

# **University of Surrey Swimming Club**

**Welcome Pack  
2022/23**

**TEAM SURREY**

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## 1. Introduction

For those returning – welcome back! For those joining – welcome!

We are excited to start the new year and new season, we hope that you are too. Following on from a successful season last year, where we became British University Swimming League (BUSL) Champions; had our highest placing at BUCS; our most successful nationals appearance and started to rebuild the club following the pandemic.

This year, we hope to continue on from our progress and improve. The committee have been working hard with Team Surrey and Guildford City SC to work on promises made at our last AGM. We are pleased to inform you that fees will be lower this year for everyone and long course training is now available for the top two squads.

We have also rebranded some of our squad names. National Performance Squad will still be known as NPS but commonly referred to as Performance Squad, due to its connections with Guildford City SC. BUCS Competitive will now be named Competitive Squad, while BUCS Social is now called Development Squad. This eliminates any confusion between the two and more clearly illustrates the club's development pathway. Social Squad has remained unchanged. The committee has worked with Team Surrey to bring the PlaySport Learn to Swim program back to life too! This is great opportunity for non-swimmers to get involved with the club. Similarly, we have introduced the new PlaySport Pay-as-you-go, allowing students who are haven't decided to commit to a squad to receive coaching and feel a part of the club on Monday nights.

For more information and updates, please make sure you have joined The HUB on Facebook and check your emails regularly.

**Memberships are available to buy now, although, you should wait until squad allocations have been finalised. YOU SHOULD BUY YOUR TEAM SURREY MEMBERSHIP IMMEDIATELY to avoid delay when buying membership. Find instructions below.**



## How to buy membership

To buy membership to the club, first, you will need to purchase Team Surrey Membership, which **you should do so without delay**. This is £40 and is needed for all sports. You only need to buy it once to participate in any sport. This can be done through the Team Surrey website, which can be accessed [here](#).<sup>1</sup>

Once you have purchased Team Surrey Membership, you wait between 24 - 48 hours for this to process. After which, you should go onto the USSU Website and to Get Memberships, found [here](#).<sup>2</sup> For now, memberships will be under 'Swimming and Water Polo' but this will be changed to 'Swimming' soon.

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<sup>1</sup> <https://teamsurrey.co.uk/join/memberships/>

<sup>2</sup> <https://ussu.co.uk/activity/clubs-societies/>



## 2. Committee

It is important to know who to contact and when. Please see below for your 2022/23 Committee members.

### Signatories

**President** – Ewan Taylor ([et00676@surrey.ac.uk](mailto:et00676@surrey.ac.uk) or 07715530727)

Ewan is responsible for the overall running of the club. If you have any general questions, he will be happy to answer or direct you to the right place.

**Treasurer** – Emily Ford ([ef00479@surrey.ac.uk](mailto:ef00479@surrey.ac.uk))

Emily oversees the finances of the club. This includes collecting membership payments, national governing body payments and competition fees, as well as ensuring the club is financially sustainable.

**Secretary** – Evie Johns ([ej00466@surrey.ac.uk](mailto:ej00466@surrey.ac.uk))

Evie controls the general admin of the club and open meet entries.

### Captains

**Performance Captains** – Maisie Thornton and Dan Cox

The Performance Captains are responsible for managing BUCS team selections and voicing the opinion of swimmers.

**Competitive Captains** – Drew Dill and Rohan Penney

The Competitive Captains are responsible for managing BUSL and other club galas teams selections and voicing the opinion of swimmers.



## **Well-Being Champions**

Well-Being Champions (WBC) are the key point of contact for well-being concerns or comments for club members. Our WBC's are trained by Team Surrey and will handle all cases with care and diligence.

**WBC Lead** – Adam Wrighting (aw01467@surrey.ac.uk)

**WBC Support** – Maisie Thornton, Dan Cox & Rohan Penney

## **Other Roles**

**Charity Secretary** – Grace Poynter and Drew Dill

Grace P and Drew will lead the club as we raise money and awareness for a variety of charitable causes.

**Social Secretary** – Grace Merrin

Grace M organises all of our Wednesday socials and other events. She will make sure everyone feels included and would love to hear any social suggestions you may have – both alcohol and non-alcohol!

**Social Media Secretary** – Sophie de Garis

Sophie runs all of our social media accounts to celebrate the club's amazing achievements and let people know what is going on.

**PlaySport Coordinator** – Maisie Thornton

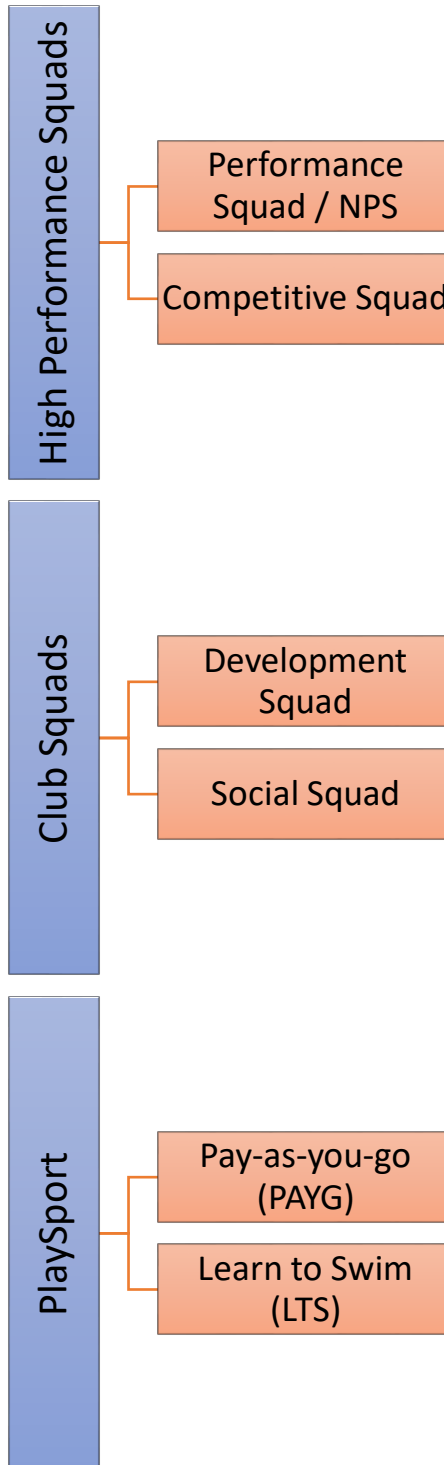
Maisie oversees the PlaySport sessions with assistance from other committee members.

**Swim Camp Secretary** – Grace Poynter

Grace P will coordinate the annual swim camp abroad we run each year after summer exams.



### 3. Structure





## 4. Performance Squad

Performance Squad or NPS is highest squad in the club. It is recognised by Swim England as a SE Performance Centre and funded by Team Surrey in the Performance Sport Programme. Swimmers are entitled to 20 hours of pool time and 6 hours of gym, although this is dependent on time in the season and the distance a swimmer generally compete in.

Entrance to Performance Squad is at coach's discretion, with Lead Coach Lee Spindlow and a Team Surrey panel having final say on the Squad register. Swimmers are expected to be supportive of the whole club, lead by example, represent the club and GCSC when asked and abide by the code of conduct. Performance Squad is split into 3 subgroups: Sprint, Middle and Distance squad, coaches allocate swimmers to subgroups.

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
<i>AM</i>	5:50 – 8:00	5:50 – 8:00		5:50 – 8:00	5:50 – 8:00	9:00 – 11:00	
<i>PM</i>	4:45 – 7:00	4:45 – 7:00	2:00 – 4:00	4:45 – 7:00	6:45 – 9:00		
<i>Land</i>	8:00 – 9:00		4:00 – 5:00		6:00 – 6:45		

Please speak to Lee Spindlow to discuss which sessions to attend.

As a Team Surrey Performance Sport Programme squad, swimmers will receive access to lifestyle workshops, sports therapy and a variety of other benefits. Find out more [here](#). Swimmers in this squad are expected to contribute back to the club too, there is a minimum requirement of four hours volunteering mandated by Team Surrey.

### **SQUAD MEMBERSHIP: £100**

- All benefits listed above
- TeamSurrey Swimming Hat
- Access to kit and additional equipment
- Transport to university competitions
- 49 weeks of training





## 5. Competitive Squad

Competitive Squad is targeted at swimmers whom either are targeting home nation meets and above or do not necessarily want to commit to the hours of Performance Squad. This year, Competitive Squad will have a slightly more selective criteria, with work ethic and commitment playing a larger role in squad selection.

Swimmers in Competitive Squad are expected to represent the University in all competitions they are selected in, as well as Guildford City SC. Swimmers should actively support the club and their training partners, leading by example and abiding by the code of conduct.

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<i>AM</i>			8:00 – 9:00		5:50 – 8:00	11:30 – 1:00
<i>PM</i>	9:00 - 10:30	2:15 - 3:15	2:00 – 4:00	9:00 – 10:30	9:00 – 10:30	
<i>Land</i>			1:00 – 2:00			

Swimmers are expected to maintain strong attendance and compete at all BUSL events and BUCS when selected.

### **SQUAD MEMBERSHIP: £90**

- Access to up to 12 hours of pool time with high level coaching
- Coached time in Strength and Conditioning Suite
- TeamSurrey Swimming Hat
- Access to kit and additional equipment
- Transport to university competitions
- 42 weeks of training



## 6. Development Squad

Development Squad is targeted at swimmers who are either looking to improve stroke technique and swimming endurance as they work up the club's development pathway, or, swimmers who would like to maintain fitness but do not wish to compete.

If swimmers wish to compete at BUCS or BUSL they should ask the committee. Swimmers in Development Squad benefit from high level coaching but a relaxed environment. There is no expectation for level of commitment, although spaces will be offered to those with more regular attendance. Swimmers are encouraged to actively partake in club activities, socially and supporting other swimmers. All members of the Squad should abide by the club's code of conduct.

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<i>AM</i>			8:00 – 9:00			11:30 – 1:00
<i>PM</i>		2:15 - 3:15			9:00 – 10:30	

### **SQUAD MEMBERSHIP: £50**

- 5 hours of pool time with coaching
- TeamSurrey Swimming Hat
- Access to equipment
- 31 weeks of training



## 7. Social Squad

Social Squad is for swimmers looking to meet new friends with similar interests and keep fit. Swimmers have access to coached pool time with no requirements or expectations on attendance or the amount of a session completed. All swimmers must be able to swim 25m continuously to be allowed into the squad.

Swimmers are encouraged to actively partake in club activities, both socially and supporting other members too. All swimmers should abide by the club's code of conduct.

	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
<i>AM</i>						
<i>PM</i>	9:00 – 10:30		2:30 – 3:30			

### **SQUAD MEMBERSHIP: £30**

- 2.5 hours of pool time with coaching
- TeamSurrey Swimming Hat
- Access to equipment
- 31 weeks of training



## **8. PlaySport**

### **Learn to Swim**

This year, the swimming club will reintroduce the PlaySport Learn to Swim sessions. Lessons will be available to limited number of swimmers on a first come first serve basis. Further information will be available following Fresher's Week and all interested students should sign up at Fresher's Fair or email the club ([ussu.swimming@ussu.ac.uk](mailto:ussu.swimming@ussu.ac.uk)).

### **Pay-as-you-Go (PAYG)**

This new option will allow students to have access to the swimming club without having to commit to the full year membership. Further information will be available from Team Surrey early in semester 1.

PAYG swimmers will swim alongside Social Squad on Monday 9:00-10:30pm with a dedicated coach to support them.



## 9. Competitions

Please find below the provisional competition calendar for semester 1. Keep an eye out on The Hub and emails for any further information.

<b>DATE</b>	<b>COMPETITION</b>	<b>SQUAD</b>
<b>8<sup>TH</sup> OCTOBER</b>	Arena League R1	GCSC Selection
<b>19<sup>TH</sup> OCTOBER</b>	BUSL Match 1 (vs Bournemouth)	Competitive
<b>5<sup>TH</sup> – 6<sup>TH</sup> NOVEMBER</b>	SER Winter Regionals	All - qualification
<b>28<sup>TH</sup> OCT – 10<sup>TH</sup> NOV (TBC)</b>	BUSL Match 2 (@ Portsmouth)	Competitive
<b>12<sup>TH</sup> NOVEMBER</b>	Arena League R2	GCSC Selection
<b>18<sup>TH</sup> – 20<sup>TH</sup> NOVEMBER</b>	BUCS Short Course	Perf & Comp
<b>23<sup>RD</sup> NOV - 11<sup>TH</sup> DEC (TBC)</b>	BUSL Match 3 (vs Southampton)	Competitive
<b>1<sup>ST</sup> – 4<sup>TH</sup> DECEMBER</b>	Winter Nationals	All – qualification
<b>10<sup>TH</sup> DECEMBER</b>	Arena League R3	GCSC Selection
<b>17<sup>TH</sup> – 18<sup>TH</sup> DECEMBER</b>	Hillingdon	Competitive (Non-WN Quali)



## **10. Key Dates**

Please find below the provisional key dates for semester 1. Keep an eye out on The Hub and emails for any further information. Please note these are subject to change. Socials are held weekly but we have some key ones too!

<b>DATE</b>	<b>EVENT</b>	<b>WHO?</b>
<b>24<sup>TH</sup> SEPTEMBER</b>	Active Freshers	Freshers Committee
<b>WC 26<sup>TH</sup> SEPTEMBER</b>	Introduction Meeting	Freshers
<b>28<sup>TH</sup> SEPTEMBER</b>	First Wednesday Social	All
<b>5<sup>TH</sup> OCTOBER (TBC)</b>	Team Meal	All
<b>19<sup>TH</sup> OCTOBER</b>	Time Management Talk	Performance
<b>26<sup>TH</sup> OCTOBER</b>	'Bra Crawl': Breast Cancer Awareness Bar Crawl	All
<b>9<sup>TH</sup> NOVEMBER (TBC)</b>	Pre-BUCS Team Meal	Those competing at BUCS
<b>23<sup>RD</sup> NOVEMBER</b>	Tight and Bright	All
<b>7<sup>TH</sup> DECEMBER (TBC)</b>	Christmas Formal	All



## **11. Kit**

All swimming club members will be given a Team Surrey Swimming Club Hat upon joining. It is mandatory to wear a Team Surrey hat in both training and competition. If you would like to buy another hat or one of our bullet hats, you can do so on the Student Union 'Buy Products' page.

Members are required to wear Team Surrey kit at competitions and when representing the swimming club. This includes t-shirt and pullover. These should be bought from KitKabin. For those who do not yet have kit, you should order this at your earliest convenience due to the lead times for delivery.

Members of Performance Squad and Competitive Squad should bring their own kit bags to sessions with equipment requested by their squad coach. Development Squad and Social Squad are invited to do the same but there should be a limited amount of equipment available to borrow.

## **12. Swim Camp and Tour**

Each year the club runs a training camp abroad. This is generally targeted at Performance Squad and Competitive Squad swimmers due to the intensity. Please keep an eye out for emails from Grace Poynter or messages on The HUB to register your interest in the near future.

This year, the club hopes to join other clubs and societies on the I Love Tour event abroad. This is a fun social event abroad run by an external company. Keep an eye out for more information if you are interested.



**Email:** [ussu.swimming@surrey.ac.uk](mailto:ussu.swimming@surrey.ac.uk)

**Website:** <https://ussu.co.uk/Swimming/>

**Instagram:** @uosswimteam

**Twitter:** @UoSSwimming

**Facebook:** @SurreySwimming

**Please do not hesitate to contact us.**

**From everyone on the committee, we hope to have a great year and wish you the best of luck in both your studies and swimming!**