

## ASC structure and fee schedule

Amersham Swimming Club continues to grow in strength and numbers. Recent results in competition at all levels are testament to our continuing improvement and success. We are continuing the development of the club and may from time to time find it necessary to implement further changes to our squads, timetable and fees structure, to benefit all of our swimmers.

These changes will always be based on the recommendations of our head coach Malcolm Staight, who brings over thirty years experience of organising and coaching competitive swimming clubs, and will be supported by the committee.

### Squads and timetable

The reasoning behind the squad structure is to allow the efficient use of pool and coach time, increasing opportunities for adjacent squads to train together and reducing our cost base. The structure allows the coaches to more easily promote swimmers as the training commitments between some squads is similar.

### Fee schedules

The administration of fees is a major commitment and undertaking for the volunteer committee officials involved. We therefore have a simplified, squad based, quarterly fee structure where the fees for a squad member will be invoiced in four equal quarterly amounts, on 1<sup>st</sup> January, 1<sup>st</sup> April, 1<sup>st</sup> July and 1<sup>st</sup> October. The fees are published openly and are comparable with other clubs in the area.

An up to date table of the quarterly fees applying to each squad can be found on the ASC website at [www.amershamswimmingclub.co.uk](http://www.amershamswimmingclub.co.uk), follow the "fees" link

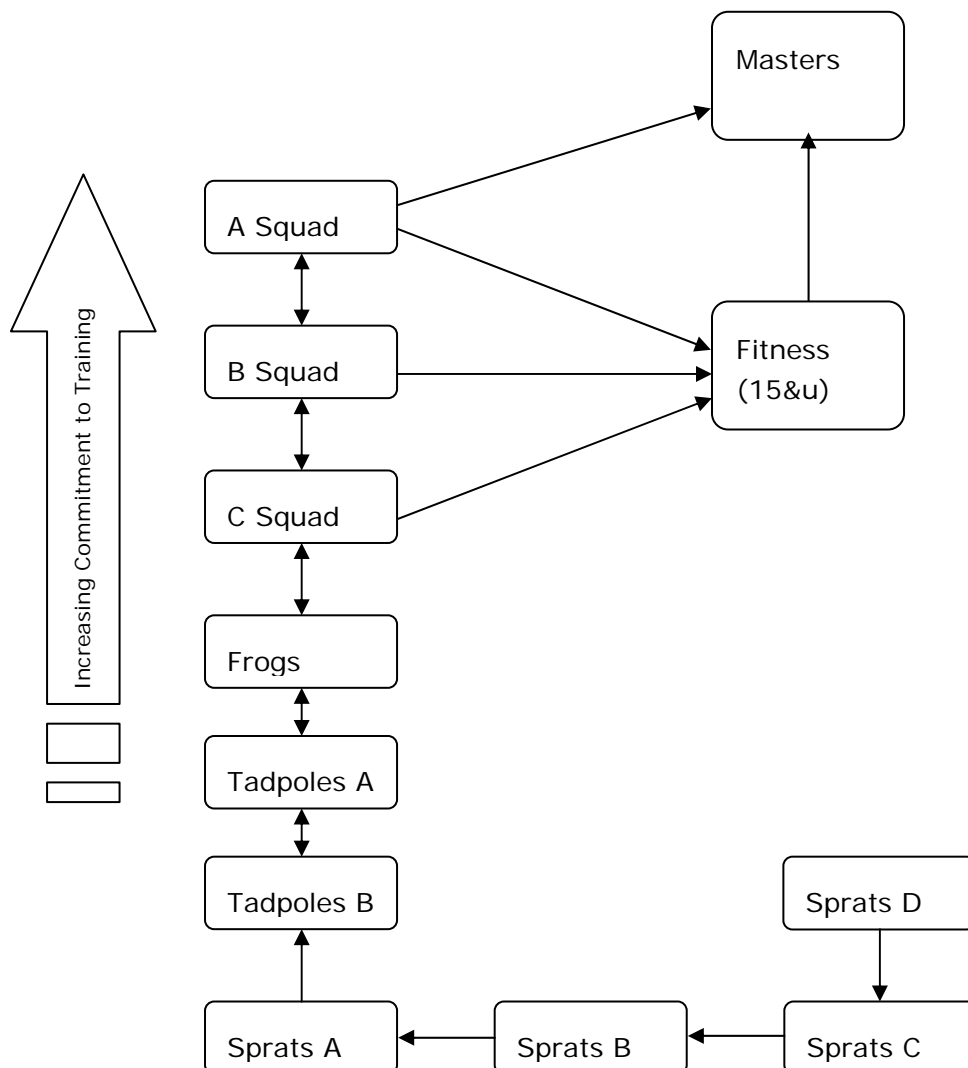
### Family Discount

In recognition of the number of families with multiple members, a family discount scheme is being introduced. Families with three or more swimming members will be entitled to a 10% discount off all squad fees.

# ASC Squad Structure and Timetable

## Squad Structure

Squad Name
Sprats C
Sprats B
Sprats A
Sprats D
Tadpoles B
Tadpoles A
Frogs
C Squad
B Squad
A Squad
Fitness (15&u)
Masters (16+)



## Timetable

Lane numbers will vary depending on the session being coached, the number of swimmers present in each squad and the coach's view of the swimmers' needs. The estimated allocation is shown in the tables below.

The further a swimmer progresses in the club, the greater the commitment to training. By providing as full a programme of training as possible, we allow for some flexibility, both for the swimmers and the coaches. A recommended target number of sessions are set for each squad, which all swimmers are expected to meet, but individual variances can be agreed with the coaches from time to time, to meet the specific training needs for competition or other reasons. The fee structure takes account of this flexibility.

<b>A Squad</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Minimum 7 per week Target 8				
Monday	5:30-7:15am	1¾	2	
	6:00-8:00pm	2	2	
Tuesday	5:30-7:15am	1¾	2	
	7:00-8:30pm	1½	2	
Wednesday	6:00-7:00pm	1 (pool)	2	St John's Church Hall
	7:15-8:15pm	1 (gym)		
Thursday	5:30-7:15am	1¾	2	
	6:30-8:00pm	1½	2	
Friday				
	6:00-8:00pm	2	2	
Sunday	5:00-7:00pm	2	2	

*Total Programme = 16¼ hours*

<b>B Squad</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Minimum 6 per week Target 7				
Monday	<i>5:30-7:15am</i>	<i>1¾</i>		Morning sessions to be allocated individually to spread squad across the sessions.
	6:00-8:00pm	2	1	
Tuesday	<i>5:30-7:15am</i>	<i>1¾</i>		
	7:00-8:30pm	1½	2	
Wednesday	6:00-7:00pm	1 (pool)	2	St John's Church Hall
	7:15-8:15pm	1 (gym)		
Thursday	<i>5:30-7:15am</i>	<i>1¾</i>		Expectation of 1 morning session per week
	6:30-8:00pm	1½	2	
Friday	6:00-8:00pm	2	1	
Sunday	5:00-7:00pm	2	1	

*Total Programme = 12¾ hours*

<b>C Squad</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Recommended target per week <b>5 sessions</b> (minimum <b>6 sessions</b> for development group)				C Squad splits into two groups on Sundays
Monday	5:00-6:00pm	1	2	Tuesday and Thursday sessions for selected swimmers only (development/transition group).
<i>Tuesday</i>	<i>7:00-8:30pm</i>	<i>1½</i>		
Wednesday	5:00-6:00pm	1	2	
<i>Thursday</i>	<i>6:30-8:00pm</i>	<i>1½</i>		
Friday	5:00-6:00pm	1	2	
Saturday	7:00-8:00am	1	2	
Sunday	5:00-6:30pm	1½	1	C Squad Group1 swims
	6:30-8:00pm	1½	1	C Squad Group2 swims

*Total = 5½ hours (8½ hours for selected swimmers)*

<b>Frogs</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>
Monday	5:00-6:00pm	1	2
Wednesday	5:00-6:00pm	1	2
Friday	5:00-6:00pm	1	2
Saturday	8:00-9:00am	1	2
Sunday	4:00-5:00pm	1	2

*Total = 5 hours*

<b>Tadpoles A</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>
Tuesday	6:00-7:00pm	1	2
Saturday	7:00-8:00am	1	2
Sunday	4:00-5:00pm	1	2

*Total = 3 hours*

<b>Tadpoles B</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>
Saturday	8:00-9:00am	1	2
Sunday	4:00-5:00pm	1	2

*Total = 2 hours*

<b>Sprats A</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Saturday	7:15-8:00am	¾	2	Main Pool
Sunday	6:15-7:00pm	¾		Multi Pool

*Total = 1½ hours*

<b>Sprats B</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Saturday	8:00-8:30am	½		Multi Pool
Sunday	5:45-6:15pm	½		Multi Pool

*Total = 1 hour*

<b>Sprats C</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Saturday	8:30-9:00am	½		Multi Pool
Sunday	5:15-5:45pm	½		Multi Pool

*Total = 1 hour*

<b>Sprats D</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>	<b>Notes</b>
Saturday	7:15-8:00am	¾		Multi Pool

*Total = 45 mins*

<b>Fitness</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>
(For age 15 and under)			
Tuesday	6:00-7:00pm	1	1
Sunday	7:00-8:00pm	1	1

*Total = 2 hours*

<b>Masters &amp; 16+</b>	<b>Time</b>	<b>Hours</b>	<b>Lanes</b>
Monday	8:00-9:00pm	1	3
Thursday	8:00-9:00pm	1	4
Saturday	8:00-9:00am	1	2
Sunday	7:00-8:00pm	1	4

*Total = 4 hours*

### **Squad Fees for 2008**

Fees shall become due at the beginning of each calendar quarter. Reminders will be sent to members in advance.

Payment dates are 1<sup>st</sup> January, 1<sup>st</sup> April, 1<sup>st</sup> July and 1st October.

### **Hardship Fund**

You will notice on the fee invoice the addition of an optional levy for the ASC hardship fund. For a number of years there has been a fund in existence within ASC with contributions largely coming from specific fundraising activities, however, the contributions have not kept pace with the use of the fund. The committee introduced the voluntary annual levy to ensure a more consistent income supply to the fund.