



Welcome to Willow Park Swim Team

Willow Park Swim Team is a school based competitive swim team based in Willow Park Junior School. We cater for children from 7 years of age who are competent to swim at least 25m in each of the four strokes i.e freestyle, backstroke, breaststroke and butterfly and are who within a small margin of the Leinster schools qualifying times in at least one stroke.

The team is divided into 3 squads depending on the child's ability and age.

The Red squad caters for swimmers coming from a pre-competitive swimming programme making the move to the competitive structure and will usually require work on their technique before moving into a full volume of training. The Blue squad caters for swimmers who either currently swim competitively or have been through the red squad pathway and attained proficiency in each of the 4 competitive strokes. The Yellow squad is a squad which is transitioning towards the blue squad. Coaching staff will continually evaluate all swimmers and select a squad that is in line with the child's personal development.

Training Times

Red Squad

Monday and Thursday	07:15 - 08:15	Willow Park pool
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Yellow Squad

Monday and Thursday	07:15 - 08:15	Willow Park pool
Wednesday	07:00 - 08:00	Blackrock College pool

Blue Squad

Tuesday, Wednesday, Friday	07:00 – 08:00	Blackrock College pool
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Willow Park swimming committee

Head Coach

James Lawless
Lawless.jp@gmail.com

Chairperson

Mary Kerins-Fahey
mkerins_fahey@hotmail.com

Secretary

Ciara Hackett
Ciara.Hackett@yahoo.ie

Development Squad Rep

Mags O'Sullivan
Mags.a.osullivan@gmail.com

Vicechairperson, treasurer

Cristina Mei
cristinafamily5@gmail.com

Team children's officer

Camilla Carroll
+353877973131
ccarroll@beaconclinic.ie

Top Squad Rep

Fiona Breen
Fionab22@gmail.com

What is expected of the boys?

- The boys are expected to attend the vast majority of training sessions offered, 90% minimum. If your son already trains with a club outside of Willow swimming you should discuss his training plan with the lead coach who is best placed to decide what proportion of Willow sessions are appropriate for him to attend, in addition to his other swim sessions. Please let your squad rep know of any special requirements.
- The boys are expected to have a good attitude to training and always try their best at training and competition.
- Please turn up on time and do not leave the session before it ends. It is very disruptive to the coach and other boys and also potentially dangerous to the individual if he has not warmed up correctly.
- Ensure you bring all necessary kit to your training sessions.
- As the Willow Sharks represent the school, swimmers and their supporters should always be courteous and supportive. General school rules apply before, during and after all swimming sessions and galas. Boys should behave responsibly at all times particularly in the pool area and changing rooms. Should a team member misbehave he may be excluded from the team either on a temporary or permanent basis. The team coaches will report any such incidents to the Principal of the school.

Equipment Needed

- Swimming hat. During training the boys may wear any swimming hat, however when competing for the school they should wear the Willow Sharks hat which is available from your squad rep at a cost of €10.
- Goggles
- Togs – preferably tight fitting, jammer or brief style
- Flip flops – these will be required poolside at competitions
- Short Fins
- Paddles
- Float and Pullbuoy
- Snorkle

Please contact your squad rep for further details before you buy this kit to ensure you get the exact items currently recommended by the coach.

Duties of Parents

There are two areas in which parent help is essential to ensure the smooth operation of the team.

1. Training

As per Swim Ireland rules, **every** training session must have a parent present. This is vitally important for the protection of our boys and our coaching staff.

- A parent on deck roster is drawn up by the squad reps and is circulated by email. The roster can also be found in the parent on deck book in each swimming pool.
- It is each parent's responsibility to check when he/she is rostered and to swop a session with another parent if they cannot attend. Please communicate all swops to your squad representative by text or email.
- All duties expected are contained on the inside cover of the book. They include the following:
 1. Ensure an attendance record for the session is kept.
 2. Sign the book and remain poolside at all times.
 3. Take note of swimmers arriving late for or leaving early from the session.
 4. Take note of swimmers leaving and returning to the pool.
 5. Allow the coach freedom to get on with coaching – sometimes coaches need to feedback on one to one basis-this should be in open view.
 6. Take note of any problems that occur – refer child related issues to the Club Children's Officer and all other issues to Committee chair.
 7. In cases of emergency the parent can respond by being extra adult, either to supervise children or respond to emergency
 8. In the case of an emergency where the parent of a swimmer needs to be contacted, please phone the squad rep if you do not have access to the number.
- In the unlikely event of the coach for the session arriving late please contact the coach by telephone to ensure that he/she is on the way. If the boys can gain access to the changing rooms they may get changed into their swim gear while waiting for the coach to arrive but under no circumstances should the boys be allowed to get into the water without the coach being poolside.
- All parents should remain with their children until the coach arrives for a session. In the very unlikely event of the session being cancelled at very late notice the POB will make contact with those parents who have left the pool and request that they return to pick up their children.

NB. If the parent on bank is not present for a session that session will be cancelled for the protection of our boys and our coach. Parents will be requested to return to care for their sons until it is time for them to go to school.

2. Galas

At competition, it is usually required that a number of parents are requested from each school to assist with time keeping etc. As we have a large team, it is expected that we provide some officials and we will be requesting volunteers at these galas. Training will be provided on the day of the competition.

Entering a Gala

Each year swimmers from all squads will compete in a number of events. The lead coach will select the galas and events that each swimmer will compete in based on ability, qualifying times and as a learning experience. Entries for competition will be made with appropriate attention paid to the swimmers development pathway and appropriate events will be selected. i.e not all swimmers will swim in every competition.

Relay teams are selected on merit for the championship events and on a swim for all basis for all other competitions. Please note that selection for teams is based on time, and the coach's decision is final.

Entry fees for competitions are paid in conjunction with an allowance from the school. All entry fees must be settled in advance of the closing date of the gala which will be communicated to you by Tiqbiz and email. Most galas will charge approximately €7 per event entered.

3. Essential documentation

Please complete the two forms at the end of this document and return them to your squad rep. Completion of these forms is mandatory.

1. Willow Park Swim Team Membership Form
2. Swimmer Code of Conduct

Willow Park Swim Team Membership Form

To be completed by all members of the swim team and given to their squad rep.

Swimmers Name: _____

Date of Birth: _____

Class in Willow Park: _____

Phone Number: _____

Email: _____

I agree that, considering my child is under 18 years of age, I commit to the parent's roster and understand that Swim Ireland's Safeguarding Children Policies and Procedures requires that a responsible adult be on the bank at all times during team training sessions. I also understand that as parent on bank I must remain at the pool until all children have left the session.

I, and my son, understand that to ensure he retains his place on the team he must attend more than 90% of the training sessions offered, * show progression in his ability during the year and, above all, demonstrate behaviour both in and out of the pool that is consistent with the school behaviour policy.

Signed: _____ Date: _____

Print Name: _____

Parent Mobile Number: _____

Parent Email: _____

*** Please note:** If your son already trains with a club outside of Willow swimming you should discuss his training plan with the lead coach who is best placed to decide what proportion of Willow sessions are appropriate for him to attend, in addition to his other swim sessions.

Swim Ireland Code for Young People

As an athlete you have rights and responsibilities. The following code will help identify these for you –if you are not sure, ask your parent or your Club Children's Officer to explain them. This is your Code and you should encourage others to follow it.

In your sport you should

- Be happy, have fun and enjoy taking part and being involved in your sport.
- Be treated fairly by everyone, adults and other athletes.
- Feel safe and secure when you are taking part in your sport.
- Be listened to and allowed to reply.
- Be treated with dignity, sensitivity and respect.
- Say no to something which makes you feel uncomfortable.
- Train and compete at a level that is suitable for your age, development and ability.
- Know that any details that are about you are treated with confidentiality.

Your responsibilities are to

- Treat Leaders who may be teachers, coaches, team managers, officials or other parents with respect.
- Be fair at all times, do your best to achieve your goals; be gracious if you do not achieve your goals.
- Respect other athletes and your opponents.
- Be part of the team and respect and support other team members, both when they do well and when things go wrong.
- Never bully or use bullying actions against another person; you should never hurt other team members, athletes or your opponent, this includes never taking or damaging their property, never spreading rumours or telling lies about other young people or adults.
- Take part in your sport without cheating; you are responsible for not cheating and must not allow others to force you to cheat.
- Listen to and respect decisions made by others; if you feel unjustly treated you can talk to your Club Children's Officer or your parents.
- Behave in a manner that is respectful towards the school, teammates and competition organisers.
- Never use violence or bad language; do not shout or argue with leaders, team mates or opposing participants– talk to someone if you are upset or angry or if someone has caused you to be upset or angry.
- Talk with your Coach, Team Captain, Club Children's Officer or a trusted Swim Ireland member if you have any difficulties or do not understand something; you should never keep secrets about any person who may have caused you harm or has made you feel upset.
- Understand that sport can be hard work and requires discipline to achieve your goals; you should understand the commitment and attendance needed – set at a level for what you want to achieve; talk through any worries or concerns with your parent and/or your Club Children's Officer.
- Do not, or allow others to make you, try or take banned substances to improve your performance.



ANTI-BULLYING PLEDGE

As a member of Willow Park Swim Team it is my duty to play my part in trying to make my team a place where everyone can feel safe from bullying.

I promise:

- To treat all members of the club with respect.
- To call fellow swimmers by their preferred name only.
- To avoid aggressive or offensive behaviour such as name-calling, giving dirty looks, sneering or isolating others.
- To refrain from telling lies, starting rumours or repeating gossip about others.
- Never to retaliate, but to report an incident.
- To report any incident of bullying behaviour that I may witness.
- To make new members to the club feel welcome and to be helpful to them.

I have read, understood and agree to abide by the Code of Conduct for Young People and the Anti-Bullying Pledge of Willow Park Swim Team

Signature of young person: _____

Print Name: _____

Date: _____