



## Spring 2019 Newsletter

Welcome to the Spring edition of the Inverness Amateur Swimming Club newsletter. We hope you find this a helpful way of keeping up to date with Club news.

We have a busy year ahead of us now that the 2019 Meet programme is underway. The Meets are a chance for swimmers to have a great time bonding with team mates, represent the Club and show how all their dedication and training in the pool is working. With IASC being a competitive Club, we actively encourage as many swimmers to attend Meets. Increasing the number of swimmers taking part in meets will be a focus for the Club during 2019.



The Club's committee are dedicated to working for swimmers by helping to develop the Club and identify new opportunities. Several long serving committee members have recently stepped down and we would like to thank them for all their dedication over the years. Again, a key focus during 2019 will be to get more parent assistance in running the Club as well as helping out at Meets and events. Two areas we are needing more parent help is Time Keeping and Judging. These are a great way for a parent to support their swimmer poolside, sharing the experience of their child competing in races, having fun with the team and achieving their best race, time or best technique.

In this newsletter, Sally Martin our Swimming Technical Official convener (STO Convener) discusses how parents can support their swimmers by officiating at events. As a Club we are having to introduce compulsory volunteering for parents. This is fairer as it helps spread the workload across all the parents, not just the regular volunteers.

Finally, can I just mention that in March we will be seeing some new faces joining the Club. The coaching team have been assessing the March intake for C squad. And the Committee are introducing an induction night in March for the parents of these swimmers, so they can hear more about the Club and how it operates.

Lesley Gatton, IASC Chair

### [Helping Parents to Help Swimmers - Sally Martin Swimming Technical Official Convener](#)

Hello, my name is Sally Martin and I am the IASC Swimming Technical Official convener. A very grand title, but what does that mean?

As STO I am responsible for making sure that we have enough trained, parent volunteer Time Keepers and Judges when we host a meet or attend an away swim meet.

# Inverness Amateur Swimming Club



All swim meets require parents to volunteer to aid their swimmers. This helps the event run smoothly and ensures swimmers times and personal bests are official. Running a competitive swimming Meet requires many parent volunteers/officials. For example, to run our fun and competitive competition nights in the Autumn requires 50 parent volunteers/officials on the night

So what does being an official actually involve?

The easiest way to be an official is qualifying as a Time Keeper (TK). TKs are the people at swim meets who wear white and sit (usually 3 in a row) at the end of every lane, holding stopwatches. The training is very easy and involves a 2-hour workshop. These are run on Wed training nights and involve a bit of classroom work and then half an hour poolside, timing the swimmers. After that you can enjoy supporting your swimmer by volunteering at every meet your child enters. You will have to invest in a set of "whites" which all officials wear so they can be easily identified. Choose cool tops and trouser-it gets very, very hot on poolside. It's so much better to attend a meet as a TK as you get a guaranteed poolside view of all of the races and get to meet lots of parents from different clubs.



Once you have helped as TK at 5 events, you're ready to move onto Judge training. Judge 1s are the people in white who you will see standing at the end of each lane, observing the swimmers. They check for legal turns and finishes. Judge training also takes the form of a 2-hour workshop, after which you get J1 mentoring sessions when your child enters a Meet. You will be helped by a trained judge to understand all of the rules of each stroke. Once you have been J1 enough times, you will receive an assessment and become a fully-fledged judge. It's all very interesting and lots of help is given along the way. After J1, there's a pathway to J2, Starter, Recorder, Automatic Officiating Equipment Operator and ultimately Referee, all of which are needed for the Club to be able to run an accredited Meet.

Parents tend to spend around 5 years in these roles. As swimmers leave, we lose officials. We are actively encouraging parents to come forward to maintain the number of officials we need. There is a TK workshop on 7th March which is full. Thank you to those who have volunteered! We have a Judge course on Thursday 8th March, 6pm -8 pm in the Colin Baillie room at the Leisure Centre. There are plenty spaces left if you are interested in learning more about swimmer turns etc.

I have met and befriended many parents from other clubs through officiating and had many a laugh during meets. It's not always official. If you would like to attend the Judge course, please email me on [general@invernessswimmingclub.co.uk](mailto:general@invernessswimmingclub.co.uk)

I look forward to seeing some new faces officiating during 2019.