

September 2023 Newsletter

Welcome back & let's do it all again!

Hope you're all refreshed after the summer and looking forward to another amazing year with CoBAS. It's going to be difficult to beat our results last year, ending up as Yorkshire and North-East Champions and 7th in the UK with many medal winners. But we'll give a really good go! And welcome to all our new beginners, we're growing again!

Key Dates for your Diary

This term runs until Saturday 16th December which also is the **Christmas Show** & Presentation Evening.

Next training date after Christmas will be Sat 6th Jan. Remember we still train over October half term holidays.

Grading dates will be running over the next few months in various locations incl Huddersfield & Gateshead. Swimmers will be told by their coach when they are ready to take their next grade.

Competitions we know about so far are:

Feb 2024 - Gateshead, potentially all teams, if ready
16th June - Yorkshire comp at John Charles - all teams
North East comp tbc normally June
Sat 6th July tbc - National Combo, probably Ponds Forge

Training Times, Fees & Club Membership

See more details over the page for the 2023/24 season & on Team App from Treasurer, Julie

A reminder that in January we split the annual fees and only charged Swim England/regional branch fees last January to make parents' cashflow easier. This means that the annual Club Membership is now due in September.

Club membership fees cover courses, expenses, equipment, costumes, trophies etc.

This is on top of pool hire and coaches pay which is covered by the monthly fees. We have been told that pool hire from Bradford MDC is increasing soon, so have budgeted for that too.

Club membership due in September is £50 per swimmer (£45 for siblings & £15 for non-competing members).

Request for pillow bags!

If you happen to buy any pillows, and if they come in a zipped bag, please can you bring them to training and pass to Kirsty (Chloe's mum)?

They are very useful for storing team costumes in, especially if they have a transparent cover!

Commitment to volunteer

Our regular reminder that this club would not function without an army of parent volunteers! And as part of the club, it is expected that all will contribute a little time whatever your skills, to make sure it runs smoothly.

Thank you if you do commit to a role. But this year we need competition Judges – desperately! See the message from Chairman Anneka overleaf to explain more.

Club Kit Orders

Watch out on Team App for the announcement that the COBSC/COBAS club shop is open again. Expected soon. This is where you can order your club kit.

The recommended minimum kit for competitions is:

- the Performance Hoodie (zipped)
- the v-necked Club Shirt
- a Club Swim Cap

Many swimmers also like the shorts or you can wear plain navy shorts or leggings.

Delivery will be direct to your home address before Christmas except swim caps which will be sent to the club directly for distribution.

Initials/names are also available at an extra cost.

Beginners and Recruiting New Members

We've seen an influx of new beginners interested in joining incl those from the Inspired to Try sessions in June and those who saw us perform at the Lido. Beginners should have received a welcome letter & Beginners' Guide to Artistic Swimming. If you haven't, please message Kirsty to email them 07867 982561.

If parents are on facebook & members of community groups, please do help with future recruitment by posting our photos/videos from the City of Bradford Artistic Swimming facebook page. This really helps spread the word and the more who do it, the more reach we have.

FYI we are holding a 5 week "crash course" Beginners' Academy to attract more new members in November & December, ending with a performance at our Christmas Show. So when you see that promoted, do share, especially amongst parents with children aged 7+

Teams Coaches, Training Times & Fees

The teams' training times for 2023/24 competition season, along with fees are below. These have been calculated to cover our annual costs, after removing any dates where we are not training: You will see that the number of training hours (and therefore cost) increases as you progress to more senior teams.

These fees are payable each month by an equal standing order from October 2023 to August 2024. New fees will be set from Sept 2024. NB There will be no monthly fee payable in September 2023 to allow parents to pay the annual club membership fee instead. (see message from Julie Treasurer on Team App for more information)

TEAM	Thur individual training	Sat team routine training	Total training hours	Monthly fees
Junior Beginners - Beth	n/a	3 - 3.45pm or 4 - 4.45pm	0.75	£15
Pearls - Orla	6 - 8pm	2 - 4.45pm	4.75	£65
Rubies - Joelle	6 - 8pm	1.15 - 4.15pm	5	£70
Sapphires - Lydia	6 - 9.30pm	1.15 - 4.15pm	6.5	£90
Diamonds - Charlotte	6 - 9.30pm	1.15 - 4.15pm	6.5	£90
Opals (Masters, no coaching costs)	n/a	3 - 4.45pm	1.75	£20
Masters beginners - Joelle/Lydia	n/a	3 - 4pm	1	£20

Message from our Chairman, Anneka Welding re Rule Changes which means we require more Parents to train as Competition Judges urgently.

*****Attention all parents esp Pearls & Rubies with younger swimmers - we need your help *****

As you know, the club can't have as many teams in competitions, or function as a growing club, without the brilliant help of all our parents! It's an expectation that all families provide extra voluntary help in some way. We are a club that prides itself on giving its swimmers as many chances as possible to compete and experience the thrill of the day.

And what we really need now are more parents offering to learn how to be **competition judges**.

You'll have seen at the comps that there are a lot of judges! This means each judge is only marking one aspect of the routine. You don't need to have been a swimmer yourself to learn how to judge. In fact, Charlotte our Head Coach thinks it's easier if you are coming to this all new, especially as there has been an overhaul of the rules in Artistic Swimming this year, so you can just learn the new rules.

And there has also been new local competition guidance meaning that we need a minimum number of coaches in the changing rooms as well as the Team Managers. Most of our coaches used to also judge for us to be able to compete, but this won't be possible now. This means we need to provide more parents as judges on competition days.

Would you be willing to train as a judge with Swim England?

Benefits: You have the best seat in the house at the comps. You'll get free entrance. Your lunch & refreshments are provided. You'll meet parents from other clubs. You'll gain a new qualification for your CV!

Level 1 training - the training for new judges is online (much easier to commit to than attending in-person training) and the next course is over two evenings, **23rd & 28th Nov 6-9pm**. But these get booked up so we need to book your place quickly. The club will cover any fees for the course. Please can you reply on here if you are interested and we will set you up with a Swim England membership as a volunteer, so you can book on.

Thanks very much - let's make 2024 competition year as great as this year!

Anneka (COBAS Chairman)

PS - this is a great way for **dads/grandads/uncles** to get involved, as males are restricted from volunteering as Team Managers at comps due to having female-only teams at present in changing rooms.

We are grateful for all our parents' support as we continue to grow our club.