



Affiliated to ASA East Region & Suffolk County ASA

Website - <http://www.sc-torpedoes.co.uk/>

Dear Parents

Squads, Fees and Training Session Information

As a club, we attempt to provide the best sessions to support the water polo development of all our players. The training sessions organised to suit the development needs of all squads and support the efficient running of club.

We organise the club into four main training squads which have both male and female players training and playing together.

The coaching team allocate players into a particular squad considering ages and ability as well as Amateur Swimming Association (ASA) safeguarding recommendations.

- Diddy – recommended ages 7-11 - develops basics of water polo in shallow pool.
- Inters – recommended ages 10-14 - training and playing in deeper water
- Juniors – recommended age 13+ - training and playing with adult players
- Seniors - age 18+ - for new members over 18 joining the club.

When the coaching team think a player is ready to move squads they will be classed 'with transition' and can attend additional sessions to prepare them for moving to the next squad. Parents will be notified via email from club admin when your player is ready.

Players may occasionally be invited to participate in the other sessions for additional training/events at the discretion of coaches and committee.

Competitive Matches

Within the club we aim to provide a programme of competitive matches for as many of our players as possible, via the Eastern Water Polo Junior Leagues and Tournaments playing home and away matches. In addition we may arrange friendlies matches with other local clubs throughout the year.

This will mean that some training session will be cancelled to allow us to host matches, these are published on our website and reminders will be sent out nearer each event

If your players are not involved we do welcome other players and parents to spectate and show your support.

Suffolk Coastal Torpedoes Water Polo Club

Monthly Squad Fees and Payment

As a club we do not set out to make a profit, the main cost is our hire of swimming venues and lifeguards, however as a club we do need to purchase equipment, incur admin costs so we have set the fees for each squad as below to be paid each **calendar** month. (this also includes the summer break)

Squad	Monthly Cost
Diddy (inc Diddy transition)	£23.00
Inters (inc Inters Transition)	£25.00
Juniors	£32.00
Seniors	£23.00
Higher Education Rate	£50.00 (annual fee)

Please make regular monthly payment directly to our bank account using the following details at the start of a calendar month.

Bank: Barclays Bank
Account Name: Suffolk Coastal Torpedoes
Sort Code: 20 98 07
Account Number: 53271757
Reference: Subs/Your Name

Any queries on the payment of subscriptions should be directed to Linda Griggs, email membership@sc-torpedoes.co.uk

If you wish to leave the club can you please give us a month notice via email/text to Treasurer before cancelling your standing orders.

Amateur Swimming Association (ASA) Membership and Fees. (Jan 2017)

As a club we are registered with Amateur Swimming Association (ASA). The ASA administers and governs all amateur aquatic sport in the UK. Our affiliation with the ASA provides the club with our liability insurance, which is why it is our policy that you and your child(ren) have to be registered as members of the ASA either as your primary or secondary ASA recognised club.

Category	Description	Annual fee
1	For players in the Diddy Squad (non-competitive)	£15.50
2	For players in the Intermediate & Junior Squads (competitive) and further Education members	£32.50
3	For parents of members under 16 and committee members.	£7.00

The club has a responsibility to collect the fees for primary registration, we ask you to pay these fees separately on joining and then renewed annually in every January.

Regards
Sue White
Chairperson

Suffolk Coastal Torpedoes Water Polo Club

Training Sessions (from Jan 2017)

Diddy Squad

Thursday 7pm-8pm Martlesham Primary School Pool
(term time only) **Notes:**
basics of water polo in shallow pool

Diddy Squad (with transition)

Tuesday 7:30pm-8:15pm Felixstowe Leisure Centre **Notes:**
with Inter Squad

Thursday 7pm-8pm Martlesham Primary School Pool
(term time only)

Inter Squad

Tuesday 7:30pm-8:15pm Felixstowe Leisure Centre **Notes:**
45 mins for stamina and skills training

Friday 8-9pm Crown Pools, Ipswich, (term time only) **Notes:**
Inter/Junior squads split for stamina and skills exercises, squads regularly combined for match practices

Inter Squad (with transition)

Tuesday 7:30pm-9:00pm Felixstowe Leisure Centre (*) **Notes:**
45mins Inters Only next 45 mins with Junior Squad

Friday 8-9pm Crown Pools, Ipswich, (term time only) **Notes:**
Inter/Junior squads split for stamina and skills exercises, squads regularly combined for match practices

Junior Squad (and Higher Education rate students when visiting)

Monday 9pm-10pm Deben Swimming Pool Woodbridge **Notes:**
with Senior Squad

Tuesday 8:15pm-9:00pm Felixstowe Leisure Centre **Notes:**
With transitioning Inters'

Friday 8-9pm Crown Pools, Ipswich, (term time only) **Notes:**
Inter/Junior squads split for stamina and skills exercises, squads regularly combined for match practices

Optional Land training for Junior Squad Members

Tuesday 7:30pm-8:00pm Felixstowe Leisure Centre **Notes:**
Additional Monthly Charge

Senior Squad

Monday 9pm-10pm Deben Swimming Pool Woodbridge **Notes:**
With Junior Players