



Dereham Otters

Dereham & District Amateur Swimming Club

Welcome to Dereham Otters



SwimMark
ESSENTIAL CLUB

 **Swim England**
Affiliated County

Introduction

We would like to extend a warm welcome to you/your child on joining us at Dereham Otters.

This resource has been produced with our swimmers and parents in mind to support you as swimmers/parents during your journey in the world of aquatics. It has been developed using the most frequently asked questions we have received from parents, coupled with general information about the club.

About Us

We are a not-for-profit, volunteer-based organisation dedicated to the improvement and progress of competitive swimming opportunities for all ages and to all social backgrounds. We aim to encourage and develop good sportsmanship, individual integrity, team spirit and provide an environment in which swimmers can meet their full potential at all levels.

We are Swim Mark accredited which is Swim England's quality standard for clubs, recognising high quality standards of governance, sustainability, and effectiveness.

Dereham Otters offers swimming coaching and competition for ages 7+ with the aim of inspiring individuals to reach their ambition and beyond. We achieve this by providing a secure and supportive swimming environment where everyone is valued and encouraged to work together to achieve their goals.

The Club's goals are to:

- encourage swimmers to be safe and confident in the water
- encourage swimmers to enjoy their swimming, improve their skills and realise their potential
- encourage swimmers to compete successfully, be able to lose graciously and, in doing so, develop a sense of responsibility and team spirit
- but most of all

To enable swimmers to enjoy membership of a social swimming club with the opportunity to swim competitively and reach their potential

Team Vision

To work hard together and to strive to provide every swimmer the best possible opportunity to achieve their best.

Hard Work

A winning culture is one where everyone in the team – coaches, swimmers, families, staff – everyone – is committed to creating a performance focused environment which provides the opportunity for the team and every individual on the team to work hard to reach their goals

Passion

A winning culture is one where everyone in the team – coaches, swimmers, families, staff – everyone – is committed to creating a performance focused environment which provides the opportunity for the team and every individual on the team to work hard to reach their goals

Team Spirit

A winning culture grows from within. It cannot be imposed from the outside. The culture of our team is something which comes from our team members: we own it: it is part of us.

Unity

Team unity, also known as culture, is the glue that sticks together the members of the team so that they work together and not against each other.

Respect

Respect is a positive feeling or action shown towards someone or something considered important or help in high esteem or regard. Respect conveys a sense of admiration for good or valuable qualities, and it is also the process of honouring someone by consideration for their actions.

Excellence

To achieve a winning culture, every swimmer, parent, guardian, coach, or volunteer is expected to this excellence in each and every task they undertake. To have excellence is to have a clear goal of what you want to achieve and have a personal investment in reaching that goal.

Codes of Conducts

Our club requires everyone to agree to abide by a Code of Conduct to ensure commitment to maintaining a healthy, happy, and safe environment for us all. Each year the club will ask all members to complete a membership renewal to ensure our records are up to date. This digital form will include a tick box to confirm you have read (and agree to abide by) the relevant **Code of Conduct**, which can be found on our website. Our **Code of Conduct** applied to our athletes, our parents, our coaches/teachers and our volunteers.

Training locations

Our club is privileged to train at Dereham Leisure Centre which has a wide range of facilities to help you with your swimming journey including a 25m, 6-lane swimming pool, with full electronic timing, diving blocks and a spacious viewing gallery.

We also train at the UEA Sportspark in Norwich, where our senior squads train regularly in the 50metre pool.



Swimming Kit List

Below is an overview of the types of equipment that may be used in training sessions. Check your squad kit list for more info via the club website.

Basic Kit List

- **Goggles**
- **Fins**
- **Water bottle**
- **Pull Buoy**
- **Kick Board**
- **Equipment Bag**
- **Swim Bag**
- **Swimming cap:** Club branded swimming caps must be worn for training. Our coaches have a supply for you to purchase and cost £10 each. It's also a good idea to keep a spare in your kit bag.
- **Swimwear:** This may be a swimming costume, trunks, jammers or a race suit.
- **Towels:** If you are attending a competition, you will need at least two towels.

Advanced Additional Kit List (for swimmers in Elite and Platinum Squads)

- **Snorkel**
- **Hand Paddles**

Visit our website www.derehamotters.org.uk and click on Swimmers > Training Equipment where you will find a range of kit available to purchase through our partner Swimpath

Otters Branded Team Kit

For team kit including T-shirts, Hoodies and Shorts visit www.4sportskitshop.co.uk

Orders take approximately 3 weeks to process due to club personalisation, so please allow time for your order to arrive.

Children's sizing is listed as XS, 2XS etc, so we have provided a guide as to how this relates to ages, but please note, this is only an approximation and we do not guarantee them to fit every child in that age bracket. We cannot be held responsible for inaccurate sizing.

Size on Website	Approx. Age
XS	14 years
2XS	12 years
4/3XS	8-10 years
5/6XS	4-6 years

There is also a size guide on their website.

The screenshot shows the website interface for 4SportKitShop.co.uk. At the top, there is a navigation bar with links for 'TEAMWEAR', 'WORKWEAR', 'SCHOOLS', 'TROPHIES', 'COACHES' CORNER', and 'PLAYERS' CORNER'. A search bar is located in the top right corner. The main content area displays the Otters club logo and a list of products. The products are sorted by title and are displayed in a grid format. Each product listing includes a title, price, and an 'Add to Cart' button. The products shown are:

- 1. Full Zip Hoodie (Price ex VAT £32.50 (39.00 inc VAT))
- 1. Full Zip Hoodie (youth) (Price ex VAT £32.00)
- 1. Hoodie (Price ex VAT £30.83 (37.00 inc VAT))
- 1. Hoodie (youth) (Price ex VAT £30.00)

The website also features a sidebar with 'KIT SHOPS' and 'CUSTOMER INFORMATION' sections. The 'KIT SHOPS' section includes links for 'FIND YOUR KIT SHOP', 'FOOTBALL', 'CRICKET', 'RUGBY', 'NETBALL', 'HOCKEY', and 'BASKETBALL'. The 'CUSTOMER INFORMATION' section includes links for 'HELP', 'RETURNS', 'SHIPPING', and 'ABOUT US'. The website is powered by SSL Velusion.

Club Structure

Our club has four main squads.



Our Coaching Team



Head Coach
Liam Harvey



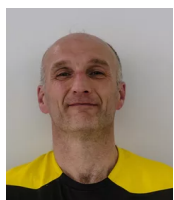
Sarah Rogerson
Squad Coach



Miles Ogden
Squad Coach



Tereza Bushby
Squad Coach



Mark Bunning
Assistant Coach



Siobhan Hollier
Squad Coach



James Tattersall
Squad Coach



Allan Bulman
Assistant Coach



Zoe Flint
Squad Coach



Tom Ellis
Assistant Coach

Swim Club Manager

Swim Club Manager is our in-house online platform to record your swimmers progress and achievements, keep up to date with club communication and events and enter galas.

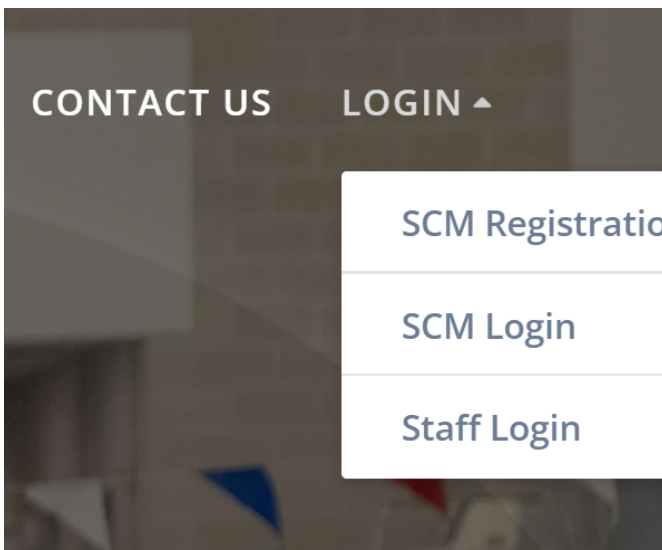
Swim Club Manager includes:

- Communications
- Club & session calendars
- Events & Meets
- Finances, including invoices, credit notes and payments
- Your swimming including progress reports, swim times and awards
- Your role within the club e.g., qualifications, skills, DBS status and club roles.
- Your details - view/update your contact information, medical and consents

To register as a parent, please click [here](#) and select the relevant options.

There is a new menu on our website under the login tab called SCM Login - once you receive your username and password head [here](#) to login.

Should you have any questions or queries please contact our head coach:
headcoach@derehamotters.org.uk



An introduction to competitive Swimming

As an amateur swimming club, we actively encourage competitive swimming, although this is not a condition of swimming with the club. If you are new to competitive swimming it can be overwhelming and daunting for both parent and swimmer, from knowing what races to enter your swimmer into, to them taking to the blocks for the first time, but rest assured our team of coaches, volunteers and our parent liaison officer are all there to help.

We run at least two in-house club galas each year at Easter and the end October, these are fantastic starter events to introduce you and your swimmer to competitive events. In addition to in house galas the club will also provide the opportunity for you to attend galas competing against other local clubs.

You will be notified of the galas via email and will be required to enter these online via our online Swimming Administration System which you will be provided details of (if you have not received already).

When entering galas for the first-time focus on entering strokes and distances your swimmer is confident with then gradually build these up to cover all strokes and distances to start to understand what your swimmer enjoys and what events they are competing best in.

We understand there is a lot to take in when starting to compete so please don't hesitate to speak to your coaches or get in touch with our parent liaison officer Zoe who is often poolside or contactable via message on the Facebook page or by emailing parentliaison@derehamotters.org.uk

Competition types

Competitions are broken into different types.

Club Championships – This is when athletes within the club compete against each other. Sometimes these are licenced, sometimes not.

Inter Club – Sometimes we compete against a few clubs in the area to gain experience. These are often licenced.

Leagues – These are competitions that occur as part of a series of events. They range from local clubs taking part, or national leagues whereby clubs compete at different venues all over the country at the same time. Some leagues are licenced, but many are not.

Open Meets – These are competitions that are open for anyone (providing they meet the age restrictions and cut off times/ qualification times). They will have a set of conditions which explains how the athletes are picked. It may be a first come first served entry process, or they may take the fastest swimmers that enter.

County Championships – Each county will host Championships between January and March each year. These will have certain times you have to have reached at a previous licenced event within a qualifying window (timeframe) to compete.

Regional Championships – The Region will host a long course championships (April/May) and a short course championships (November) each year, with qualification times that swimmers will have to have reached within a timeframe (qualifying window) at licenced events.

British Championships – British Swimming will select the top 24 fastest athletes in the country in each event by age group to compete at this event.

Home Nations – Swim England will select the top 24 athletes (avoiding swimmers that have been selected to compete at the British Championships) in each event by age group to compete at the Swim England National Summer Meet each year.

You can find a calendar of events on the [Swim England website](#).

Licenced Meets

When a competition is licenced, it means the times swum will appear on Rankings and can be used for entry into other competitions. There are four levels of licencing.

Level 4 – For the development of inexperienced athletes and those seeking to compete outside of their own club environment. Times recorded are suitable for entry into County Championships where acceptable to the County concerned and to Meets at Level 3.

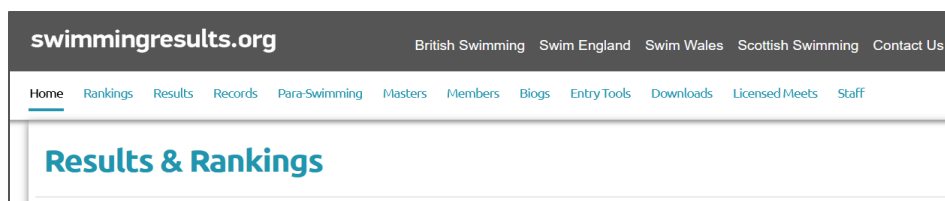
Level 3 – To enable athletes to achieve times suitable for entry into Regional and County Championships and other Meets at Level 1 or Level 2.

Level 2 – Short Course only (25m length). To enable athletes to achieve qualifying times suitable for entry into National, Regional and County Championships.

Level 1 – Long Course only (50m length). To enable athletes to achieve qualifying times suitable for entry into National, Regional and County Championships.

Rankings

Whenever a member takes part in a licenced swimming competition, the times are logged on the [Swim England Website](#).



Our in-house club meets are unlicensed meets and therefore these times simply remain with the club.

Progression and personal bests – On the **Rankings** website you can see progression, and personal best times. Have a look under the tab Rankings, then look at Individual Best Times. If you click on an event that is in blue text, you can see an individual’s progression on that event as well as historical data.

Event Rankings – If you click on the tab Rankings and then Event Rankings (12 months) this allows you to filter by event/ gender/ age, and then per club, county, or region. You can see here how a swimmer progresses within these categories.

FINA points – Notice on the website there are FINA points listed against each event when you are looking at individual times. FINA Points allows comparisons of results among different events. The FINA Point Scoring system assigns point values to swimming performances, more points for world class performances typically 1000 or more and fewer points for slower performances. They are another indicator of progression.

Disqualifications/Infractions

The governing body of swimming is FINA (Fédération Internationale de Natation).

All swimmers are coached to meet the FINA rules for each stroke’s start, swim, and finish. The FINA rules for swimming are found at **FINA swimming rules**. Each swimming discipline has its own set of FINA rules, open water, masters, diving, water polo and artistic swimming.

When at a swimming competition the officials on poolside are watching each swimmer to ensure they start, swim, and finish the race in accordance with the latest FINA rules.

If a swimmer is performing an illegal start, stroke, or finish the official who has seen the infraction or error will report it to the race referee. If the referee accepts the report, a disqualification report will be completed **Disqualification form**

The disqualification report includes a description of the infraction and the FINA rule number that has been broken.

Coaches are encouraged to speak to the race referee to clarify the details of the infraction which they will then use in training to correct the swimmer’s technique.

The posted results either at the meet or online (each meet will give details of where to find the results online) will show the FINA rule number broken for each swimmer that was disqualified in a particular race.

A breakdown of the codes can be found on this website, Disqualification Reporting Form.

<https://www.britishswimming.org/browse-sport/swimming/officials/general-resources/>

If an infraction had occurred, the swimmer cannot use this time to enter another swimming meet and the time will not be posted on rankings.

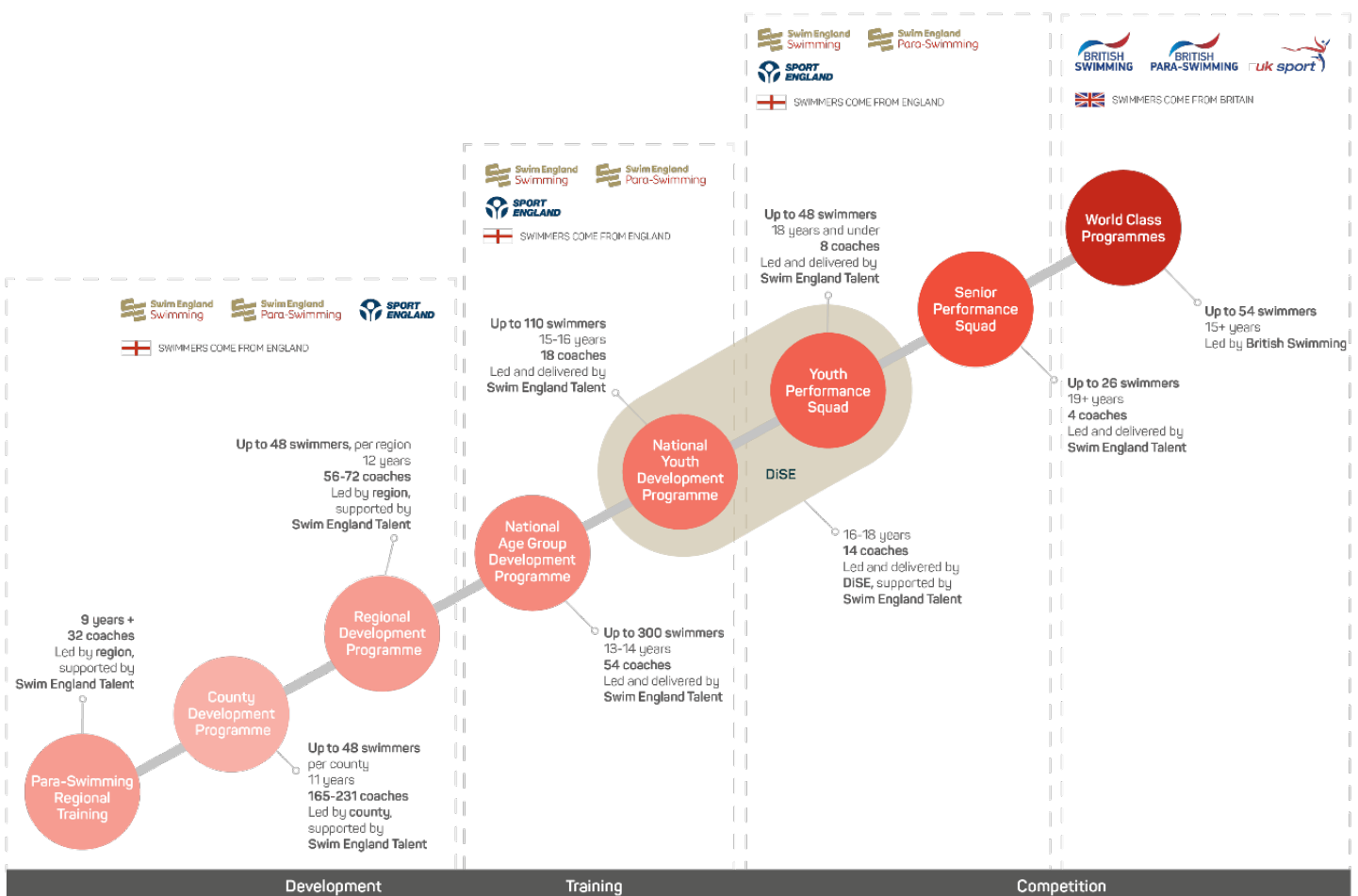
Talent Programme Pathway

For the discipline of swimming, there is a clear pathway for athletes to progress through, from joining a club, right up to selection to represent your country at the Olympic and Paralympic Games. This pathway encompasses development camps at County, Regional, and National level which athletes are invited to attend via predetermined selection criteria.

<https://www.swimming.org/sport/swim-england-talent-swimming/>

Diploma in Sporting Excellence (DiSE) is a unique and industry-leading programme delivered by Swim England in conjunction with Loughborough College. This government-funded programme is fully integrated into all Swim England talent pathways and offers the perfect environment for athletes to harmoniously combine their sport and education.

The following figure shows the Talent pathway:



Glossary of Swimming terms

Term	Description
Freestyle	Any stroke can be swam (apart from breaststroke backstroke or butterfly when doing a medley race).
PB	Personal best time.
On the top/ On the red (or another colour)	Terminology used about the clock, when telling swimmers when to start swimming.
Set	A specific list of tasks to complete during training.
Drill	A particular skill practice, such as using arms only.
At the wall	At the end of the pool.
Splits	Each individual time of 25 metres (or 50m depending on the length of the pool) swum within a longer race.
Pull	Using arms only.
Kick	Using legs only.
Block	The diving platform at the end of the pool used at the start of a race.
Spearheading	Each heat is arranged so the fastest swimmers in that heat swim in the centre lanes and slower swimmers on the outer lanes (like an arrow)
Cyclical Seeding	A method of seeding swimmers when they are participating in a prelims/finals event. The fastest 18 to 24 swimmers are seeded in the last three heats, with the fastest swimmers being in the inside lanes.
HDW	Heat Declared Winner. If a gala states HDW this mean there are no finals, the winner is the swimmer with the fastest time regardless of whether the swimmer swam in the first or last heat.
Rankings	The website where you can find all the times your swimmer has achieved in licenced meets
DQ	Disqualified for an infraction
Time trials	A swim under competition rules to gain a time in each stroke and distance.
Short Course	Events held in a 25m pool.
Long Course	Events held in a 50m pool.

Hydration and Nutrition

It's important your swimmer stays hydrated and eating healthy before, during and after swimming so here is some information to help support them.

Hydration

Water is the most abundant compound in the human body (60-70% of the body is water). We lose a lot of water through sweat, especially when training hard and/or in the heat. If we don't consume enough water, we become dehydrated which results in impaired performance and cognitive function, tiredness, reduces strength and aerobic capacity.



During exercise, heat is produced by our working muscles and this heat needs to be dispersed to ensure our core temperature does not exceed a safe level. This heat is lost via sweat evaporating from our skin.

It is important to stay hydrated before, during and after exercise. Your athlete will not realise that they are sweating and dehydrating because they are in a pool! In most cases, unless training at a high intensity for over an hour, water is the best choice.

Before training – always try to start the session well-hydrated. Aim to consume 500ml 30-60 min before the session.

During training – drink to thirst during the session. Consuming too much can be uncomfortable, so let thirst be your guide unless it's particularly hot or intense.

After training – aim to rehydrate efficiently. Again, let thirst be your guide.

Nutrition

Athletes' bodies face a high level of stress, proper nutrition is incredibly important. The most effective way to achieve good nutrition is also the most basic: focus on the five main food groups – fruits, vegetables, protein, grains and dairy. Each contributes vital nutrients to your diet.

Just be mindful of any food allergies.

Carbohydrates	Protein	Healthy Fat
<ul style="list-style-type: none"> • Fruit • Oatmeal • Starchy vegetables (sweet/white potatoes, squash) • Non-starchy vegetables (broccoli, leafy greens) • Whole grain bread or crackers • High-fibre, non-sugary cereals • Quinoa • Brown or wild rice 	<ul style="list-style-type: none"> • Whole eggs (white and yolk) • Greek yogurt • Milk • String cheese • Lean red meats • Poultry 	<ul style="list-style-type: none"> • Avocado • Peanut butter • Nuts and seeds • Olive or canola oil • Hummus • Flax seed (add to baking or cooking)

Nutrition for athletes during competition

To ensure your body is race ready consider the types of food you are consuming focus on the five food groups and avoid fast food and high sugar foods.

Here are a few ideas for pre and post competing snacks and meals and please avoid bringing food containing nuts to galas due to nut allergies.

- Sandwiches (bananas/jam/honey)
- Rolls/pitta bread
- Muesli bars and dried fruit bars
- Popcorn
- Fresh/dried/canned fruit
- Rusks or dried cereals
- Current buns/tea cakes/Malt loaf/Raisin bread
- Sesame snacks
- Plain type biscuits, e.g., rich tea/digestive/garibaldi/fig rolls
- Scones/muffins/brioche/crumpets
- Carton low fat rice pudding
- Low fat fruit yogurts
- Rice cakes/crackers
- Slice pizza (thick base)
- Bread pudding/cheese buns/scotch pancakes
- High protein bars



Avoid sweets such as Haribo, fruit gums, pastilles, etc. All of these are slow to digest and only give a short spike of energy. Avoid fizzy or iced drinks.

Club Policies

Our club has several policies we ask everyone to familiarise themselves with. Copies of each document can be found on our website. Our policies include our Data and Privacy Policy, our Equality Policy, the Swim England Code of Ethics, and Wavepower. Wavepower is the Swim England Child Safeguarding Policies and Procedures everyone must follow. Within it you will find policies on matters such as photography, social media usage, and reporting of suspected misconduct.

The role of the Committee

The club is run by a committee of volunteers who all have 'day jobs'. They are part of the committee as they want to contribute to the club, giving up their time to help the club run. Some people on the committee will have specific roles: a few of these require basic training to help undertake the role.

Being on the club committee is very rewarding, they are the heartbeat of the club, and the individuals that keep our club operational and delivering the opportunity to swim. Members are usually voted onto the Committee at the Annual General Meeting which is held in November.

The role of the committee is primarily to make sure the club is following good governance in its management, spending within its parameters, monitoring of membership numbers, hosting events during the year, fundraising and the employment of coaches, amongst many other things.

Committee roles

Below are the main roles within our club. Please visit the club website to see photos of the individuals currently in these posts.

Chairman – The club chairperson is the principal officer for the club and is elected by the club members.

Vice Chairman – The Vice Chairperson works closely with club chair supporting them to undertake the leadership and governance responsibilities of the club. Generally speaking, the Vice Chairperson will look to step into the role of Club Chairperson when the chairperson is unavailable.

Secretary – The Club Secretary is key to the smooth running of the club. They provide a main point of contact for administration, information and communication.

Treasurer – The Treasurer of the club is responsible for producing and managing the club's accounts and finances and will oversee all income and expenditure for the club.

Membership Secretary – The Club Membership Secretary is the key link between the Club and the Swim England membership team. They look after the day-to-day registration of all club members with Swim England.

Welfare Officer – This role is essential in providing a first point of contact for children, parents and adults within the club who have a child safeguarding or welfare concern.

Fixtures Secretary – The Club Fixtures/Competitions Secretary is responsible for the development and management of the clubs competitions calendar.

Fundraising Officer/s – The Fundraising Officer/s provide a central point of contact for fundraising queries and takes the lead on developing opportunities for accessing grants and funding.

Parent Liaison Officer – The Parent Liaison Officer is the key link between the club and the parents. They promote clear and effective club communication channels and ensure parents feel supported and have someone to go to should they have any questions or concerns.

SwimMark Accreditation Coordinator – The Accreditation Coordinator is the key point of contact for either SwimMark or Club Accreditation, Swim England’s standards kite-mark for the development of effective, ethical and sustainable clubs.

Team Manager – The Team Manager/s ensure team cohesion at aquatic events and competitions. This may include the organisation of the logistics where the competition is at a different venue.

Poolside Helper – A poolside helper supports the delivery of club sessions under the supervision of a qualified teacher or coach.

Marketing and Press Officer – The Marketing and Press Officer leads and promotes club activities, ideally to increase membership, increase income and/or raise the profile of the club within the community.

Full role descriptions can be found on the **Swim England website**.

We are always looking for new members to come forward and join our committee, after all, many hands make light work. If you are interested in a role or simply volunteering at a gala please get in touch with our chairman chair@derehamotters.org.uk

AGM and Constitution

Every club has a constitution which outlines the way the club must run. A copy of our constitution can be found on our website. Our constitution explains how the club is to be managed and details the procedures for our Annual General Meeting (AGM), and any Special General Meetings (SGM).

An AGM is held once per year when all members (age restrictions may apply) can vote on elements of club governance. It is also the time when committee members are elected or re-elected (apart from the Welfare Officer, as this is not an electable role).

An SGM is a meeting called by the members (as per the procedure found in the constitution) to vote on a matter that cannot wait until the AGM. Only members of the club can vote at an AGM or SGM. Our club AGM usually takes place in November.

Our constitution must be reviewed annually just prior to the AGM and every 4 years, the current constitution must be submitted to the region for review and approval after which it will be presented to our club membership for acceptance. An Affiliation certificate is then issued by the region.

Affiliation Fees

Swim England members are covered by a Public Liability and Professional Indemnity insurance policy arranged with Hiscox Insurance Company Ltd. This protects affiliated members, teachers and coaches, officials, and clubs if they are held to be negligent for causing injury to someone else or damage to someone's property whilst undertaking swimming, diving and other aquatic activities recognised by Swim England. Swim England members also benefit from a basic Personal Accident insurance - This 'no fault' benefit provides cover to Swim England members for specified injuries whilst taking part in swimming, diving and aquatic activities recognised by Swim England.

Anyone who steps onto the pool deck to train, teach, coach or volunteer must have Swim England membership in place.

There are three main categories of annual club membership. These are Club Train, Club Compete and Club Support. There is an overview of each below.

Club Train membership - £30.00

This is for individuals who are part of a club and are learning to swim or are swimming at any level within the club network. It is not for people who compete in open competition in any sport, unless the event has an exemption under Swim England Law or is designated as Low Level Competition.

Club Compete membership - £50.00

Club Compete is our biggest category as it is for people who want to compete and be part of a structured competitive pathway. It is for your club members who want to compete in competitions not exempted under Swim England law, or designated as Low Level Competition.

Club Support membership – Paid by Dereham Otters

Club Support is for anyone involved in a club who isn't covered by Club Train or Club Compete, such as volunteers, coaches and teachers.

A proportion of your fee goes to the county, part to the region and the remainder to Swim England. Please visit our website for the current fees for each type of membership.



Welfare Issues and procedure

We try hard to make our club a happy and enjoyable environment, but we appreciate that sometimes there are instances where a member wishes to inform us of something they believe isn't quite right. Our club has two strands of support for this to happen.

Safeguarding - If you believe a child or young person is in immediate danger, please dial 999. Otherwise, if you wish to report an incident or something you believe has taken place, or is ongoing, please contact our Welfare Officer at welfare@derehamotters.org.uk

Incident - If you wish to report an incident, or wish to discuss something that falls outside of safeguarding, please contact the club chairman at chair@derehamotters.org.uk

Coaching query – If you have a query regarding coaching or squad moves please contact our head coach at headcoach@derehamotters.org.uk

Our club follows the procedures outlined in the **East Region Internal Disputes document**.

Getting Involved

The club exists due to the help and support people like yourself provide. Please try to offer a little bit of help every now and again, as it makes it so much easier to run events and provide opportunities for the swimmers if more people help.

Rather than sitting in the spectator area at competitions, why not get involved with the activity poolside?

You could volunteer to help as a Timekeeper, or an Official. These both involve very basic training that we will fund for you. It also means you will have a good view of the action too!

There is also an opportunity to train as a coach to work as part of our small team of coaches on poolside. It really is very rewarding working with the young club members.

If you are interested in helping with any of the above roles, or if you would consider a role on the committee, please speak with a member of the committee or contact the club chair chair@derehamotters.org.uk

Club Fundraising

We are a not-for-profit organisation and although Swimmers incur a monthly membership fee, this does not cover the overall costs of running the club and therefore, we are reliant on fundraising and external sponsorship and funding to maintain the running costs of the club.

Our fundraising team is very proactive throughout the year in seeking opportunities and grants, but we are always looking for further support and help.

Our annual Icenis Gala in September/October is our main fundraising event. Last year we hosted over 296 swimmers competing across 26 events in 254 heats totalling 1463 swims! The gala is critical to the clubs fundraising and a great event to be a part of.

Why not get involved....jobs that you could help with include overseeing the raffle, taking the money on the door, taking drinks round to officials, helping to gain sponsorship ahead of the event or handing our medals on the medal table!

In addition to the Icenis gala, we host a number of fundraising events throughout the year from Car Washes to Clay Pigeon Shoot Clay Pick ups, Bag packing in Morrisons and the Book Table at Tesco.

EasyFundraising

You can also support us by creating an EasyFundraising Account. Simply log on and register your Dereham Otters as your Charity and for every pound you spend on selected partner websites a small donation gets made back to Dereham Otters. It's so easy and once it's set up you don't have to do anything!

Visit www.easyfundraising.org.uk

The Breckland Lottery

You can also sign up to the Our Breckland Lottery which gives funding back to the club
www.ourbrecklandlottery.co.uk

Just £1 a week and the chance to win £25,000

£1 per ticket



That's right, unlike many other lotteries, our lottery tickets are only £1 per week.

60% to causes



50% to your chosen cause and 10% to other causes in Breckland.

£25,000 grand prize



Match all 6 numbers and you win the JACKPOT!

Dereham Otters Swim Club

our breckland lottery

Can You Help Your Community Grow?

Make a real difference to where we live
Buy A Lottery Ticket & Support Us From £1 A Week

- By giving a little you will help out a lot!
- £1 a week means our cause keeps going
- Buy a chance at a prize and know you're making a difference
- Win by helping us to drive change in our community

Support & Buy Tickets Here

Supporters must be 16 years of age or older *See website for Terms and conditions.

Keeping in touch

We will update you by email on key club information, but we recommend you also follow us on Facebook to keep up to date with events and information.

We also have a Dereham Otters Members Private Group that can be used to share information with others within the club.

Dates for your Diary

Keep up to date with all events and upcoming galas by logging onto our website www.derehamotters.org.uk Under events > Full fixture list, you will find a list galas, social and fundraising events coming up. You can even subscribe to the calendar so you will always be kept up to date!

Key contacts

We hope you have found this useful and informative. If you have any questions or need any support, please do not hesitate to get in touch with one of our key team members:



Head Coach
Liam Harvey

headcoach@derehamotters.org.uk



Chair
Nick Holmes

chair@derehamotters.org.uk



Welfare Officer
Michelle Dunsire

welfare@derehamotters.org.uk



Parent Liaison Officer
Zoe Flint

parentliaison@derehamotters.org.uk