

GARIOCH ASC – OUR PEOPLE

It takes many people in a variety of volunteer roles to ensure the success of our swimmers at Garioch ASC. Lead by our head coach Eavan Adams our swimmers continue to perform year after year.

We are a club that is proud to put forward our youngest to our oldest swimmers in competitions and perform well. To do this we must rely on parents to volunteer to help with the club's strategic direction and swim meet responsibilities. We as parents play a vital role in the club and this is evident by the support we show each other, to our swimmers and in volunteering in coaching and officiating at swim meets.

WHAT DO PARENTS DO AT MEETS/GALAS?

Parents not only support their children at meets and galas but also help run them. There are numerous opportunities throughout the year where parents should consider volunteering. These include helping with coaching poolside, officiating as technical officers and when we hold our own meet (*Garioch 200 and Garioch Mixup*), catering, fundraising & selling programs.

Mostly we are looking for parents to help take on the role as a swimming technical officer (STO) either as a timekeeper and/or judge at meets/galas. There are other roles that parents can volunteer for including that of recorder, AOE operators, starter or referee.

Garioch ASC is affiliated with SASA (Scottish Amateur Swimming Association) and we are governed by its rules and regulations. One of its rules, depending on the number of swimmers a club puts forward in a meet/gala, states that all clubs are obliged to provide a minimum number of STOs per meet session (can be up to three sessions a day) and at least one official should hold a minimum qualification of a Judge 1. On average, the minimum number per session per club is between 2 and 3 officials, that is, maximum 6 to 9 (2 vs 3 sessions) officials per day. If we as a club do not provide this minimum number, SASA can impose a monetary fine. Competitive swimming is a sport that requires many officials – at times up to 55 STOs can be required for one session.

So you can perhaps understand why we ask parents to become STOs. Simply put meets/galas cannot run without officials. At Garioch ASC we would like to ensure that all official responsibilities are shared by all families in the club. At the moment we have a small team of STOs including timekeepers, judges & one recorder but we need our team to grow.

The advantages of becoming a STO at meets are numerous;

- you are poolside and can watch your child(ren) swim,
- you are kept busy and hence time passes quickly,
- if you're new to the club you meet other parents in Garioch & parents in other swimming clubs
- you too learn about your child's sport
- you have a better understanding of swimming and it's rules, and
- a huge bonus, you can be entitled to a free lunch!!

HOW TO BECOME A SWIMMING TECHNICAL OFFICIAL (STO)

STEP 1: BECOME A TIMEKEEPER

The role of timekeepers is to accurately time & record times of swimmers.

In order to become an official timekeeper for the club you need to attend a Timekeeper's Workshop coordinated by SASA. This involves a short theory session followed by a poolside practical assessment usually held at the Garioch Community Centre and at the Inverurie Pool. In addition, you need to be a member of SASA (Scottish Amateur Swimming Association) before undertaking poolside duties.

All STOs at meets & galas are volunteers and start out by attending a timekeeper course/workshop. Anyone who has a swimmer in the family and is 14 or over can become an official, but so too can parents, grandparents and siblings.

Please attend a timekeeper workshop as soon as the opportunity arises. You can contact us at officials@gasc.co.uk

STEP 2: WORK UP THE STO LADDER AND BECOME A JUDGE OR A RECORDER

HOW TO BECOME A JUDGE

For those that have done a bit of timekeeping and can see that officiating at a meet is not as terrifying as it may have seemed when you first started, we'd like you to consider the next step on the ladder of STO. This would involve becoming a Judge 1 whose role and duties are of a Timekeeper, Chief Timekeeper and Inspector of Turns.

Parents may be reluctant to become judges as they do not wish to be responsible for disqualifying a swimmer for a technical infringement, especially the young ones as it could appear harsh or

unfair. However, swimming is a competitive sport and the function of a judge is to “ensure that swimmers have an equal opportunity”.

To become a judge 1 you need to attend a workshop run by SASA North District, be mentored at meets, then complete a final oral and practical examination. The workshops are held in Aberdeen & last approximately 1 ½ hours. You will learn about the rules of each stroke, turns, individual races & relays. Mentoring poolside can take between 8 to 10 meet sessions to gain sufficient poolside duties to attain the competency standards by attending all levels of meets (Mini, Graded, Open meets).

NOTE: You do not need all your timekeeper signatures to go on the Judge 1 course but you do require them when starting mentoring poolside.

Please check the notice board for the next judge workshops run by SASA North District.

HOW TO BECOME A RECORDER

A recorder's role is to assign swimmers to heats and lanes, determine & record results from heats and finals, prepare start sheets & compile all results of the meet.

STEP 3: DRESS CODE FOR A SWIMMING TECHNICAL OFFICIAL (STO)

According to British Swimming all STOS (swimming technical officials) are required to wear the following uniform for all competitive swimming events:

Men: White open-necked short sleeved shirt, white trousers, white accessories. NOT SHORTS. White poolside shoes and white socks, if worn.

Women White dress or white blouse and skirt or trousers, white poolside shoes. Always take your STO badge & license (orange timekeeper badge) when on poolside too.

STEP 4: GET IN TOUCH

If you would like to consider the next step to becoming a STO, please get in touch with either Victoria Cousins or Christine Cheyne at officials@gasc.co.uk. It would be fantastic to see a team of parent volunteers as swimming technical officials within the club.