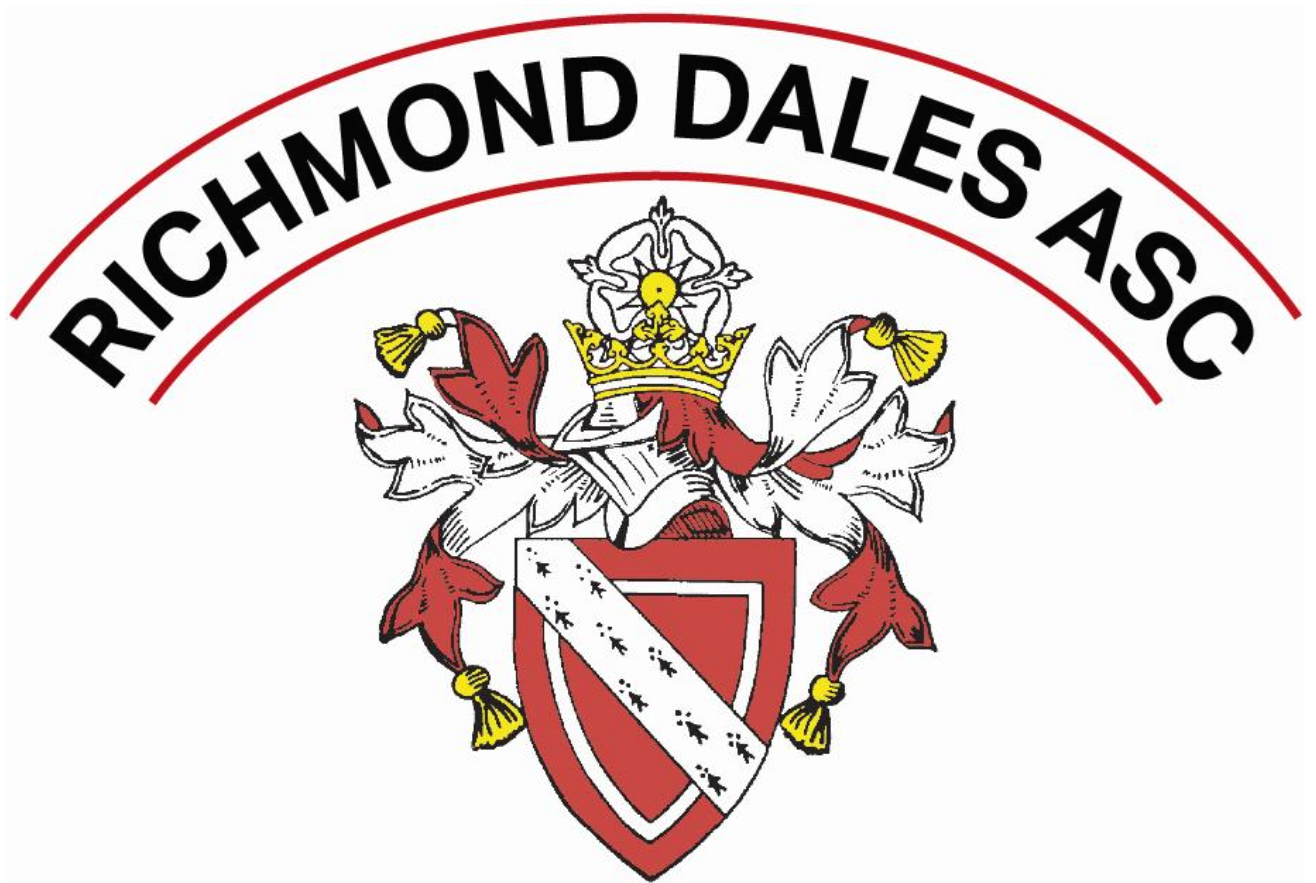


JANUARY 2026



WELCOME PACK

Welcome to Richmond Dales Swimming Club

We welcome you and your swimmer(s) to Richmond Dales swimming club. This booklet contains useful information that you may need in the coming weeks and months.

If you have any questions about any aspect of your membership then please contact us on admin@rdasc.org.uk and our friendly team will be happy to help.

Richmond Dales is the premier competitive swimming club in the area. We cater for every level of swimmer from those coming out of Learn to Swim to those at the highest level of the sport competing nationally and internationally.

We pride ourselves on our fully inclusive approach to the sport with one of the largest Para swimming squads in the country and the opportunities we provide for parents/families to get involved to help your swimmer, the club and the sport. We are active within the community through our fundraising, we organize several regional galas, we contribute to national initiatives, and we do this through and with our swim families - every contribution makes a difference!

As well as providing a progressive squad structure that allows competitive swimmers to achieve their potential, we offer non competitive opportunities and a small but friendly Masters squad.

Our coaching team put the care and support of our swimmers ahead of everything and deliver a holistic training programme tailored to the needs of the athletes.

We sincerely hope that your swimmer enjoys their time with us. If they enjoy what they do then please encourage them to tell their friends.

Liz Byrne

Keith Hall

Chair - RDASC

Director of Swimming - RDASC

THE BOARD

Chair - Liz Byrne



Liz brings over 20 years of senior leadership experience spanning public, private, and voluntary sectors, with a proven track record in governance, strategy, and transformational change.

As part of her day job Liz is passionate about creating meaningful community connections and driving social impact.

Her daughter Maria swims with the club starting when she was 8 years old and is still progressing through the squads. The friendships she has made and the impact the club has had for her wellbeing was a key driver for Liz taking up the role.

Liz's leadership at Richmond Dales ASC is rooted in the club's core values of community, growth, and opportunity and is energised in ensuring every swimmer, parent, coach and volunteer feels valued and empowered to thrive, both in and out of the pool. Her vision is to build a welcoming, ambitious club that provides inclusive high performance swimming at every level in sport, inspiring young people and strengthening our local community

Liz can be contacted by email on :- chair@rdasc.org.uk

Director of Swimming – Keith Hall



Keith is our Director of Swimming with responsibility for overseeing all operational and future aspects of the club swimming and training delivery. He leads and develops the coaching team ensuring the highest possible standards of training delivery are met.

He is responsible to the Board for all aspects of swimming and holds other roles within the club including Club Development Officer, County and Para and Masters Coach. He is a level 2 swimming coach, a swimming teacher and qualified land training coach.

He has produced several County & Regional medalists, several National Championship qualifiers from the Para squad as well a Masters European and World Championship qualifier. As the Swim England North East region Lead Coach for Para swimming he is responsible for organising and running the regions para swimming training camps.

Keith has a passion for inclusion and is a GB Aquatics technical classifier for para swimming holding the role of GB Down Syndrome Swimming Head Coach for five

years, leading to both European and World Championship titles during that time.

He is also the Head Coach of our partner club, Teesdale Tiger Sharks, where, for the last two years, he and his team have built the club up from the brink of closure to a 45 strong competitive swimming club which has produced several County, Regional & National qualifiers, most of whom now dual club with Richmond Dales.

Keith can be contacted by email on :- keith@rdasc.org.uk

Finance Officer - Sally Simpson

Sally is the club Finance Officer. Sally has taken on the role having over 10yrs experience in managing the company accounts for Connect Property NE Ltd.

Her youngest daughter currently swims in County Squad and has been a member of Richmond Dales since joining in 2022.

Sally is a member of the Swaledale running club but is adamant she is getting slower not faster but says "its the taking part that counts". Sally is also a keen gardener. Sally can be contacted by email - [**finance@rdasc.org.uk**](mailto:finance@rdasc.org.uk)



Secretary - Jenny Hinde

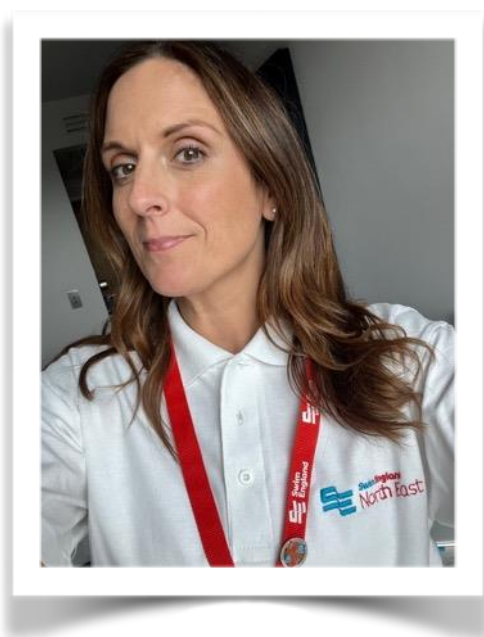


With a background in managing businesses, with specialisms in culture, diversity and inclusion, Jenny is the secretary on the board ensuring that we have the right governance, policies and processes in place for success.

Jenny has three children, all of whom have swum with Richmond Dales and she has a particular passion around inclusion and the para elements of the club – as well as ensuring all swimmers have a positive and healthy experience.

Jenny can be contacted using the email - [**secretary@rdasc.org.uk**](mailto:secretary@rdasc.org.uk)

Competition Secretary - Ruth Kneller



Ruth is responsible for the administrative and organisational aspects of RDASC's competitive events. This includes managing the competition calendar, handling gala entries, coordinating with coaches, officials and Team Manager's, and ensuring the key information for both external and internal galas is communicated to our members.

We will soon be incorporating the Gala Co-ordinator's role into the Comp Sec role which will mean Ruth will also be responsible for the planning and execution of RDASC's very own galas, working alongside our many amazing volunteers.

Ruth is a Judge level 2 swimming official and a Team Manager for the club and finds both very rewarding... "I'm no good at sitting still for long periods of time, especially not in the sweltering spectator stands!"

Ruth's daughter & son both swim for RDASC. "They love competing as part of the team and have inspired me to also get back in the pool and join RDASC Masters squad, which I really love."

Ruth works full time at an accountancy practice in based in Barnard Castle

Ruth can be contacted by email at :- **competitions@rdasc.org.uk**

Gala / Events coordinator - Karen Crozier



Karen is the Gala and Swim Meet Coordinator for Richmond Dales ASC. She's also mum to Josh, who swims in our Regional Squad, and has been an active club volunteer since 2018. In addition to her meet duties, Karen has served as a valued member of the Board for nearly two years.

In her coordinator role, Karen helps plan and deliver all the behind-the-scenes requirements for the club's gala calendar.

Karen's role doesn't stop there — she helps to coordinate the volunteers who organise raffles, medals, food, and all the other essentials that make our events successful (and fun!).

Karen is also a qualified Team Manager for the club, so you'll often find her poolside at external competitions supporting our swimmers.

Karen can be contacted by email at :- galas@rdasc.org.uk

Equality Diversity & Inclusion Officer - Emma Spooner



Emma is a mum to one of our para swimmers who has been a member at the club for just under a year. Her day job sees her working as a teacher in a secondary special needs school.

She has taught young people with neurological conditions such as ADHD, ASD and those with language impairments, cerebral palsy and epilepsy. She was also a teacher in a mainstream primary for 20 years. She is passionate that all children and young adults should be included in activities relevant to their needs and interests.

Her first hand experience of seeing true integration in sport was when her daughter joined Richmond Dales and this is something she feels is a true strength of the club and its coaches. She believes that with the right coaches, who have true belief in the swimmers and no matter what their impairment, swimmers can achieve their dreams.

Emma is also currently training to be a J1 swimming official and also can be found on gala days supporting the swimmers.

“The difference I have seen in my daughter since joining Richmond Dales has been phenomenal. The club not only provides opportunities to develop her physical skills in swimming to a very high level, but also has offered her the opportunity to make friends with young people of a similar age with similar needs, interests and experiences. This has proved to be equally as important to her as the progress in her swimming.”

Emma can be contact using the clubs general email address - admin@rdasc.org.uk

Fundraising Officer - Gemma Lord



Gemma is passionate about becoming the Fundraising Officer for Richmond Dales Swimming Club. Her Daughter has loved swimming with the club for over a year, gaining friends, confidence & skills, while enjoying competitions. Gemma says “I want to give back by supporting the club’s future, helping raise funds to benefit every swimmer’s journey and success.”

Gemma can be contacted by email on :- **fundraising@rdasc.org.uk**

WELFARE

At Richmond Dales the safety and well-being of our athletes is paramount. We pride ourselves on having robust codes of conduct for our swimmers, coaches, volunteers and parents.

Our dedicated welfare team ensure Wave-power, the Swim England Safeguarding policies and procedures document, is implemented across all areas of our club. Our welfare officers are available and contactable directly should ANY parent or member wish to raise or discuss concerns about a safeguarding or welfare matter. Our Welfare Officers act independently of the coaching staff and Board and in the best interests of the member in the organisation.



Christina Roskilly - Welfare Officer

As a welfare officer Christina is the first point of contact for any swimmer, parent / carer, staff member or volunteer to be able to raise concerns about any safeguarding or welfare issue. Christina is a source of support and advice on all welfare, safeguarding and general wellbeing.

Christina says "I have been a "Swim Mum" since 2016 and we joined Richmond Dales in 2022. I have one swimmer in the Para squad and a retired swimmer who is now at college. I work as an exam invigilator at a secondary school and a freelance riding instructor & groom.

Victoria Eardley - Welfare officer

Victoria has been a swim mum since 2017 and has been one of our Welfare Officers since 2022. She has three athletes at the club, one National squad, one Regional squad and one County squad. Victoria is a very experienced GP. She has several pets including a dog and a tortoise. She loves chocolate & swimming.

Christina & Victoria can be contacted by email - welfare@rdasc.org.uk



To ensure our swimmers are safe, protected and looked after we urge all members to read the information in the page below from Swim England North East.

Mobile phones are not permitted in the changing village or the group changing rooms used by the club in training or in any changing or toilet facility we use in training or in competitions.

Our Welfare Officers have the responsibility for ensuring these rules are followed and strict sanctions can be imposed for breaches of the policy.

Mobile phones, Ipads / tablets or any other device capable of capturing images or videos **MUST** be left locked in a locker or left with parents.

Please help us to comply with these rules by talking to your swimmer to ensure they understand that mobile phones are not permitted, the reasons why and to support them in feeling confident to report misuse if they see this taking place.



Why Mobile Phones Should Never Be Used in Changing Rooms

The use of mobile phones or any digital devices in changing rooms poses serious safeguarding, privacy, and wellbeing risks—particularly for children and young people.



1. Protecting Privacy and Preventing Abuse

Changing rooms are private spaces where individuals, especially children, are vulnerable. Mobile phones can easily be used to take or share indecent or intrusive images without consent. According to Swim England's safeguarding policy, **Wavepower**, the organisation has a **zero-tolerance stance** on mobile phone use in changing rooms during regulated activity because images taken in these settings can cause lasting emotional, psychological, and social harm.



2. Reducing the Risk of Criminal Behaviour

It is a **criminal offense** to **take, make, or share** indecent images of a child - whether these are taken by a child or an adult. Within the UK, children from 10 years old can obtain a criminal record, therefore it is imperative that all swimmers and parents understand the potential consequences. Even accidental use of a phone in these spaces can raise suspicion or create opportunities for misuse. The presence of phones increases the risk of "upskirting," voyeurism, or the capturing of images over or under cubicles—actions that can lead to **police involvement** and **lifelong consequences**.



3. Safeguarding Children and Building Trust

Clear rules banning phone use help children feel safe and respected. It also supports a **culture of safeguarding** where everyone understands that privacy is prioritised. Enforcing these policies prevents misunderstandings, protects bystanders, and reduces opportunities for bullying, image sharing, or coercion.



4. Supporting Clubs and Facilities

Swim England has high expectations on this matter and advises clubs and venues to display clear, high impact signage and demonstrate high standards to ensure that changing rooms remain and are recognised as a place of safety for children and young people. Education is a critical factor to ensure that strong policy and rules are understood but more importantly that clubs regularly encourage and actively role model standards so that any swimmer and their peers have the confidence to report something that feels uncomfortable or raises concern. In some instances, this can result initially in more reports of these instances happening but allows clubs to respond accordingly.

Useful Links – QR code to "Wavepower" on Swim England's website:

- Swim England Safeguarding – How to Report a Concern:

<https://www.swimming.org/swimengland/how-raise-concern-complaint>

- NSPCC – Online Safety and Image Sharing:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

- UK Policing Guidance on Harassment and Voyeurism: <https://www.police.uk/advice/advice-and-information/sh/stalking-harassment/what-is-stalking-harassment/>



**** Key Message ****

No mobile phone use in changing rooms—unless there's a medical emergency. This protects privacy, prevents harm, and ensures a safe environment for all.

COACHING TEAM

Our coaching team are highly committed and dedicated professionals who work tirelessly to ensure our athletes get the very best from every session. Whether your swimmer is just starting out or reaching the pinnacle of their swimming career our team are here to help. All of the team are Swim England qualified coaches and most are also qualified swimming teachers ensuring your swimmer gets the very best of their vast experience.



As well as our qualified coaches & teachers, we have a strong team of volunteer poolside helpers to assist and support the coaching team when they can. Some of these are our older competitive swimmers either working towards their Duke of Edinburgh awards or looking to develop into the world of swimming teaching and coaching.

SKILLS & DEVELOPMENT LEAD COACH

SUZANNE HARPUR



Suzanne is our Skills / Development Lead Coach and responsible for developing talent through our junior squads and she also coaches Skills 1 squad. With over 25 years of experience as a qualified swimming teacher and 6 proud years as a coach at this club, Suzanne has dedicated much of my life to helping swimmers of all ages and abilities build confidence, develop skills, and enjoy everything the sport of swimming has to offer.

As a competitive swimmer, Suzanne understands the dedication, resilience, and discipline the sport requires.

As a swim parent herself, Suzanne knows first-hand the hopes, questions, and sometimes anxieties that come with watching your child step into the pool—whether it's for a lesson, a trial, or a big meet. Your child's welfare and development are her top priorities, both in and out of the pool.

Suzanne says "I feel incredibly fortunate to be part of this club's coaching team and community. It's a place where swimmers not only grow in ability but also make friendships, learn resilience, and build memories that last a lifetime. I'm here to support you every step of the way."

Suzanne can be contacted by email on :- suzanne@rdasc.org.uk

SKILLS 1 & PARA SQUAD COACH

ZOE COWAN

Zoe was a competitive swimmer up until the age of 18, finishing her swimming career on a high note with a gold medal in the 100m Breaststroke at Nationals. She is a Level 2 Swimming Coach, a Level 2 Fitness Instructor, and has recently completed her Level 3 Swimming Teacher qualification.

Since 2019, Zoe has been coaching at Richmond Dales, working with both able-bodied and Para squads. During this time, she has had the opportunity to support the Down Syndrome Swimming GB team, participate in the National Para Coach Development Programme, and work with ESSA, taking Para swimmers to international events in Brazil and Serbia.



Zoe believes swimming is all about integration and creating a space where everyone is treated with respect. Her work with Para swimmers has been especially inspiring, reinforcing the belief that anything is possible — and that no one should ever feel they have to give up on their dreams.

Zoe can be contacted by email on :- zoe@rdasc.org.u

DEVELOPMENT & PARA SQUAD COACH

KYLAH COWAN



Kylah retired from competitive swimming in 2023, having been a member of our Regional Squad. She is now a qualified Level 2 Swimming Coach and has primarily worked as an assistant coach with our County Squad and Para Squad. A passionate swimmer at heart, Kylah continues to train three times a week as a member of our Masters Squad.

Kylah recently took part as a coach on the “Integra” Swim Camp in Italy — an integrated camp for both Para and able-bodied swimmers — which she describes as the highlight of her coaching career so far. The camp was designed to foster friendships and team spirit across disciplines, and Kylah played a key role in supporting young swimmers from both pathways.

Kylah’s long-term ambition is to coach at one of the National Para Swimming Centres. She’s driven by a love of helping swimmers achieve their goals and finds real joy in watching their confidence and abilities grow.

Outside of the pool, Kylah enjoys reading and winding down with a good book — when she’s not keeping up with training, that is !

Kylah can be contacted by email on :- kylah@rdasc.org.uk

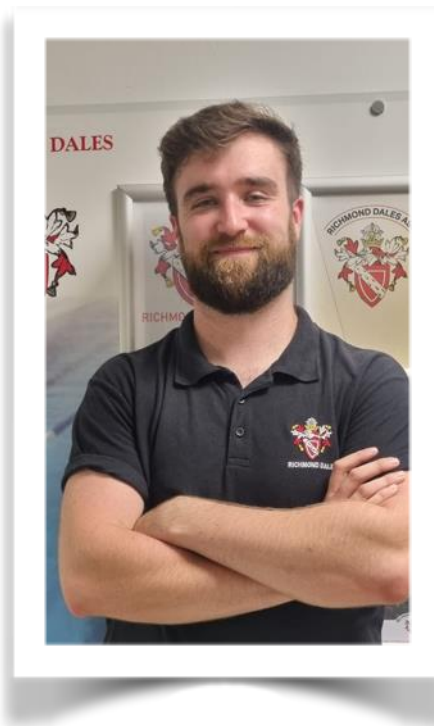
PERFORMANCE SQUADS LEAD COACH

CALLUM HALL

Callum began his sporting journey as a Modern Pentathlete, earning selection to the England Talent Programme and winning numerous national medals. A knee injury eventually shifted his focus fully to swimming, where he competed up to British Championship level and secured a sports scholarship to a prestigious private college.

Callum has been coaching for nearly a decade, balancing his poolside commitments with a full-time day job. His coaching style is firm but fair, and he's passionate about helping athletes realise their potential — not just in the pool, but in their education and wider life. He firmly believes that consistency, along with strong eating and sleeping habits, are the keys to long-term success. When he's not on poolside, you'll likely find him paddle-boarding in the Lakes or cooking up a storm in the kitchen.

Callum can be contacted by email on :- callum@rdasc.org.uk



REGIONAL & PARA SQUAD COACH

BEN GILCHRIST

Ben is a Level 2 qualified Swimming Teacher and Coach, as well as a Swim England-qualified Land Training Coach. He also holds a BSc in Applied Sports Science, bringing both practical and academic expertise to his coaching.



Ben has worked across a wide range of squads in the club. He is currently the coach of our Regional Squad and works closely with the Performance Lead to support our Performance swimmers. Ben also coaches within the Para Squad and plays an active coaching role at our partner club, Teesdale Tiger Sharks.

Ben's swimming journey began as a competitive athlete. He reached multiple Regional finals and placed in the top ten at the English Nationals, reaching the finals in two events. His proudest achievement was qualifying for the World Championship trials.

Ben can be contacted by email on :- BenG@rdasc.org.uk

CLUB CAPTAIN 2025/26

ISABELLE ELLIS - NATIONAL SQUAD



Isabelle is our 2025/26 Club Captain. This role is to support the swimmers across all squads and act as a point of contact for swimmers and coaches. Isabelle will be seen assisting the coaches of the younger squads and acting as a role model for them.

We ask our Club Captain to meet with identified squad leaders and attend a board meeting when appropriate to feedback to the Board any ideas the swimmers may have to improve the club.

Isabelle is now working towards her Assistant Swim Coach qualification fitting her self development around her training commitments.

Isabelle says "Being a part of Richmond Dales is like being part of a second family. Since joining the club it has helped me to understand that I can go infinitely far. The only thing stopping me is myself by setting my own limitations, not just in swimming but throughout all of my life."

FEES

There are various fees that apply when joining a swimming club. These are explained below with the current costs relating to each squad.

Joining fee :-

For most squads this is the initial fee that covers the administration of joining the club as well as being supplied with a club swim cap and t-shirt.

Swimmers who join Skills 1 will only be supplied and charged for a swim cap until such time as they progress to Skills 2 at which point they will be given a club shirt and the relevant fee will be applied to your account.

Current joining fee for Skills 1 - £6.50

Current joining fee for other squads - £31.50

If moving from Skills 1 to Skills 2 the remaining full joining fee is applied (£25.00)

Annual membership fee :-

This fee is applied to all swimmers on joining the club and then annually each November. It is a tiered fee which means that it increases with the amount of swim time, competitions and resources a swimmer uses relative to other squads. It is put towards covering the costs of the coaching cover and support at competitions.

Tier 1 - £35 - Applies to Skills 1, Skills 2, Masters, Start Para, Orca Squad and Youth Development squads.

Tier 2 - £60 - Applies to Development squad.

Tier 3 - £70 - Applies to County, Regional, Para, Para Performance & National Squads.

The annual membership fee is due on joining then annually each December. You pay for the squad you are currently in. In the event a swimmer moves squads part way through a year the new tier fee will not be applied until the next payment is due.

Swim England Membership fee :-

All members of swimming clubs must pay an annual fee to the sports governing body. This is the same for any sport. The fee covers membership to Swim England and the relevant County & Region and includes insurance costs.

There are two levels of fees :-

Swim England Train - £18.45

Swim England Compete - £46.95

Swimmers joining the club in Skills 1 or Skills 2 would usually be placed on the Swim England Train membership until such time as they are ready to take part in licensed competitions. Your coach will advise when this becomes relevant. Swim England membership fee is due on joining then annually each January.

Squad monthly fee :-

Each squad has a different monthly fee which is based on the amount of pool time and coaching time that squad has access to. The club does not offer any form of “pay per swim” and squad membership will automatically incur the squads monthly fee.

Monthly fees are paid by direct debit and are requested on the 1st of each month. The summer break and short Christmas break are incorporated into the fee calculations.

On registering your swimmer with Richmond Dales you will be requested to provide bank details for a direct debit to be set up. Any payments required will be requested through direct debit, we do not accept cash or checks for swimming fees.

The current monthly fees for each squad are :-

- Skills 1 - £26.50
- Skills 2 - £43.50
- Development - £57.00
- County - £71.50
- Regional - £97.50
- National - £108.00
- Para - £57.00
- Para Performance - £67.00
- Youth Development - £41.00
- Masters - £49.00
- Start Para - £44.00

If you have any queries regarding your account, fees or payments please email our Finance officer, Sally Simpson on finance@rdasc.org.uk

(Please note that some fees may vary at different times of the year due to pro-rata reductions.)

SOCIAL MEDIA

Richmond Dales uses several forms of social media to broadcast our activities around the community. On registering your swimmer with us you will be asked to confirm your preferences regarding photos and videos.

We use a lot of social media but all of our activity is tightly controlled for safeguarding purposes. If you do not permit your swimmers image to be used by the club you have the chance to decline when you register them. Please read the options thoroughly when you register.

Website -

Our website can be visited at www.rdasc.org.uk

Here you will find lots of useful information about the club, our policies and procedures, contact information and many other resources.

Facebook -

The club has two Facebook groups. The first is a closed private “members only” group. Access to this is by answering a few questions to confirm you are a parent of a member. The group is for Over 18s only. We ask that swimmers do not try to join the group.

We use this to communicate urgent information to parents about sessions, promote our activities such as competition attendance & results and other relevant news. We recommend that at least one adult member of each family joins this group.

[Private facebook group for parents](#)

We also use a “Public” Facebook page to promote our activities to the wider communities that we are supported by. We would ask that your family and friends follow us on this group to extend the reach of our club and to widen support for our activities.

[RDASC Public facebook page](#)

Whatsapp -

Each squad coach operates a WhatsApp group for the squad parents. This is to facilitate prompt and effective communication with the parent group. You will be given details of how to join the group by your coach.

Instagram - [RDASC Instagram](#)

TikTok - [RDASC Tiktok](#)

We would encourage all parents, family members and friends to follow us on social media. Community support is vital for the future of our club.

Matt Hart - Club Photography

As a family club we are keen to give you and your swimmer as many happy memories as possible in addition to supporting our social media presence.

Matt is a keen photographer who has developed some fantastic pictures of swimmers hard at work in the pool, he is a swim parent and volunteers his time to take photos for the club.



Photos are uploaded to a secure club photo gallery where you can view and download them for a small admin fee.

When you register with us it's important that you **complete the "Photo Permissions" section accurately**. We won't be able to obtain photos of swimmers who have not consented in their photo permissions.



If you are in any doubt please contact admin@rdasc.org.uk and we will be only too pleased to assist.



USEFUL CONTACTS

Welfare officers (Victoria Eardley & Chris Roskilly) Any safeguarding or welfare issues.

welfare@rdasc.org.uk

Director of Swimming (Keith Hall) All coaching / swimming related matters.

keith@rdasc.org.uk

Chair of the Board (Liz Byrne)

chair@rdasc.org.uk

Club administration (for all general enquiries)

admin@rdasc.org.uk

Finance Officer (Sally Simpson) Any enquiries about accounts, payments or fees

finance@rdasc.org.uk

Competitions secretary (Ruth Kneller) Any enquiries about competition entries. (Speak to your coach in the first instance.)

competitions@rdasc.org.uk

Club Secretary (Jen Hinde) Any enquiries about the Board or the club constitution.

secretary@rdasc.org.uk

Swim England membership (Angela Peacock) Enquiries about membership of the sports governing body.

membership@rdasc.org.uk

KIT LIST



Depending on the squad that your swimmer(s) are joining there is a kit list that your swimmer will need once they have been with us a few weeks. Below are links to **NESS Swimwear** who are a local supplier of swimming equipment and costumes. They offer us 10% off all purchases through their website using the discount code **RDAL10**. You can also visit them at their shop near the Metro Centre and obtain the same discount. The images beside the links are to give you an idea of what to look for. If you are in any doubt please speak with your coach first.

We also operate a '**Nearly New Shop**' that provides a range of second hand items that we normally host as part of our galas. If you would like to enquire for any items required in the kit list please message your coach in the first instance or message one of the social media pages.

SKILLS 1, SKILLS 2, YOUTH DEVELOPMENT SQUADS

Pull bouy -

<https://www.nessswimwear.co.uk/maru-junior-pull-buoy-pink-lime.html>



Kick board -

<https://www.nessswimwear.co.uk/maru-swirl-two-grip-fitness-kick-board-pink-blue.html>



Fins -

<https://www.nessswimwear.co.uk/ness-short-training-fins.html>

Mesh bag -

<https://www.nessswimwear.co.uk/maru-mesh-bag-lime.html>



750ml or 1 litre drinks bottle -

<https://www.nessswimwear.co.uk/funky-trunks-water-bottle-white-crystal.html>



DEVELOPMENT, PARA & COUNTY SQUAD

All of the above kit plus :-

Snorkel -

<https://www.nessswimwear.co.uk/finis-glide-snorkel-mint.html>



Finger paddles -

<https://www.nessswimwear.co.uk/arena-finger-paddle-lime.html>



REGIONAL & NATIONAL SQUADS

All of the above kit plus :-

Hand paddles -

<https://www.nessswimwear.co.uk/maru-hand-paddles-pink.html>



All of the kit listed above can be purchased from other suppliers. NESS Swimwear are a local company who support local clubs and have a fast and reliable delivery service, their shop, near the Metro Centre, is open 5 days a week and they attend many North East swim meets. Rob, Lynn & Lauren and the rest of the staff are extremely helpful.

Other suppliers such as Pro-swimwear, Swim Shop & Amazon also stock the items listed above.

BECOMING PART OF THE SWIM FAMILY

Our club provides a whole range of opportunities for parents and family members to help with a variety of requirements. We know from our swim families that as your child progresses this will involve more time at competitions, galas and travelling to and from training, it really does become a big part of day-to-day life. Many of our parents therefore use this time (that would be otherwise spent waiting) to come and help the club operate and we encourage and value every contribution.

The club runs predominantly by volunteers who choose to help for many different reasons whether it's having a swimmer in the club, being a former swimmer themselves and wishing to provide time to a welcoming group of people seeking to make a difference. Many of our volunteers no longer have swimmers in the sport or at the club but still give up their time to ensure your swimmers can do what they love doing.

Without volunteers the club would struggle to operate and we would not be able to bring the same level of opportunity and support to our athletes or be able to provide the outstanding service we do. We can work to the skills and time commitment you can provide, whether you want to be in the background or come poolside, every contribution makes a difference and means there is purpose and fun for our swim families who spend lots of time at the pool and competitions waiting and supporting their swimmer.

There are many areas that parents / carers can assist with the running of the club. Here are a few:-

OFFICIALS

To run licensed swimming competitions we must have a number of officials (Judges) present. On average around 20 trained officials are needed for every swimming competition, sometimes even more.

You do not need to know anything about swimming to begin with. A short online education session is all it takes to get started.



This is followed by a period of time at competitions being mentored by experienced officials. To support newly trained officials the club allow trainee officials to come into training sessions and work

with our coaches so that they can learn about what the swimming should look like. This compliments the practical sessions at competitions and is a great way to learn.

We don't insist on officials giving up full weekends, if you can only do one day or even half a day that would be great. Every little helps and we also provide lunch on the day aswell.

There are four levels of swimming officials :-

- Judge level 1 (Timekeeper and turn judge) - J1
- Judge level 2 (Stroke judge) - J2
- Starter - J2S
- Referee

Each level (except Referee & J2S) follows the same process of an online course then practical mentored sessions at events.

It is an excellent way to learn more about your young athletes sport and to get involved.

If you would like to know more about becoming an official please email our Club Development Officer (Keith) on :- admin@rdasc.org.uk



TEAM MANAGERS



When our swimmers are at competitions they are looked after by our Team Managers & Coaches. Team Manager is a vital support the swimmers poolside while the coaches focus on the swimmers in the water. They take responsibility for the welfare and safeguarding of the athletes throughout the day and ensure they are looked after with the highest level of care and support.

To be a Team Manager, we support you in obtaining a DBS, online safeguarding training and the Team Manager level 1 course which takes just a few hours.

You will need great communication skills, patience and a professional approach to the care and wellbeing of our swimmers.

If you would like to know more about the Team Manager role please email our Club Development Officer on admin@rdasc.org.uk



CLUB ROLES, FUNDRAISING AND EVENTS

There are also other volunteering roles for our galas that range from organising the swimmers for races (marshalling), handing out medals, preparing food, taking money on the door or doing raffles and other fundraising options. You also save money on paying entry fees (min £8 per day), we make sure you get to see your child race too whilst you are helping the club.

We also have a range of opportunities for fundraising whether these be at events, doing bag packs or coffee mornings to keep the club going. If you have specialist skills such as finance, marketing & social media, business administration or bid writing, these all help in the running of the club, even if it's just providing some advice or feedback to improve what we do – every contribution is welcome and you enjoy spending time with other parents and family members wishing to support their swimming as well as the club.

TESTIMONIALS

This is what some of our athletes & volunteers say about being a member of Richmond Dales :-



TYLER CLARK - PARA SQUAD

"Being a part of Richmond Dales has been one of the most rewarding experiences of my journey so far. The support, guidance, and passion from the coaches and my team mates has shaped every stroke, every challenge and every lesson along the way. This is not just a swimming club, its a family."

BEA DODDINGTON - DEVELOPMENT SQUAD

"I love being a member of Richmond Dales, because I love making new friends and cheering each other on as part of a team."



TRISTAN PICKARD REGIONAL SQUAD

"When you first start swimming with Richmond Dales it might feel like hard work but trust me it gets easier and you'll love it. There is no better feeling than training hard and getting a new personal best time. It's like you're always trying to beat your best result. Swimming only brings good vibes. Even if you don't feel like it, show up and you'll feel better."

ELLIE PEACOCK - FORMER CLUB CAPTAIN

British Championships April 2025

British Summer Nationals 2022, 2023, 2024

English Summer Nationals 2024

Winter Nationals 2022

SE National Development Programme 2021/2022

“Richmond Dales supportive environment encouraged me to work hard even when I wasn’t achieving as they made me believe I had the potential. My 11 yrs spent at the club has not only given me success in the pool, but also invaluable life skills such as confidence, resilience and clear communication and building wonderful friendships along the way. “



ELSIE GREGORY - PARA SQUAD



“Being part of the Para squad has given me the opportunity to improve my swimming technique and be part of a safe and inclusive community. I have made new friends, I have great relationships with my coaches, we train hard but we also have fun. I am looking forward to competing!”

FEARNE LORD - SKILLS 2 SQUAD

“Richmond Dales has improved my skills a lot since I started and i’ve made lots of friends.”



JOSIE JOHNSON - PARA SQUAD

"Richmond Dales means community, opportunity and hard-work I joined Richmond Dales because they include and make swimming enjoyable for every different person. They also want us to do our best and will help us to achieve and have opportunities that other swimmers would not get."

LEXI METCALFE - SKILLS 1 SQUAD

"I love being part of swim club as I get to exercise, have fun and see friends that I have made. My favourite stroke is breast stroke as I love doing frog legs"



CAROLYN EASTWOOD

JUDGE LEVEL 1

"As I sat watching my son swim at his first gala a little under 18 months ago, knowing very little about swimming, I didn't really understand the roles of the numerous officials, nor did I realise they were volunteers! It wasn't until a few months later, when there was an urgent call out for new trainee officials that I realised the vital role these volunteers play. Put simply, without enough officials, our swimmers would not have the amazing opportunity to attend the numerous swim meets throughout the year that Richmond Dales either host or attend.

I volunteered not just because I wanted to give something back to the club which had, in just a few months, made such a positive impact on my



son, but also because I was genuinely concerned at the very real prospect of a meet being cancelled due to a lack of officials.

As a “newbie” to the swimming world, I was initially concerned whether my lack of swimming knowledge would be problematic, but the training and mentoring was comprehensive and supportive, so it’s not been an issue. I was also concerned about the amount of time it would require, but most of the training is completed at swim meets which I would have been attending anyway, and the sessions fly by much quicker when you’re not just sat watching !

I’ve found being an official is a great way to support and engage with our club and swimmers, meet new people and experience the swimming world from a unique perspective!”

JANE DILWORTH
TEAM MANAGER



“ I became a TM to support my children and to become more involved with RDASC. I would be taking them to galas so it made sense to help out poolside. You get to know the kids and develop better communication between athletes, coaches, officials and parents. This has helped me understand my child’s competitive

swimming journey and it's great fun too helping the day to fly by!"

