



**Welcome to**

**Upper Deeside ASC**

**Squad : Junior Masters**

Coach: Chemaine Pickard  
chemaine15@hotmail.com  
07900 566356

Training times: Friday 5:15 – 6:30 pm



## Welcome to Junior Masters

The Upper Deeside ASC (UDASC) Junior Masters Squad builds on the fundamental swimming skills which were a focus of our junior squads. This is a non-competitive squad which focuses on the development of fitness, stamina, and self-discipline to improve swimming performance and physical wellbeing. The squad will continue to follow a training regime to improve stroke technique and swimming skills but there will also be an emphasis on personal goal setting to develop fitness and swimming performance.

Squad training is aligned with the school terms giving a total of 40 weeks of swim training over the year (August – July). No swim sessions take place during the school holidays.

### Term Dates

	Start	End	No. of Weeks
<b>Term 1</b>	18.08.25	10.10.25	8
<b>Term 2</b>	27.10.25	19.12.25	8
<b>Term 3</b>	05.01.26	27.03.26	12
<b>Term 4</b>	13.04.26	02.07.26	12

### Our expectations of a Junior Masters swimmer

As part of the Junior Masters squad you will be expected to:

- Train regularly
- Let your coach know in advance if you are unable to attend training sessions
- Be punctual
- Have the correct equipment with you at every training session:
  - One-piece close-fitting costume, briefs or jammers
  - Swim cap
  - Two pairs of swim goggles which fit correctly
  - Water bottle
  - Training equipment - see attached equipment list
- Listen to your coach/es



- Be prepared to set personal goals which will extend your swimming performance and fitness
- Talk to your coach/es if there is anything you are unsure of or unhappy about
- Show consideration towards other swimmers in your squad
- Swim as part of team with your Squad colleagues
- Take part in UDASC club nights and summer/winter club championships
- Agree to be bound by the UDASC Swimmer Code of Conduct
- Work hard, do your best – and enjoy your swimming!

### Our expectations of a Junior Masters parent/carer

As a parent/carer of a Junior Masters swimmer, you will be expected to:

- Support your swimmer in meeting our expectations of him/her as outlined above
- Contact your child's coach/es if there is anything you are unsure or unhappy about
- WhatsApp, SMS or call the Head Coach if your swimmer will be absent from a training session
- Support the club in at least one of the following:
  - Assisting poolside during training sessions
  - Taking a role on the Club Committee or other supporting role within the Club
- Review and agree to be bound by the UDASC Parent/Guardian Code of Conduct
- For certain roles it will be necessary for a PVG (Protecting Vulnerable Groups) application to be made

The engagement of parents & carers is the lifeblood of any club. Without your support the club would be unsustainable, therefore every parent/carer will be requested to take an active role. Your involvement will not only support the club, but also your child. You will learn a lot more about the sport and the skills, discipline & techniques which will enable them to fulfil their swimming potential.



## Junior Masters Curriculum

This is by no means exhaustive but is aimed at providing an outline of training activities in the Junior Masters squad. The curriculum will mirror the South Aberdeenshire Bronze training programme but will allow swimmers to set personal goals to measure individual performance and improvement.

- Continued development of technique on all four competitive strokes
- A combination of sprint and endurance sets to develop swim fitness and endurance
- Development of streamlining and sculling to improve “catch” and body position
- Development of kicking technique and strength across all strokes
- Introduce the use of the pace clock for timing single swims and simple sets
- Training discipline and use of training equipment
- Personal goal setting for training sets and monitoring performance



## Fees

### Scottish Swimming Registration fee

Your swimmer is required to be registered with the Scottish Amateur Swimming Association (SASA), also known as Scottish Swimming. SASA membership is a pre-requisite of both training and competing and provides mandatory insurance for the swimmer.

If your swimmer is already a Scottish Swimming member, then you will be required to renew this registration in March. The annual membership fee (2025/26) is £55. Note that Scottish Swimming may increase the annual fee for 2026/27. The Club will invoice you directly when the membership fee is due.

If you are a new club member and do not hold a current Scottish Swimming membership you will be required to pay the following depending on when you join the Club:

Date joining UDASC		Fee
1 April – 31 August 2025	100% Annual fee	£55.00
1 September – 31 December 2025	60% Annual fee	£33.00
1 January – 31 March 2026	25% Annual fee	£13.75

You will be invoiced for these registration fees by the Club.

A parent/carer will be required to hold a non-swimming membership of Scottish Swimming when undertaking a club Technical Official role. This cost is funded by the club.

### Junior Masters UDASC membership fee

**£250.00 per annum** for each swimmer

Swim coaching, 1 session per week for 40 weeks

A fee discount will apply for families with more than one child swimming with the Club.



The Club does recognise that some individuals face financial difficulties that may impact their ability to participate in UDASC activities. We wish to offer the opportunity to take part in competitive swimming to all children in the Upper Deeside area and we have a Hardship Support Program to support this. If you wish to apply for membership support, please contact the Membership Secretary (see Key Contacts).

Fees may be paid annually, quarterly or in 10 equal monthly payments (Sep - June) by standing order. Annual training fee payments must be made **on or before the 5<sup>th</sup> of each month** a payment falls due.

Swimmers who join throughout the year will be billed on a pro rata basis.

Our treasurer will contact you with further details on fee payments.

Membership termination:

Should any member wish to terminate membership then it is preferred that this is done at the end of a school term. Termination of membership must be made in writing to the membership secretary with a minimum of 4 weeks notice.

Fees will be due to the end of the month following notice of termination.

### Swim Meet fees

Fees are charged for entry to internal & external meets.

For local mini meets these are usually around £8 per swim. Fees for relay entries are met by the Club.

It is important to note that once a swimmer has entered a meet, fees are not refundable unless the meet is oversubscribed and the swim(s) not allocated.

If your swimmer is ill and unable to attend the meet the swims the entry fee will still be charged unless a letter from a suitably qualified professional is provided confirming withdrawal is recommended.

Meet fees are invoiced in arrears once the meet has taken place.

To promote member engagement in competitive Meets the Club may choose to subsidise entry fees.

All fees and charges invoiced by the club are due to be paid within 7 days of the date of invoice unless stated otherwise.



## Communications, Key Contacts and Club Information

The Club administers a private Facebook group where important information on changes to swim sessions, pool closures and swim Meets will be posted

Please do request access to the **Upper Deeside ASC** Facebook page.

We do post Club information on our UDASC website [www.udasc.org](http://www.udasc.org)

We would encourage you to Sign Up (Register) an account on our website as this will give you access to the Members Only pages – All competition results are published in this section of our website.

You are welcome to contact the Head Coach by email or WhatsApp

Club Chair	Katherine Kinloch	upperdeesideamateurswimclub@gmail.com
Vice Chair	Vacant	upperdeesideamateurswimclub@gmail.com
Secretary	Catherine MacFarlane	secretary.udasc@gmail.com
Membership Secretary	Linda Gray	upperdeesideamateurswimclub@gmail.com
Treasurer	Colin Robertson	UDASC.treasurer@gmail.com
Child Welfare & Protection Officer	Laura Duguid	udasc.cwpo@gmail.com
Head Coach	Mark Boyes	UDASC.coach@icloud.com
Swim Shop	Anna Dignan	udasckit@gmail.com

Upper Deeside ASC Website: <https://www.udasc.org/>

**Upper Deeside ASC** Facebook : <https://www.facebook.com/groups/188710201780847>

SASA North District: <http://www.sasanorth.org.uk/>

Scottish Swimming: <http://www.scottishswimming.com/>



## 2025/26 Key dates for your diary

UDASC Event	Location	Time	Date
New Member Try-Outs	Aboyne Pool	17:30 - 18:00	Monday 25-Aug-2025
Committee meeting	Community Centre Library	19:30 - 21:00	Thursday 04-Sep-2025
Committee meeting	Community Centre Library	19:30 - 21:00	Thursday 06-Nov-2025
South Aberdeenshire League Meet - Aboyne Pool	Aboyne Pool	10:00 - 13:00	Saturday 15-Nov-2025
Winter Meet	Aboyne Pool	17:30 - 20:30	Friday 05-Dec-2025
Committee meeting	Community Centre Library	19:30 - 21:00	Thursday 15-Jan-2026
Committee meeting	Community Centre Library	19:30 - 21:00	Thursday 12-Mar-2026
Committee meeting	Community Centre Library	19:30 - 21:00	Thursday 14-May-2026
UDASC Summer Sprints Meet & Celebration Event	Aboyne Pool The Boat	12:00 - 14:30 15:00 - 17:00	Saturday 06-Jun-2026
UDASC AGM	Community Centre Library	19:30 - 21:00	Thursday 25-Jun-2026