

# Chepstow and District Swimming Club

**Want to get more involved in the swimming club but don't want to commit too much time?**

CDSC like all other sports and social clubs is run by a group of parent volunteers and the young swimmers rely on the support of these parent volunteers to enable them to progress and compete.

The club is trying to get Dragon mark status which will allow us to claim certain amounts of sponsorship money and thus be able to strengthen the club for the long term. We have also noticed that many of the coaches and officials we have in the club have children that over the next couple of years will be leaving to go onto bigger and better things. When children leave a club their parents generally take the opportunity to call it a day as well.

So we are now looking to recruit the next generation of volunteers into these specific and vital roles.

What do they entail?

## **Coach**

**Time:** One hour per week or more if you get really keen on a regular basis.

**Help:** Work alongside an experienced coach before you take over a lane, always overseen by a level two coach such as Chris Gale and Jo Hayes.

**Experience:** None, 'my wife signed me up years ago and although I wouldn't recommend this route I have never regretted getting involved and helping the swimmers develop, there is no greater buzz than going to a gala and seeing one of your swimmers win'.

So please consider if you can spare an hour a week and sign up below or drop me an e mail.

**Official**

**Time:** You only officiate at the meetings you children swim in and if they are only in one session then that is what you sign up for. It's a whole lot better than sitting in the stands getting all hot and sweaty. Although it fair to say that once you get involved you tend to do more because the other officials become friends.

**Help:** You are required to attend a formal course and then do a number of sessions to get signed off. So the initial time input over a number of weekends is significant but not ridiculous. Once you have been signed off you get to choose where and when you get involved.

**Experience:** None, it's just a great way to get to understand the sport, be involved without being submerged.

So please consider if you can spare an hour a week and sign up below or drop me an e mail.

Or if you are unsure we can arrange for you to have a trial run at coach for a few weeks or meet with one of our officials to discuss what's involved.

Name	Role


Many thanks

Nick Budd

Chair