



Welcome to

Upper Deeside ASC

Squad : Bronze/Silver

Coach: Jane Dempster
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07494 542945

Training times:

Monday	5:15 – 6:30 pm
Wednesday	7:00 – 8:30 am
Thursday	5:15 – 6:30 pm (Silver only)
Friday	5:15 – 6.45 pm



Welcome to Bronze/Silver Squad

The Upper Deeside ASC (UDASC) **Bronze Squad** builds on the fundamental swimming skills which were a focus of the junior squads. The primary aim is the continued development of swimming technique and to encourage the swimmers to engage in the exciting opportunity of competition. The squad is the first stage in the **Swim Aberdeenshire coaching Pathway** and offers the swimmer an opportunity to compete individually and as a team with other clubs across the county.

Our **Silver Squad** continues to develop the skills of our talented swimmers with a focus on swim fitness and competitive performance. At this level there is an increase in pool time designed to further refine skills, improve speed and endurance, providing the athlete an opportunity to gain experience in a wide range of swim events.

The Silver Squad is the second stage in the **Swim Aberdeenshire coaching Pathway**. 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
Term 1	18.08.25	10.10.25	8
Term 2	27.10.25	19.12.25	8
Term 3	05.01.26	27.03.26	12
Term 4	13.04.26	02.07.26	12

Our expectations of a Bronze/Silver swimmer

As part of the Bronze/Silver squad you will be expected to:

- Train regularly (Bronze: 4 hrs per week, Silver: 5.5hrs per week)
- 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, trunks or jammers
 - Swim cap – UDASC swim cap mandatory for swim meet entry
 - Two pairs of swim goggles which fit correctly
 - Water bottle
 - Training equipment - see attached equipment list
- Listen to your coach/es
- 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
- Take part in UDASC club competitions, South Aberdeenshire (SA) meets and, if deemed appropriate by your Coach, begin to attend Scottish Swimming North District (ND) meets
- Agree to be bound by the UDASC Swimmer Code of Conduct
- Work hard, do your best – and enjoy your swimming!

Our expectations of a Bronze/Silver parent/carer

As a parent/carer of a Bronze/Silver swimmer, you will be expected to:

- Support your child 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 Squad 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
 - Qualify as a Timekeeper or other Technical Official role
- Attend at least two club committee meeting per year and the Club AGM (see Key Dates)
- 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. For the UDASC to host events or engage in county meets the club must support our swimmers with Technical Official volunteers. Your involvement will not only support the club, but directly support the development opportunities your child can have in the sport of competitive swimming. You will learn a lot more about the sport, the skills, discipline & techniques which will enable them to fulfil their swimming potential.

Bronze Curriculum

This is by no means exhaustive but is aimed at providing an outline of training activities in Bronze squad. The fundamental swimming skills learned in the junior squad are further developed with the addition of competitive swimming skills (racing dives, starts and turns).

- Development of streamlining and sculling to improve “catch” and body position
- Continued development of technique in all competitive strokes
- Race dives, starts and turns for all competitive strokes
- Develop individual and team medley swimming
- Introduction to paced swimming
- Training discipline and use of training equipment
- Preparation, mental attitude and discipline when attending competitive meets

Indicators for progression to Silver include (but are not limited to):

- Over 80% attendance record for training
- Ability to complete 200m legal swim in freestyle, backcrawl, breaststroke and Individual Medley.
- Ability to complete 2 x 50m with 15s rest, legal swim in butterfly
- Continued improvement in kick times and technique
- Attendance of a minimum of 4 SA or North District swim meets with recorded swim times
- suitable level of fitness.



Silver Squad

Objectives

1. To further develop both stroke technique and competitive swimming skills.
2. To increase the total volume of swimming whilst maintaining good technique.
3. To introduce the value of setting goals and putting in the effort to achieve them.

Curriculum

- Further develop individual medley swimming.
- Longer distance swims and endurance training.
- Introduce goal setting for training sets towards improving test set results.
- Develop the use of the pace clock for timing single swims and simple sets.
- Development of competitive skills: starts, turns, finishing and including relay takeovers.
- Development of interval training, even paced swims and introduction to negative split swimming.
- Continued practice of sculling and floatation to develop 'feel' and encourage correct movement patterns and body awareness.



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.

Bronze/Silver UDASC membership fee

£600.00 per annum for each swimmer

Bronze Swim coaching, 3 sessions per week for 40 weeks

Silver Swim coaching, 4 sessions 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 5th 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 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

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 this Section.

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