

Coaching Staff

Lead Coaches: Val Holmes, Paul Forrest, Lynn Bryce & Walter Scott

Coaches: Caroline Calvert, Steven Clelland, and Laura Raymond.

In addition to the coaches we have a number of Poolside Helpers and Land Trainers.

Training Zones: We cater for all levels of swimmers. Progression is usually Challenger, Developer 1, Developer 2, Age Group Bronze, Silver and then Gold. We are also a member club of the F.I.R.S.T. (Falkirk Integrated Regional Swim Team). Youth and Club Fit groups are for ex-competitive/senior swimmers.

Registration: It is important that you contact the club desk (held every Tuesday at Grangemouth Complex) and complete an enrolment form. You will be asked for your contact details so that we can forward registration information by email 3 weeks after completing the enrolment form.

Swimming Squad Fees: Monthly squad fees are paid into the Club Bank Account. Registration details will be emailed to you 3 weeks after your child has joined the club and are also available from the club desk.

GASC Bank Details: Bank of Scotland
Sort Code: 80 15 95
Account Number: 00383680
Account Name: GASC

Gala entry fees are paid by cash/cheque at the club desk or on-line straight into the GASC bank account. Any transaction must include the swimmers name and details of the payment e.g. J_SMITH_Central_Gala

Bank Details: Bank of Scotland
Sort Code: 80 22 60
Account Number: 16332165
Account Name: GASC Gala Fees

SASA (Scottish Amateur Swimming Association) Registration to SASA is mandatory for all club members (swimmers and non-swimmers). The annual SASA renewal is due on 31st March each year. All new club members must register when joining or transferring to GASC. SASA registrations includes insurances and administration costs for Scottish Swimming.

Membership Categories: Swimmer: a member of any age who participates in any aquatic discipline.

Month	% Allocation	Individual Membership	Family Membership
1st Apr – 31st Aug	100%	£72.00	£117.00
1st Sep – 31st Dec	60%	£43.20	£70.20
1st Jan – 31st Mar	25%	£18.00	£29.30

Club Desk: The club desk is manned (or laded!) on a Tuesday night from 6pm to 7pm at Grangemouth Complex. You can raise queries regarding monthly squad fees or ask any questions.

Club Board & Website: Our club board and club cabinet are in the foyer of the complex. This contains club and gala information, training changes, yearly calendar of events, etc. The cabinet is also full of trophies won by the club. The website address: <http://www.grangemouthasc.org/> and is full of useful information regarding the club and forthcoming events.

Club Kit: Club kit (t-shirts, hoodies, and tops) can be purchased through RJM Grangemouth using the following link: <https://www.grangemouthasc.org/swim-shop/>

Club Caps Club caps are available for purchase via the club, please contact Club Membership Secretary via membership@grangemouthasc.org

Advice on Kit Bags and where to purchase can be found on the website.

Organisation: The club is coached and managed by volunteers. We ask that ALL parents of ALL swimmers help in the running of the club in some way.

If you can help out in any way with supporting fund raising events, putting away lane ropes, applying to be a time keeper or poolside helper, please contact the Club desk or email secretary@grangemouthasc.org.

Primary Contact Details

President - clubpresident@grangemouthasc.org

Membership Secretary – membership@grangemouthasc.org

Treasurer – treasurer@grangemouthasc.org

Secretary: secretary@grangemouthasc.org

Gala Convenors – galasecretary@grangemouthasc.org

Website: <http://www.grangemouthasc.org/>

Facebook Group: <https://www.facebook.com/groups/GrangemouthASC/>

We use emails for formal communications and the facebook group to communicate any late training changes, gala information and good news stories.

We hope you will enjoy your time at Grangemouth Amateur Swimming Club