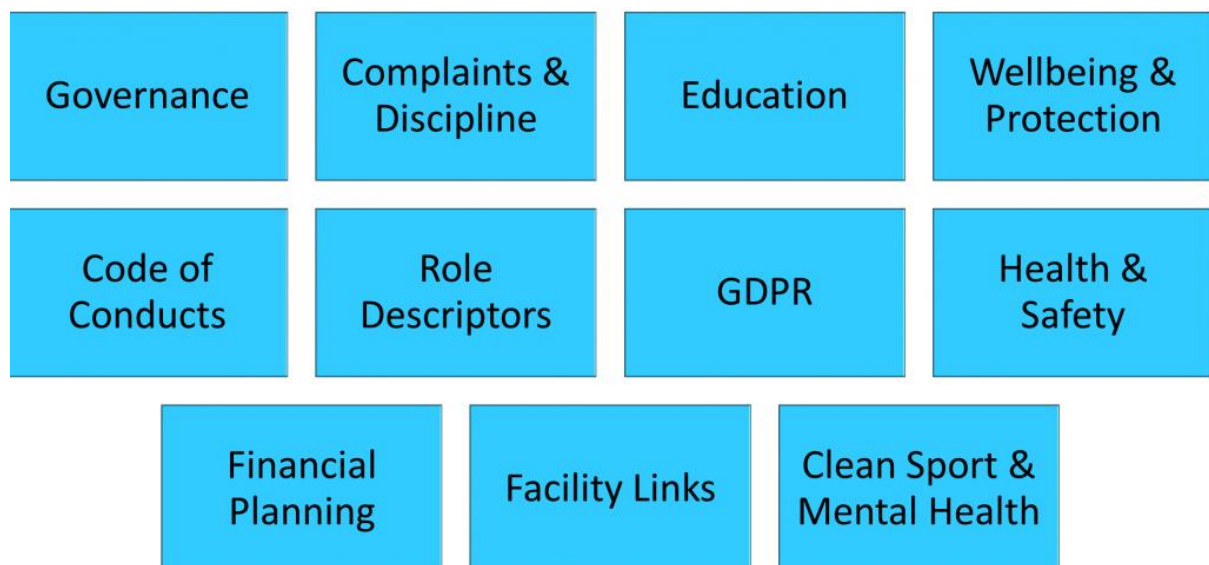
The aims of the AquaMark accreditation are to provide a nationally recognised standard that will enable clubs to:

- Be inclusive, adhere to equality standards and engage with the local community.
- Develop safe, effective, well governed, welcoming, and friendly environments, based on good practice.
- Improve the club experience for all members by having an agreed vision and culture.
- Strive to be a long-term sustainable club focused on developing pathways for all.

AquaMark is designed to be achievable for any club size or level. The accreditation structure allows clubs to tailor AquaMark to fit with their clubs aims and objectives while still ensuring they are always developing the best environment for their members.

Blairgowrie Dolphins ASC has been awarded AquaMark Level 1. This ensures our club has all the current policies and procedures in place to ensure we are a safe and well governed club.

Level 1 contains the following elements:



All associated policies and procedures can be viewed at your leisure via our website:

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



Club Championship Records

Age	Distance	Stroke	FEMALE SWIMMERS			MALE SWIMMERS		
			Year	Name	Time	Year	Name	Time
10 /U	50m	Backstroke	2019	Juliette Kidd	0:41.26	2021	Jamie Watson	0:45.37
10 /U	50m	Breaststroke	2019	Juliette Kidd	0:47.57	2019	Lochlan Stewart	0:52.81
10 /U	50m	Butterfly	2019	Shona Davis	0:46.40	2021	Jamie Watson	0:51.86
10 /U	50m	Freestyle	2019	Juliette Kidd	0:37.21	2019	Angus Watson	0:39.31
11/12	100m	Backstroke	2022	Shona Davis	1:29.95	2023	Harvey Swan	1:28.49
11/12	100m	Breaststroke	2022	Shona Davis	1:35.07	2017	Euan Robinson	1:36.02
11/12	100m	Butterfly	2022	Shona Davis	1:37.03	2023	Harvey Swan	1:38.15
11/12	100m	Freestyle	2022	Shona Davis	1:16.93	2022	Tyler Richardson	1:19.06
13/14	100m	Backstroke	2018	Caitlin Downey	1:20.51	2015	Mark Campbell	1:22.00
13/14	100m	Breaststroke	2023	Shona Davis	1:30.67	2022	Oisin Marchbank	1:29.35
13/14	100m	Butterfly	2019	Alana Gruneberg-MacKenzie	1:23.34	2018	Tom Kelly	1:26.31
13/14	100m	Freestyle	2019	Alana Gruneberg-MacKenzie	1:08.56	2015	Jay Doherty	1:07.73
15/O	100m	Backstroke	2019	Fiona Stewart	1:16.96	2018	Scott Forsyth	1:06.56
15/O	100m	Breaststroke	2015	Lindsay McNally	1:26.21	2019	Jay Doherty	1:17.21
15/O	100m	Butterfly	2019	Fiona Stewart	1:18.67	2019	Jay Doherty	1:05.84
15/O	100m	Freestyle	2022	Alana Gruneberg-MacKenzie	1:05.94	2019	Jay Doherty	0:59.40
12/U	100m	Ind. Medley	2022	Shona Davis	1:27.45	2023	Harvey Swan	1:34.38
13/O	200m	Ind. Medley	2019	Fiona Stewart	2:50.00	2018	Jay Doherty	2:34.28

Last Updated: Club Championships - October 2023