



SafelySwim

Learn to Compete - Advanced

06/07/2025 | Information Bundle

Overview

Learn to Compete – Advanced is designed for swimmers **approximately 8+** who are ready to begin structured squad-style training, alongside technique and skills development and enjoying the sport.

This group focuses on refining technique, learning lane discipline and squad etiquette, and developing the skills needed to progress into the Blue Squad and competitive racing.

Entry Requirement:

Swimmers must have moved up from **Learn to Compete Beginner**, working towards **SafelySwim Stage 5**, or completed a **water test** to demonstrate Stage 5 standard if coming from another programme.

Important: Swimmers in Learn to Compete Advanced **must also continue in a SafelySwim group class** alongside squad training to maintain consistent skill development.

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Weekly Training Schedule

Monday

1900–2000 (Swim)

Wednesday

1800–1900 (Swim)

- All swim sessions are held at the Duke of York's pool.
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Equipment Requirements

Swim Equipment

- Mesh kit bag (to keep all equipment organised)
- Pull buoy
- Kickboard
- Water bottle (minimum 750ml)

Please ensure all equipment is clearly named and brought to every session.

Attendance and Punctuality Expectations

Swimmers are expected to arrive 5–10 minutes before the scheduled session start time to ensure they are ready to begin promptly. Late arrivals may be turned away at the coach's discretion to avoid disrupting the session.

Consistent attendance is essential to support progress and learning.

Repeated lateness or unexplained absences may lead to a review of squad placement.

Please notify the coach of any illness, injury, or absence as soon as possible.

Squad Progression and Goals

Learn to Compete – Advanced is focused on developing strong technique across all strokes, learning lane discipline, building fitness for longer swims, and introducing racing skills such as turns, starts, and finishes.

Goals include preparing swimmers to progress into the **Blue Squad** start racing confidently in Club Championships, and other local development meets.

Progression is reviewed regularly. Swimmers must maintain expected standards in skill, attendance, and attitude to remain in the squad.

Competition Expectations

Swimmers in Learn to Compete Advanced are encouraged to begin participating in appropriate meets to gain experience and confidence.

Goals include:

- Participation in Club Championships
- Participation in Goldfish Galas
- Attending suitable development-level galas
- Attending Kent Junior League Competitions

Swimmers should discuss event entries with their coach to ensure suitability and progression goals.

Membership Requirements

All swimmers in Learn to Compete Advanced must hold a valid Training Membership.

For membership details and forms, please email:

WhiteCliffsSCMemberships@gmail.com

- Membership includes insurance, Swim England registration, and eligibility for Level 4 (development) competitions.
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Club Kit

Swimmers should wear club kit at competitions and any training sessions away from Duke of York's or the home venue.

For ordering or enquiries about club kit, please email:

WhiteCliffsSCKit@gmail.com

- Club kit helps us present a professional, united team image at competitions.
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Expected Dates

Planned Closures

All squads will have some breaks across the year during the following periods:

- Christmas – 2 Weeks
- Easter – 2 Weeks
- Summer – 1 Week

Competitions

The main competitions targeted over the year are:

1. Club Championships – July–August
2. Goldfish Galas – A few a year

Other suitable local meets may be recommended during the year to support progression and build racing experience.

Cost

Swimmers who attend **1 hour** are charged **£10.50 per hour** and those who attend for **2 hours** are charged **£8.50 per hour**.

To keep things simple and consistent for everyone, we no longer calculate fees month by month based on individual attendance. Instead, payments are averaged across the full year.

This annual calculation removes 5 weeks to account for breaks and possible cancellations:

- 2 weeks for Christmas
- 1 week at Easter
- 1 week in summer
- 1 additional week for unforeseen cancellations or pool closures

The resulting annual total is then divided into **equal monthly payments**. This approach ensures predictable, even payments throughout the year and avoids variation due to planned closures or occasional missed sessions.

- For any questions about payments or to discuss your swimmer's fees, please contact the Admin team at:
competitive@safelyswim.co.uk
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Expectations for Parents

While the swimmers are at the centre, parents play a crucial role in making their journey successful and enjoyable.

To best support your little (or not so!) one, please see our 11 top tips to being the best 'swim parent' you can be

1. **Supporting your swimmer's punctuality and attendance**, consistency is the key to progress!

2. **Encourage, and display positive behaviour** in training and at galas
3. **Support anything your swimmer has done**, whether at training or at competition, good or bad. Leave the coaching and feedback to the coaches! Celebrate effort and improvement over just results.
4. If you can, there are many **volunteer roles at the club**, from officiating to managing the team. It's a great way to support the club, and get an insight into your child's passion
 - For more info, please email WhiteCliffsSCCoordinator@gmail.com
5. **Respect Coach's/ Team Manager's decisions**, 99% of the time there is a reason for decisions made, and 99% of these are for the benefit of your swimmer! If you have concerns, raise them respectfully and privately at appropriate times.
6. **Spectating Etiquette** Follow club guidelines for poolside behaviour. Support your child from designated areas without distracting swimmers or coaches.
7. **Communicate Changes Promptly** Inform coaches about absences, illness, injuries, or any special needs as early as possible. This helps with session planning and swimmer welfare.
8. **Manage Expectations** Understand that progression and results take time. Encourage your child to enjoy the process and focus on personal bests and development.
9. **Promote Healthy Lifestyle Habits** Support your swimmer in maintaining a balanced lifestyle including nutrition, rest, and recovery, which are vital for training and performance.
10. **Encourage Self-Responsibility** Help your swimmer take responsibility for their equipment, kit, and personal organisation.
11. **Stay Informed** Read all communications from the club and respond to requests promptly to avoid missing important information.

Club Contacts

Emails:

Head Coach – Lee Shepherd

- lee@safelyswim.co.uk

Welfare Officer – Michaela Sonnen

- WhiteCliffsSCWelfare@gmail.co.uk

Admin (subscriptions) – Danika Donnelly

- competitive@safelyswim.co.uk

Secretary – Gillian Shepherd

- WhiteCliffsSCSecretary@gmail.com

Treasurer – Diane Crepin

- WhiteCliffsSCTreasurer@gmail.com

Chairman – Ian Walsh

- WhiteCliffsSCChairman@gmail.com

Volunteer Coordinator – Alexa Clements

- WhiteCliffsSCCoordinator@gmail.com

Memberships – Sharon Stoakes

- WhiteCliffsSCMemberships@gmail.com

Kit – Tina Williams

- WhiteCliffsSCKit@gmail.com

Club Coach – Charlie Hill

- Charlie@safelyswim.co.uk

Website

<https://whitecliffsswimmingclub.safelyswim.co.uk/>

Facebook

https://www.facebook.com/p/White-Cliffs-Swimming-Club-100094744923848/?locale=en_GB

Additional Notes

Code of Conduct: Agreed as part of the membership form. Covers behaviour expectations in training, competition, and club events.

Club Policies: Agreed as part of the membership form. Includes safeguarding, anti-bullying, and other key guidelines.

Swimmers and parents are expected to be familiar with all rules and policies for both White Cliffs Swimming Club and SafelySwim.

<https://bookings.safelyswim.co.uk/policy/>