



Welcome to BOK Artistic Swimming Club

We hope that in this booklet you find some information that you will find useful as your child becomes a synchronised swimmer. Should you require any more info then please ask or email us at boksynchro@outlook.com

As a club, we compete at various levels throughout the year, Interclub, County, Regional and National Level

In and amongst the competitions the swimmers take assessments at various locations in the North, mainly West Yorkshire and Manchester.

The most important thing is that all our swimmers have fun whilst they learn Artistic Swimming.

BOK Synchronised Swimming Club is a Swim England Affiliated Club and an Accredited SwimMark Club.

The club takes the safeguarding of young swimmers extremely seriously and as such adopts the Amateur Swimming Association (ASA) 'Wavepower' child safeguarding policy.



TRAINING TIMES

Monday: Almondbury High School,
5.00-7.00pm (pool only)

Sunday: Holmfirth Pool and Fitness Centre,
3.45- 5.15pm (pool)
Land Training (Not every week): time tbc

Swimmer should arrive approximately 10 mins before the training session where possible so they are changed and ready to get in the water promptly.
Please check there is an appropriate adult on site before you leave.

TRAINING KIT

Swimwear and hat (of any colour) goggles and nose clip, these can be purchased from BOK for £2.00.

COMPETITION KIT

We have some compulsory club kit which will need to be bought:-

Club shirts: start at £21.95

Club warm up costume £12.40

BOK Swim Cap £6.50 with name £8.50

Black shorts you can buy from us prices start at £4.50, or you may use any plain black shorts that you have.

There are some items which are non-compulsory that are available buy:

Kit bags £33, these come with BOK logo and swimmer's initials.

BOK Swimming towels £23 these have first name embroidered on. BOK

Hoodies start from £16.

For competitions swimmers, will also need a plain black costume and plain white hat, these are for Figures.

Should your swimmer be selected to swim a solo and or a duet you will be responsible for organising their swimwear and headdress, solos will not be until your swimmer reaches Grade 3.

Should your swimmer be selected to swim in a team, the club will provide the costume; there will be a small hire fee to cover the costs.

GRADE ASSESSMENTS

Swimmers will need a Plain Black costume and plain white hat to take a Grade Assessment. Swimmers usually just do one per year, if they fail the assessment, then this may be taken at another time within the same year.

COSTS

We try to keep our costs to a minimum, the majority of our outgoings are on pool hire. All our Coaching Staff are volunteers and therefore unpaid.

We charge a monthly training fee of £40.00 payable by Standing Order on the 15th of every month

Grade Assessments costs £17.50 per entry

All music used in competitions has to be registered with the appropriate body, this cost is £6 per routine.

Competitions are usually £10 per figure entry and £15 per duet.

The club pays for all team entries.

All costs, as always, are subject to review at any time.

All swimmers must be a member of Swim England and the main BOK Swimming Club, for 2021 a Category 1 membership is £30.30 in total.

This will probably be what the majority of new swimmers will be, it will only change should your daughter belong to another swimming club - you will then need to check what category they require your daughter to be. This fee is due annually, payable at the end of January, if you join mid-year, this fee is still payable then and again at the beginning of the following year.

This is a Swim England requirement, so all swimmers are covered by insurance.

As part of your swimmer's membership, we ask that one parent also becomes a member of Swim England and BOK and commits to 2 roles to help us to enter competitions and grade days. The club will pay this cost of £10.70 on the proviso you commit to help us out where necessary.

Bank details are as follows: -

Account Name: Kirklees Synchronettes

Lloyds Bank PLC: Sort Code 30-93-76

Account no 44908068

Contact Details: Club Committee

Name	Role	Email Address
Elaine Tucker	Chair Person	boksynchro-chairperson@outlook.com
Leigh Fleming	Secretary	boksynchrosecretary@outlook.com
Jon Agnew	Treasurer	boksynchro-treasurer@outlook.com
Emmaline Bulmer	Grades	boksynchro-skills@outlook.com
Kathryn Ackroyd	Competitions	boksynchro-competitions@hotmail.co.uk
Gareth Tucker	Music	boksynchromusicregistration@hotmail.co.uk
Maddie Agnew	Kit	boksynchro-kit@hotmail.co.uk
Sarah Whitehouse	Welfare	boksynchro-welfare@outlook.com
Rachel Renton	SwimMark	boksynchro-swim21@outlook.com
Kiersti Dickinson	Membership	boksynchro-membership@hotmail.co.uk
Jade Wyke	Head Coach	boksynchrocoaches@hotmail.com

You can follow the club on social media:



Website: www.bokswimmingclub.co.uk

Facebook: BoK-Artistic Swimmers

Twitter: @BOKArtistic