



## Portobello Amateur Swimming Club

### General Information

Welcome to Portobello Amateur Swimming Club, Portobello, founded in 1912. We continue to use our home pool at Portobello baths. We are a volunteer led, family orientated professionally run club that maintains strong links with our local community.

We welcome swimmers and water polo players whether they want to achieve success at the highest levels possible or simply want to train and keep fit in an enjoyable way. We are always happy to hear from prospective new members and offer trial sessions to any interested swimmers or water polo players.

### Essential equipment

Each of our members require to have a Portobello ASC t-shirt (water polo and swimming kit designs are slightly different) , please contact to [pascswimshop@gmail.com](mailto:pascswimshop@gmail.com) or [portywaterpolokit@gmail.com](mailto:portywaterpolokit@gmail.com) to organise the purchase of these items. Our swimmers also require a Portobello cap for training and competition. All members require water on poolside during training.

Some of the squads require further equipment. Please see [Kit List](#) for further information.

### Training venues

Our members train at The Commonwealth Pool, Portobello Swim Centre, Prestonpans and Portobello High School.

### Lockers

It's advisable that you lock your clothes and possessions away when using any of the Swim Centres. Members of the public use these facilities at the same time and PASC cannot be held responsible for clothes or possessions being lost or stolen.

Lockers require a refundable £1.00.



## Portobello Amateur Swimming Club

### Swim Competitions

PASC enter a variety of meets, from local galas to graded meets for our more able swimmers and onto National events for our top swimmers. For all meets out with club galas there is an entry fee.

The fee per swim varies from £2.50 - £8.00 and is payable by the swimmer. An annual contest is held with Morpeth and we also hold our own Club Championships and other competitions, culminating in a presentation evening in December/January.

### Water polo Competitions

Our water polo teams compete in the Scottish Water Polo League and Scottish Water Polo Championships at both junior and senior level. Our Senior Mens Team also competes in the British Water Polo League.

Many of our members also participate in Regional and National teams.

There is an annual water polo fee to cover league fees.

### Annual Membership fee:

An Annual Membership fee applies and this fee will also include the Annual Membership to Scottish Swimming, East District Affiliation Fee and a club admin fee. Club membership runs from 1<sup>st</sup> March until the last day of February inclusive.

### SASA (Scottish Swimming) and Club Membership Form

The SASA fee **is included** in your Annual Membership fee and will be paid to SASA by the Club. Please pay your Annual fees into the club bank account and set up your Scottish Swimming membership on line. Please go to <https://scottishswimming.justgo.com/Account.mvc/SignIn> to join. Helpful instructions can be found at [Joining Scottish Swimming](#).



## Portobello Amateur Swimming Club

### Stack Team App

This is where all our up to date information is, it is a great tool to help us with communication. We have News items, Training Schedules, Events, Galas & Games posted there. As well as communication with certain squads about different things from a session being cancelled, to lost water bottles. If you are not on team app you will miss out on communication from the club.

#### **How to join Stack Team App**

Download the Stack Team App app (available from Google Play or App Store) and create an account for yourself (not your child). Once you are registered then search for Portobello ASC and request to join as a member of 'Swimming Parents and Guardians' or 'Water Polo Parents and Guardians'

#### **How to get the best out of Stack Team App for Parents/Guardians**

When you join Stack Team App as a parent/guardian you will be linked to a manually entered profile of your child so that you can view/reply on their behalf. More than one adult member can be linked to each child.

All posts can be targeted to specific groups or to the whole club so you should not be seeing things that are not relevant to your child.

Please make sure that you keep your contact details up to date as coaches will have access to these in case of emergency, it is helpful to have your full name, phone number, address and any health problems your child has.

**In order to not miss any news or events please ensure notifications are enabled.** It is advised to use the smartphone app for best functionality but if you are using the desktop version instead of the smartphone app then you will receive notifications for News or Events as an email.

We have created the following pages:

#### **News**

This is where you will find club notices about everything from changes to training schedules and holiday arrangements to reminders about games or bringing water to training.

Any information that your child's coach or the club wants to pass on will be posted here.

It is usually possible to comment on news items if you have a question.

#### **Events**

Events can be viewed as a list or in calendar form and are galas, water polo games or social events rather than training sessions.

Generally, you will be required to RSVP availability on behalf of your child – please do this as soon as you can, coaches often require numbers in order to confirm the date or the club's entry. Replies are visible to all members and can be useful for parents to coordinate lifts and so will not be removed once entry is confirmed. If you need to change your reply it is important that you contact the organising coach directly as soon as you can.

Events will include details of times, locations and may be updated a number of times before taking place. Notifications and reminders will be sent out where appropriate.



## **Portobello Amateur Swimming Club**

If you have a question about a particular event you can comment on the particular event.

### **Training Schedule**

This is where you will find details of training sessions, if your child is going to be absent from training and you would like to inform the coach you can do this in the comments for the particular training session.

Any cancellations/changes to training will be updated in the training schedules and posted as a news item.

### **Squad lists**

Here you can see which squads your child is a member of.

### **Results WP**

Game results for water polo

### **Chat**

The chat function of Team App can be used to contact coaches and other parents either individually or as a group.

Should it be necessary please report any inappropriate content to the WPO or membership secretary.

### **Gallery**

Photos from events – visible only within the app

### **Documents**

The Club Welcome pack is here as well as other useful information and 'how to's for parents like the Gala plan for the year, how galas work and how to complete a water polo score sheet.

### **External links**

Links to the Scottish Water Polo Leagues results site and HY-TEK results.

If questions or concerns re StackTeam App please contact Liz Henderson at [portyascmembership@gmail.com](mailto:portyascmembership@gmail.com)

Please do not hesitate to contact Liz Henderson if you have any concerns.