



BLACK LION SWIMMING CLUB

At Black Lion Swimming Club we have always valued the role of Club Captain and we want to continue this tradition each year with the appointment of both Senior and Junior Club Captains and Vice-Captains at the start of each swimming season (1st September). Captains will remain in post until the end of the season (31st August). In the event that a Captain leaves the club before the end of the year, the position can be filled by another appropriate nominee selected at the discretion of the coaches and committee. Senior Club Captains should be aged 15 or over, Junior Club Captains should be aged 12-13 (your eligibility is based on your age as of 31st August 2020).

We welcome nominations from all swimmers who are interested and eligible to take on the role of Senior or Junior Club Captains. We encourage you to look over the information below to get a better understanding of the role and then submit a completed nomination form as directed within the nomination period as announced by the club (typically this will be within the first few weeks of September).

What does it mean to be a Club Captain?

The Club Captain is a highly valued role within the club. You will be a source of inspiration for swimmers, encouraging and motivating them to be the best they can be. Acting as a representative for swimmers you will be a central point of contact and a vital link for swimmers within the club. A vital part of your role is to represent the views of swimmers and help them be heard and to support and contribute to the development of the club.

Vice Captains will help support the Club Captains in their roles and with their duties and responsibilities. You are as much a positive role model and influence within the club as the captains and will be afforded similar opportunities to be involved in club initiatives and represent the voice of swimmers.

How are Senior and Junior Club Captains different?

Senior Club Captains will hold the traditional position of captains, with responsibilities representative of their age and seniority within the club. They will be important representatives of the swimming club, providing the voice of swimmers at key times, and getting involved in new projects and initiatives that support the club's development. They will also be available to support those in the position of Junior Captains.

Junior Captains also hold an important and valued position within the club; focusing on being a key representative of the junior members of the club, being there to support team mates especially at Junior Galas, and support club events.



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Who we are looking for?

- Someone who is motivated and enthusiastic
- A positive role model who leads by example.
- Someone who is committed and hard-working, giving 100% both in and out of the pool.
- someone who is approachable and friendly
- someone who can be a good listener
- Someone respected among peers and by coaches
- Someone with excellent communication skills both verbal and written.
- Someone who can be a spokesperson for swimmers; and can seek and represent the views of others.
- Someone who can support the coaching team and the committee.
- An active participant within the club.
- Someone with good knowledge about the club and understanding of what it is like to be a swimmer at Black Lion.

It is a privilege to be a Captain and with that comes responsibility so what do we expect from you?

- To be a point of contact for swimmers who may have questions, comments, or feedback.
- To communicate with your fellow team members and provide support and guidance where needed.
- To provide a voice for swimmers at the club and raise any concerns or issues with the coaching team and/or Committee as necessary.
- To uphold the core values of the Club and be respectful of the position you hold.
- To be a positive role model to all Club members.
- Encourage members to be involved in club activities and events.
- Encourage a positive team spirit, and team members supporting each other.
- To support, encourage and inspire younger members of the club.
- To welcome new members and help them settle in.
- To support the coaching team as required during training and at galas.
- To be punctual, ensuring you are on time for key events, meetings and training.

What can you gain from this experience?

- Opportunity to learn leadership skills and team-work.
- Opportunity to be directly involved in new projects and initiatives that support the club's development.
- Opportunity to take on a new challenge.
- A chance to represent and provide a voice for swimmers.
- Opportunity to gain new skills and knowledge, as well as attend appropriate teaching and training.
- Looks good on a CV!



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What support is available to you?

Within the club:

- You will be supported by Martin Jurco, Performance Director and the Coaching team.
- You can access support and guidance from members of the Committee.
- You can access support and guidance from the Welfare Officers.

Swim England

- You can access a variety of resources and guidance through the swim England website and more specifically the 'club hub'.
- You can access the ASA Club Captain online resource.

Safeguarding & Protecting Children

All Senior Captains and Vice captains on reaching 16 years of age are required to have a DBS check and to attend a Safeguarding & Protecting Children workshop, which are valid for 3 years from the date attended. This will be organised by the Welfare Officers and funded by the club.

You should be aware of Wavepower, the Swim England Child Safeguarding Policy and Procedures document, which are all available online.

You are never alone, should you have any concerns or questions we encourage you to speak to a trusted adult within the coaching team, committee, or welfare team, who will be able to offer support and guidance.



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