

# FAST

Newsletter

## Ferry Amateur Swimming Team

Issue 1, October 2005

### Background

Welcome to the first newsletter of the FAST Swim Club.

Its only been six weeks since the Club first started but already we have a Management Committee in place. All Officer positions have now been filled but we would still welcome further Committee members to help ensure the smooth running of the Club.

If at any time you require to speak to a Committee member we are all very approachable and will do our best to help.

Our website is in its infancy but soon you will be able to access updated information from it. Please take a look at [www.fastswimmers.co.uk](http://www.fastswimmers.co.uk)



FAST have four great coaches on board:-

Dawn - who is in charge of the Red squad

Maureen - Yellow squad

Stuart - Green squad

Matt - Blue squad

The colour codes correspond to the skill levels of the swimmers. Already we are noticing great improvements in the kids swimming.

### The Club

At this point in time we have about 25 kids attending regularly and the aim is to extend this to at least 80 by next year.

We have organised mailshots around the local primary schools, along with posters and any other means we can find to promote the club.

If you know of anybody who might be interested in swimming get them to contact Matt on 331 5381 or Chris on 331 4668.

We have four squads with each of these squads having their own coach. It is planned that there will be three monthly meetings with each squad coach throughout the year. If, however there is anything you wish to discuss with your child's coach in the interim, please speak to them after the session. They can be found at the seating area of the Recreation Centre and they are all very approachable.

We currently have two sessions on Sundays and Mondays, each lasting 1.5hrs, with the top squad attending an additional Saturday session. Once the club membership increases we plan to split the squads into 2 x 45 mins sessions.

### Costs

The cost of 2 sessions per week is £20 payable monthly (on the first swim night of the month). This can be paid by cash, cheque or standing order. More details about this will be available soon.

### Affiliation

As a swim club we must be affiliated to the Scottish Amateur Swimming Association (SASA). This is both for insurance purposes and for the protection of your child. The costs for the year are £12.40 per child for 10 year olds and under and £20.70 per child for over 10's. Once your child has completed their month trial at the Club they are required to take membership. Once we have clarified our membership details with SASA we will contact eligible swimmers.



### Funding

We are trying to keep costs to a minimum. We compare very favourably with other swim clubs and are very fortunate to have so many experienced coaches on board. We are exploring lots of avenues for obtaining funding.

Does your employer give money to support good causes?

On swim nights can you bring us along your Tesco Sports Vouchers?

### Incentives

As soon as we can we will be having best boy and best girl of the month trophies. This is for children who attend sessions regularly, show a good attitude at the session and show the most improvement.

### Galas

It is planned that the first swim gala that the club will attend will be in January 2006. There is also the intention to take a group of eligible swimmers abroad in summer 2006. Every child in the club will have the opportunity to take part in a gala if they so wish. Their coach will select the appropriate gala for their ability.

We will also be holding a Club gala at the end of the year at which all children will take part.

### Social

We intend to hold a club Christmas party for the kids. To this end we need two volunteers to organise this!

Contact any of the committee if you can help.