

Most swimmers joining the City of Bradford Swimming Club, do so at either the 'Winning Edge' or the 'Junior Development' levels. Below is a little information to help you to understand what being a member of these squads would mean to you. If you are a new member into one of the other squads, the information can be found on the club website at www.cobsc.co.uk which contains information and advice on all aspects of swimming or contact our Communications Officer, Kath Bonson.

Welcome to Winning Edge!

To join this squad swimmers will have been referred by a school teacher, swimming teacher or parent. All new swimmers are given an initial assessment of being able to swim 25 metres in all the four competitive strokes in week one and are then asked to complete a one month trial.

The aim of these sessions are to introduce the competitive elements of swimming to a swimmer who is at a grade 3 level of the Bradford Council Swimming Development Badge Scheme or Level 9 of the Amateur Swimming Associations National Teaching plan.

The main themes of lessons are to improve the four competitive strokes through the use of basic progressive drills. This is combined with teaching competitive racing dives, the proper turns for each of the strokes and the correct individual medley

turns. Swimmers in this group will also be given the opportunity to try all the new skills they have learnt in the Rising Stars galas held throughout the year. This provides swimmers with the ideal opportunity to experience their first competition.

For training sessions each swimmer needs a water based juice, or sports drink of no less than 500 millilitres to drink during the session. Swimmers also need to bring a pair of goggles and wear a tight fitting lycra training grade costume (not shorts). Other training equipment such as fins, etc. will be required after the swimmer has settled into the group (see list for Junior Development).

In this squad swimmers will learn the elements required for competing in their first galas and will look for promotion to the Junior Development group, while enjoying themselves, making new friends in training sessions and learning new skills.

Winning Edge Squad Target No. 30	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
		Nab Wood - Land 16.30-17.30			Shipley 19.30-20.30		Shipley 16.30-18.00	Plus local swim club sessions or lessons

Welcome to Junior Development!

To have reached this squad you will be over 9 years of age and selected by the coaches of the club to train in this group after a coaches forum.

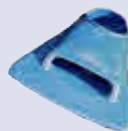
In the pool training will focus on building up a level of general endurance and stamina and improving technique on all four competitive strokes, starts, turns and finishes. All swimmers will be aiming to perform a technically correct and well paced 200m Individual Medley. Distances covered in any one session will be around 3,000 to 4,500 metres.

The purpose of the Junior Development Squad is to develop an all round ability and to prepare for top level competition. The most important competitions being the North Eastern and the Yorkshire Championships. The work we do will contain all the relevant requirements for forthcoming competitions. In general most of the work will be swum on multi-stroke to learn all 4 strokes correctly. This also helps to prevent muscle fatigue and reduces the risk of injury. We have a total of 5 evening sessions and two morning sessions per week. It would be great for the maximum effectiveness of the training if everybody could do as many sessions as possible,

but your coach will advise you when they feel that you are ready to begin the morning training sessions. Swimmers also have a land based training session which they are strongly advised to use to help to improve core stability, suppleness and whole body strength. This in turn will help to improve performance in the swimming pool.

For water based sessions you will need the following equipment:

- 2 x goggles (1 as spare)
- hand + finger paddles
- pull buoy
- Kick board
- Short Fins ("Zoomer" type)
- drinks bottle (minimum of 2 litres)
- training hat (optional)
- drag pants (optional)



Equipment required for land training sessions are trainers, loose comfortable clothing, juice or a sports drink and a skipping rope.

Over the past year, Junior Development Squad swimmers have continued to perform strongly with many personal best times being achieved and some swimmers being promoted to National Potential.

Junior Development Squad Target No. 30	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Bradford Grammar School 18.30-20.00	Shipley Pool 05.15-07.15 + Land 16.30-17.30 Nab Wood Sports Centre	Bradford Grammar School 18.30-20.00	Shipley Pool 05.15-07.15 + Eccleshill Pool 19.00-20.30	Shipley Pool 19.30-21.00		Shipley Pool 1800-1930



Thank You for your interest in the City of Bradford Swimming Club - who knows! This could be your first steps on the road to the Olympics!

Inside you will find information about the Club and the training scheme which we hope will help to answer any queries that you might have.

Remember - you will find much more information at www.cobsc.co.uk

The City of Bradford Swimming Club

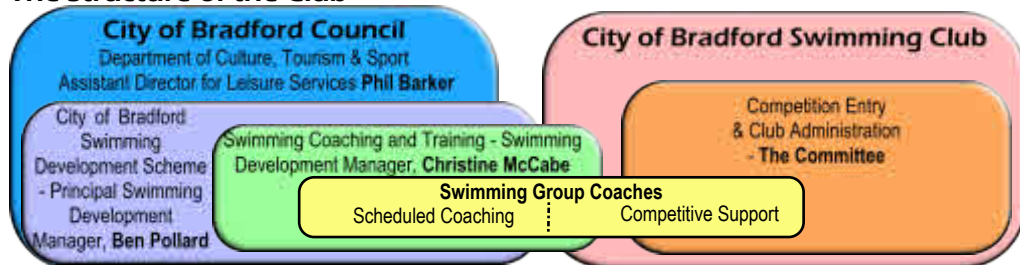
Founded in 1981, the City of Bradford Swimming Club was set up to encourage the sport of competitive swimming amongst those who wished to progress, from early competitions right through to National level events. With its professional coaching team, its aim remains to provide opportunities for all the swimmers in the area to realise their own potential in a positive and structured environment.

It covers the whole of the Bradford Metropolitan district and takes those swimmers who wish their

swimming to progress to the highest level they can achieve. It currently has around 100 members whose swimming standards range from the novice 'Winning Edge' to the 'National Potential' squads; we have had Swimmers compete at the very highest levels including the Olympics.

Members of the Club will take part in all levels of Open Meets throughout the region and the country plus those at County, District and National standard and has even arranged Overseas swimming exchanges before now.

The Structure of the Club



For swimmers to take part in competitive swimming they must be members of a swimming club affiliated to the Amateur Swimming Association so whilst the City of Bradford Swimming Training Scheme could teach the districts children to swim, it could not affiliate and compete in its own right. The City of Bradford Swimming Club was formed to act as the competitive outlet for the scheme.

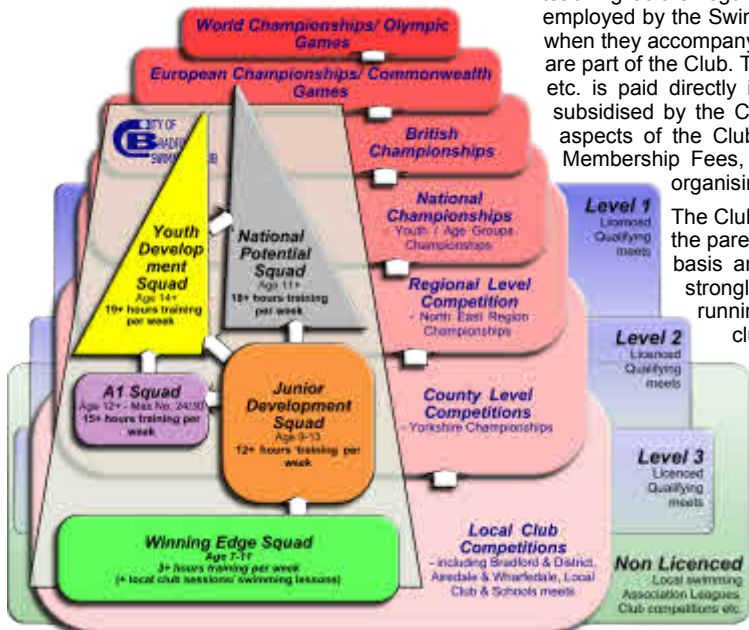
What this means in practical terms is that the Swimming Development Scheme of Bradford Council provides the routine coaching and facilities for the swimmers, and the Club Committee runs all of the other aspects. If you have any queries about the training sessions they should be addressed to the Scheme.

The coaches have 'a foot in each camp'; when they are teaching at the regular training sessions they are employed by the Swimming Development Scheme, when they accompany swimmers to competitions they are part of the Club. The cost of the training, pool hire etc. is paid directly in your Training Fees but subsidised by the Council. The cost of the other aspects of the Club are paid for from Club Membership Fees, fundraising, revenues from organising our own meets, etc.

The Club is run by its members and by the parents of members on a voluntary basis and all members/ parents are strongly encouraged to take part in the running of and the development of the club. Any queries about competitions, social ASA etc should be addressed to the club

The Squads

This is to give you an idea of the structure of the training groups within the club, the level of competition that each of them is aiming for and how you could progress as your swimming abilities develop



CoBSC Membership Fees

These are the Annual Fees for membership of the City of Bradford Swimming Club for 2008*. They are used for the administration of the club and to cover the expenses of coaches accompanying swimmers to galas. As you can see, they are graded according to the level of squad that you are swimming in, and how many swimmers there are in the family. Membership fees are payable on joining and then renewable annually. Cheques should be made payable to the City of Bradford Swimming Club. Membership and training fees are reviewed annually at the A.G.M. If you wish to enter Open Meets as a City of Bradford swimmer, you will need to be a fully paid up member of the club.

* Please note - due to a change in financial year these represent a part year only.

City of Bradford S. C. Membership Fees 2008*	
Youth Development & National Potential Squad Members	
£64	for the first swimmer in the family
£41	for the second swimmer in the family
£26	for the third and subsequent swimmer in the family
Junior Development, Winning Edge & A1 Squad Members	
£34	for the first swimmer
£23	for the second and subsequent swimmer in the family
Rising Stars (Gala Only) This is for 11 years and under who will only compete at the Rising Stars swim meets	
£12	for those who compete in all of the Rising Stars Galas
£8	for those who compete in the 2nd & 3rd Rising Stars Galas
£4	for those who compete in only the 3rd Rising Stars Galas
Masters	
£18	which will cover Yorkshire/NEC and National Team Events
Social Membership	
£7.50	this allows a vote at the AGM & covers Social ASA registration fees.

Training Fees

In addition to these annual club membership fees, training fees are also payable which cover the cost of pool hire, coaching staff etc. These are payable directly to **Bradford Council Swimming Development Scheme** and are normally divided into equal monthly payments.

When you first join the Rising Stars Scheme you have a weeks free trial, then the first month is payable by cash or cheque (in an envelope, clearly marked with the swimmers name, date of birth and squad and any cheques made payable to City of Bradford MDC please). from then on, if you decide to continue in the scheme the monthly fees will be payable by direct debit.

Bradford Council Swimming Development Scheme Monthly Training Fees 2008

£43.20	Youth Development Squad Swimmers
£40.70	National Potential Squad Swimmers
£36.40	Junior Development Squad Swimmers
£16.10	Rising Stars Squad Swimmers
£35.75	A1/ Masters Swimmers
There is a 50% discount for the second and any subsequent swimmers in a family. (N.B. This only applies to swimmers under the age of 18)	

ASA Registration

All competitive swimmers **must** be registered with the ASA. It is vital that each member at 9 years and over as at 31/12/08 has an ASA Registration Number which allows them to compete in open galas. The ASA Membership Fees for 2008 will be £18.00 per member.

If you already belong to another swimming club, you may already be registered with them. If not, please contact our ASA Secretary, **Linda O'Donohoe** for registration forms. Renewal for existing members is due in February.

Important Club Contacts;

Viv Balmforth - Membership Secretary
Craignook, 11 Southfield Road, Burley in Wharfedale, Ilkley, LS29 7PA. e-mail: membership@cobsc.co.uk

John Preston - Competition Secretary
14 Hollin Park Drive, Calverley, Leeds, LS28 5PN. 01132571466 or 07712340770
compsec@cobsc.co.uk

Linda O'Donohoe - ASA Secretary
Tel 01274 675403 - asasec@cobsc.co.uk

Christine McCabe - Swimming Development Officer
Bingley Pool, Myrtle Place, Bingley, BD16 2LF, 01274 438791
Christine.mccabe@bradford.gov.uk

Juliette Freeman - Acting Chair
Tel 01274 825046 - chair@cobsc.co.uk

Kath Bonson - Communications Officer
Tel 01535 272405 - communications@cobsc.co.uk

Cheryl Lund - Club Kit
Tel 01535 674572 - kit@cobsc.co.uk