

KILLARNEY
SWIMMING CLUB



Killarney Swimming Club Club Handbook

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Introduction to the Club

Club Description

Killarney Swimming Club (KSC) was established in 2012 as a competitive swimming club offering instruction, training and competition for young people of all ages and varied abilities in a team environment. We are based at the Killarney Sports and Leisure Centre, By-Pass Road, Killarney County Kerry. Applicants and members do not have to be a member of the Leisure Centre to be a member of the club.

Our swim season runs from the start of September to the end of May (for non-divisional swimmers) or the date of National Division 1 or 2 competitions (for qualified swimmers) annually. Currently, we have over 70 members, divided into four swimming squads ranging in ability from post Swim Ireland Level 8 to National Division 1 standard.

Our club is affiliated to Swim Ireland and is subject to the laws, rules and constitutions of:

- Swim Ireland, the governing body for the whole of the island of Ireland.
- Ligue Européenne de Natation (LEN), the European governing body for the aquatics.
- Fédération Internationale de Natation (FINA), the world governing body for the aquatics.

Objectives of the Club

- To foster and develop swimming and its participants.
- To promote the coaching and practice of swimming in line with current best practice.
- To promote the development of physical, moral and social qualities associated with sport, within the participants.
- To accept and enforce the rules and regulations set down by Swim Ireland regarding swimming in accordance with the affiliation status afforded to the club.
- To provide a positive and safe environment for all its members and staff.
- To ensure that sport for young people in the club is fun and conducted in an encouraging atmosphere in line with Swim Ireland guidelines and best practice.
- To provide equal opportunities whenever possible for successful participation, irrespective of ability or disability, so individuals can be involved in swimming activities in an integrated and inclusive way.

KSC offers a competitive program designed to give members the opportunity to progress from novice level swimming through to National level. Our swimmers work together, in a team environment, with an emphasis on technical improvement, coordination improvement, core development, as well as endurance training. We also emphasise the importance of each swimmer achieving his or her personal goals and promote the health and well-being of all our swimmers.

KSC is fully committed to safeguarding the well-being of its members. Every individual in KSC should, at all times, show respect and understanding for their rights, safety and welfare and those of others, and conduct themselves in a way that reflects the principles of KSC and the guidelines contained in

the **Swim Ireland Safeguarding Children Policies and Procedures 2010**, or most up to date equivalent.

Club Membership

Joining the Club

The minimum recommended entry standard for becoming a member of KSC is Swim Ireland Level 8. Trials for joining the club are held at the start and middle of the season and places will be offered to successful applicants based on availability. If you are interested in becoming a member please contact our Club Secretary at Killarneyswimmingclub@gmail.com.

KSC endeavours to facilitate all athletes who wish to become members of the club. If you or your child(ren) have any special requirements, or require information on accessibility to the facilities we use, please contact our Club Secretary at killarneyswimmingclub@gmail.com.

Becoming a Member

Membership of KSC is offered at the discretion of the Club Management Committee. The membership year is from early September to the end of May (for non-divisional swimmers) or the date of National Division I or II competitions (for qualified swimmers) annually. KSC is an affiliated member of Swim Ireland, so our registration process incorporates registration for annual Swim Ireland membership, including the payment of the corresponding Swim Ireland membership fee.

The following must be completed and signed on an annual basis when applying/renewing your membership:

- Club Membership Form
- Swimmer's Contract

Both of the above documents are available in the Downloads sections of our website.

Codes of Conduct

Some of the basic policies for all members are the Codes of Conduct. The Codes of Conduct identify the standards of behaviour that are expected for all individuals involved in sport.

Breaches of the Codes of Conduct are dealt with through the Complaints and Disciplinary process with the emphasis on resolution through the informal route.

On signing the Club Membership Form our members must commit to abiding by the Codes of Conduct as set down by KSC and Swim Ireland. This must be accepted by all members of KSC and the signed acceptance returned to the Club Secretary, along with the other relevant forms, and they will be kept on record.

The relevant Codes of Conduct must also be signed annually by parents, committee members, leaders, coaches and teachers.

Membership Fees

Club fees are payable twice a year (in September and January). All members will be advised of the fee due and the date by which it must be paid. Fees may be paid by cash/cheque/bank transfer or in instalments by prior agreement with the Management Committee. A discount on fees is available for families where there is more than one member registering with the Club – the value of this discount will be communicated to members when the advice of fees is issued at the start of each term. A registration night is held at the start of each term and all fees must be paid on that date, or previously.

As previously mentioned, KSC membership fees include the Swim Ireland annual membership fee.

Due to insurance restrictions, a swimmer will not be allowed to participate in training with KSC until all required membership documentation has been fully completed & signed and all fees have been paid unless alternative arrangements have been agreed in advance with the Management Committee.

Any queries regarding club fees should be directed to the KSC Club Secretary at killarneyswimmingclub@gmail.com.

Club Transfers

If a member wishes to leave one club and join another they must arrange for the Swim Ireland transfer form to be completed and returned to the Swim Ireland office along with the necessary fee.

KSC may withhold a transfer form if:

1. The member owes fees to Swim Ireland or KSC
2. The member holds KSC property
3. The member has a complaint made against them which is in process or pending, or in relation to a sanction which has been issued but not yet served.

If you transfer to another club you will cease to be a member of KSC.

Club AGM

KSC holds an AGM annually in February. Members are requested to attend the AGM and contribute to the successful running of the club.

Committee members are elected annually; these positions are filled by members and parents of members in the club. At the AGM the club officers will provide an annual report to members.

Parents/guardians of club members who are under 18 may attend and represent their child(ren) and may cast one vote only (regardless of the number of children who are club members). Parents/guardians who are members of the club in their own right may cast a vote for themselves and on behalf of their child(ren). Proxy voting is not permitted.

Squad Structure

KSC currently has four squads ranging from our entry level D Squad through to our A Squad which consists of our most experienced swimmers.

This section gives a summary of our squads, the training schedule for each squad and the criteria for movement between our squads.

Movement from D Squad to C Squad

In order to be considered eligible to progress from the D Squad to the C Squad, swimmers must:

- Have attended at least 75% of all training sessions in the D Squad.
- Have a good transition from both a frontcrawl turn and a backcrawl turn into swimming strokes i.e. take one breath before turn, feet must firmly touch the wall, be able to push off and streamline.
- Be capable of performing racing starts for all four strokes with smooth streamlining into swimming strokes.
- Have a good knowledge of the IM i.e. a good transition into each of the four strokes (fly/backcrawl/breaststroke/frontcrawl) showing good starts and turns.
- Have a good understanding of stroke counting on the backstroke.
- Have a good strong fly kick on both front and back with good streamlining off the wall.
- Demonstrate a good body position (arms/legs).
- Have a good timing in the breaststroke.
- Have a good attitude in training and towards coaches and other swimmers
- Have agreement of both the D Squad and C Squad coaches.

In addition:

- There must be space available in the C Squad.
- The D Squad coach will nominate the swimmers to move to the C Squad based on an ongoing assessment. This may be done in consultation with other members of the coaching team.
- A swimmer's attendance, discipline and punctuality at squad training sessions will be taken into consideration.

Movement from C Squad to B Squad

In order to be considered eligible to progress from the C Squad to the B Squad, swimmers must:

- Have attained Grade 2 qualifying times for the age group applicable at time of consideration for progression to the next squad.
- Have attended at least 75% of all training sessions in C Squad.
- Be able to tumble on front and back and kick off the wall in streamline position.
- Be able to demonstrate correct breaststroke breakouts.
- Be able to demonstrate correct butterfly body movement over 50m.
- Have a good attitude in training and towards coaches and other swimmers.
- Have agreement of both the C Squad and B Squad coaches.

In addition:

- There must be space available in the B squad.
- The C Squad coach will nominate the swimmers to move to the B Squad based on an ongoing assessment. This may be done in consultation with other members of the coaching team.
- A swimmer's attendance, discipline and punctuality at squad training sessions will be taken into consideration.

Movement from B Squad to A Squad

In order to be considered eligible to progress from the B Squad to the A Squad, swimmers must:

- Have attained Grade 1 qualifying times for the age group applicable at time of consideration for progression to the next squad.
- Have attended at least 75% of all training sessions in B Squad.
- Have a good attitude in training and towards coaches and other swimmers.
- Attend a minimum number of galas, as advised by the coaching team.
- Be able to keep up with the standard and demands of the A Squad training program.
- Have agreement of both the B Squad and A Squad coaches.

In addition:

- There must be space available in the A squad.
- The B Squad coach will nominate the swimmers to move to the A Squad based on an ongoing assessment. This may be done in consultation with other members of the coaching team.
- A swimmer's attendance, discipline and punctuality at squad training sessions will be taken into consideration.

KSC is a competitive swimming club for which there is a substantial waiting list for entry to the Club and also for movement between squads. Non-attendance at training sessions not only reduces a swimmers competitive ability at galas but also deprives another swimmer of a training opportunity. At the end of each term all swimmers' attendance records will be reviewed and attendances falling below a 75% benchmark (having regard for any extenuating circumstances) will be considered.

In addition, the following additional criteria will apply to all squad movements:

- When the coaching team has agreed that a swimmer should move squads, this nomination will be presented at the next Club Management Committee meeting for consideration and final approval.
- If a swimmer declines an invitation to move from one squad to another, a subsequent offer is not guaranteed.

Training Schedule

The following is the current pool training schedule for our four squads:

	A Squad	B Squad	C Squad	D Squad
Monday	6.45-7.45 am	6.45am-7.45 am		
Tuesday	6.45am – 7:45am	6.45am -7.45am		New members 6.15pm-7.15pm
	7.15pm – 8.15pm			
Wednesday			6.45 am – 7.45 am	
Thursday	6:45am – 7:45am	7.45pm-9.15pm	Split session either 6.15 pm -7.35pm 7.55pm-9.15pm	6.15pm – 7.35pm
Friday	6:45am – 7:45am			
Saturday			8am – 9 am	
Sunday				8am-9am

Club Gear

Essential kit for training includes:

- An appropriate swimsuit
- Swimming hat
- Goggles
- Water bottle

Other equipment may be required depending on the squad in which case the Squad Coach will advise the swimmers accordingly.

A KSC swimming hat must be worn at all competitions – these hats are available from either your Squad Manager or the Club Secretary for a nominal fee.

Additional (optional) club gear such as bags, tops etc. is available from time-to-time and may be ordered through the Club.

Parent/Guardian Commitment to the Club

When you enrol your child in the KSC, a certain level of commitment is also expected from you as a parent/guardian.

All parents are expected to help with supervision duties which include deck duty and acting as officials at swim galas in which the club participates. When you enrol your child in the KSC, you are also committing (and will be called upon) to help with assigned supervision/officials duties.

This section highlights some of the commitment that is required from parents/guardians.

Responsibilities of Parents/Guardians at Swimming Sessions

Swimmers are required to be poolside (on the deck) 10 minutes prior to the start of their session for land-based warm up. Children under 18 will remain the responsibility of their parent/guardian until (a) they are poolside **and** (b) the start of the pool session. Parents/guardians should not drop off children without ensuring that (a) there is a parent on duty **and** (b) there is a coach on duty to conduct the session **and** (c) they are satisfied that their child has arrived safely poolside. Parents/guardians should ensure their child can change themselves or remain with their child if they require assistance. Parents/guardians should arrive promptly at the end of session to collect children as KSC are not responsible for swimmers once the session has finished and the child has left the poolside. As the KSC uses the facilities of the Killarney Sports & Leisure complex, all KSC members are also bound by any regulations enforced by this facility whilst on their premises.

Supervision/Parent on Deck

All pool sessions will be supervised in accordance with Swim Ireland policy which includes the presence of a parent/supervisor on deck. All parents are expected to help with supervision duties.

The key points to note with regard to parent on deck duty are:

- A deck duty rota will be organised in advance by the Squad Manager so that you have adequate notice of when you have been scheduled to act as a parent on deck. This will be communicated to all parents/guardians by email and is also available on our noticeboard at the pool and on the KSC website.
- An individual on the rota is responsible for their own replacement in the event they cannot fulfil their obligation. If you are unable to arrange a swap with another parent, you should contact the Squad Manager so that alternative arrangements can be made.
- The parent/supervisor should arrive 15 minutes before the session starts, make themselves known to the coach and must remain with any coaching staff until the training session ends.
- The parent/supervisor should have a full view and hearing of the pool area at all times so sit at the pool side.
- Mobile phones, smartphones and all other computing devices are **absolutely forbidden** poolside both under Swim Ireland and the Sports and Leisure Complex Codes of Conduct.
- Ensure that an attendance record for the session is kept. This attendance sheet is kept in the Club attendance folder and notes the swimmers present and the number of lanes in use at every training session. This should be signed by BOTH the coach AND the parent/supervisor on deck.
- The parent/supervisor should not interfere with the coaching of the session; you should allow the coach the freedom to get on with the session; sometimes a coach will need to feedback to an individual swimmer on a one-to-one basis – this should be in open view at all times.
- Be particularly vigilant of children leaving and returning to the pool e.g. a child should return to the pool after visiting the bathroom.
- If the parent/supervisor has any concerns that cannot be addressed by the coach:
 - Take note of any problems that occur
 - For child-related issues, contact the Club Children's Officer
 - All other issues should be communicated to the Club Secretary
 - If a child is in imminent danger, this should be addressed immediately by the parent/supervisor on deck

- Contact details for all individuals are available to our coaches and Squad Managers via Emergency Contact Lists (these details will be kept confidential and are only available to those that need them) should they be required in the event of an emergency during a training session. The parent/supervisor on deck can have temporary access to this information (via the squad coach) if required in the event of an emergency during the training session.
- In cases of emergency, help the coach by being an extra adult to supervise children or assist as directed by the coach.
- Note that any first aid treatment required by a swimmer may only be administered by the lifeguard on duty at the time of the training session, not by the Club Coach or parent/supervisor on deck.

If the rostered parent/supervisor on deck does not turn up or has not made themselves known to the Squad Coach prior to the start of a training session, the session will be cancelled and may result in sanctions in accordance with SI complaints and disciplinary procedures for the parent/supervisor concerned.

Officials at Galas

With the exception of invitational galas, KSC is required to provide a number of officials (timekeepers, turn judges etc.) at all the galas we attend. The number of officials that we must provide is determined by the number of swimmers that the Club has entered into the competition. If you have agreed to enter your child for a competition, you will be expected to be available to undertake an officials role at the gala and you will be advised in advance of the gala, by the Squad Manager, the role that has been assigned to you. If you fail to report for the assigned role at the gala, the Club will be fined by Swim Ireland and this fine will be passed on to you.

Swim Ireland provides courses for these assigned roles from time-to-time and you will be advised by the club as these become available.

Club Roles and Contact Details

The roles covered are:

1. Management Committee
2. Club Children's Officer (CCO)
3. Coaches
4. Squad Managers
5. Team Managers

Management Committee

The Management Committee is in place to manage all aspects of the Club. It consists of a Chairperson, Secretary, Treasurer, Club Children's Officer and a minimum of 4 other members. The members of the Management Committee are elected at the AGM each year. A committee member may stand for election for 4 consecutive years. After this time period is up, eligibility for re-election is revoked for a period of 2 years.

Committee meetings usually take place on a monthly basis unless circumstances dictate that an additional meeting is required.

All Committee members must

- be Swim Ireland members.
- be vetted through Swim Ireland/ Swim Ulster prior to taking up their position.
- complete the relevant child protection course.
- abide by and annually sign the relevant codes of conduct.

All communication by the committee will be done by text and email so it is important to ensure that you have provided correct contact details to the Club Secretary so that you receive these communications.

The names of the people currently on the KSC Management Committee are available on the KSC website.

Club Children's Officer (CCO)

KSC is committed to the creation of a child centred atmosphere within our Club. The CCO ensures that young people can talk freely and have a voice in the running of the club. The CCO is also a member of the Club Management Committee.

The CCO makes themselves known to the swimmers at the start of each year and meets with the swimmers on a regular basis. They may also be contacted by phone or email (their contact information is available on the Club noticeboard at the pool and on our website) or through either the Squad Managers or Club Secretary.

The CCO must

- be a Swim Ireland member
- be vetted through Swim Ireland/ Swim Ulster prior to taking up their position
- complete the relevant child protection course
- complete a Club Children's Officer Workshop
- abide by and annually sign the relevant codes of conduct.

Coaches

Coaches have the responsibility for the development of core swim skills and abilities in a progressive way.

KSC coaches are recruited in accordance with **Swim Ireland Safeguarding Children Policies and Procedures 2010**, and all other relevant legislation.

Coaches must

- be Swim Ireland members.
- be vetted through Swim Ireland/Swim Ulster prior to taking up their position.
- complete the relevant child protection course.
- hold an ASA/SI qualification or equivalent which must be ASA/SI Level 1 or above.
- have evidence of practical teaching or coaching in the 12 months prior to application.
- have evidence of attending the required number of Swim Ireland accredited CPD courses.
- abide by and annually sign the relevant codes of conduct.

All our coaches must have access to emergency contact details for swimmers and may not hold committee positions if they are coaching/teaching for more than 3 hours weekly.

The coaching team meet and liaise with the Management Committee on a regular basis so that information is communicated both to/from the coaching team as required.

Squad Managers

KSC appoints a Squad Manager to every squad – this is usually a parent/guardian of one of the swimmers in the squad. The Squad Manager works in conjunction with the Squad Coach and Club Secretary to ensure that the squad is managed efficiently. Their role includes acting as a liaison with the parents/guardians of the swimmers and the Coach/Secretary so that information is disseminated as required, gala entries are submitted and gala fees are collected.

Squad Managers must

- be Swim Ireland members.
- be vetted through Swim Ireland/ Swim Ulster prior to taking up their position.
- complete the relevant child protection course.
- abide by and annually sign the relevant codes of conduct.

All our Squad Managers must have access to emergency contact details for swimmers.

Team Managers

Team managers are appointed for all events and away trips. Parents are expected to help and are encouraged to get involved by attending Team Manager courses. The club needs properly trained people to take responsibility for young people at competitions. Team Managers work with coaches to ensure athletes are supported and supervised when they are away from their parents. The Team Manager, in conjunction with the Management Committee and the Squad Coach will organise away trips in line with Swim Ireland's travel policy.

Team Managers must

- be Swim Ireland members.
- be vetted through Swim Ireland/ Swim Ulster prior to taking up their position.
- complete the relevant child protection course.
- complete a Team Manager course.

- abide by and annually sign the relevant codes of conduct.

All our Team Managers must have access to emergency contact details for swimmers.

Facility Information and Emergency Action Plan

KSC uses the facilities of the Killarney Sports & Leisure Centre for all pool training sessions. For further details of this facility, including access to the changing rooms, emergency access plan and rules of the facility that need to be adhered to by KSC members, please refer to their website (www.Killarney.coralleisure.ie).

It should be particularly noted that, in the event of an emergency during a training session, instruction must be taken from the management staff of the Killarney Sports & Leisure Facility and that first aid treatment may only be administered by their appointed lifeguard on duty, not the coach or parent/supervisor on deck.

General Club Information

Competitions

Details of the upcoming competitions and the closing date for entries will be communicated to the members through email and text messaging. They will also be displayed on the club notice board, which is located in the pool viewing area of The Killarney Sports & Leisure complex, and on our website.

In the run up to a competition, the squad Coach will advise which swimmers may attend the competition (some competitions have qualification criteria included in the competition information which must be taken into consideration) and this will be communicated via text/email by the Squad Manager. The swimmers and/or their guardians should also familiarise themselves with the entry criteria for competitions so that they are aware of which competitions they are eligible to attend.

Coaches will advise athletes on competitions they should enter and all entries must be submitted through the Squad Manager – all gala fees must be paid in advance of the club submitting an entry form for a swimmer. If a swimmer withdraws from a competition after the entries have been submitted, these fees are non-refundable. In the case of a swimmer withdrawing from a competition without following the Swim Ireland protocol, an additional fee/fine may be levied on the Club which will, in turn, be passed on to the swimmer.

A helpful Gala Guide is included as an Appendix to this document.

Photography and Filming

In line with Swim Ireland policy, KSC would remind members that no one may video, film or take photographs of children without having received permission to do so. Further details on the KSC photography and filming policy are available on our Membership Forms.

For all Swim Ireland, regional and club events any person must accept that they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group.

When attending events please check with, and obtain consent from, the Competition Manager or facility about permission to video, film or take photographs.

Children under 18 must be wearing a t-shirt and bottoms/shorts when having any photograph taken out of the pool.

The Swim Ireland Photography and Filming policy is available at on the Swim Ireland website.

Complaints and Disciplinary Procedures

All complaints and disciplinary matters occurring within KSC will be dealt with in accordance with the Swim Ireland complaints and disciplinary procedures.

The full complaints and disciplinary procedure is available on the Swim Ireland website, the KSC website or through the Club Secretary

Discipline

The disciplinary processes for young people and adults are in place to ensure fair and consistent measures for issues such as breaches of rules of codes of conduct. The procedures clearly state the circumstance under which these may be imposed in order to ensure a process that is fair for all young people involved.

Complaints

Complaints should be raised with the Club Secretary who will liaise with the complainant on whether a formal or informal process will be followed. Please speak to the secretary directly if you wish to make a complaint.

Useful Club Links and Policies

Club website	http://www.killarneyswimmingclub.com
Swim Ireland	www.swimireland.ie
Swim Munster	http://swimmunster.com
Leinster Swimming	www.swimleinster.com
Swim Ulster	www.swimulster.net
Connacht Swimming	www.swimconnacht.com

Swim Ireland Policies and Procedures

Please note this list is not exhaustive and updates will be available on the Swim Ireland website.

- Complaints and disciplinary rules and procedures
- Safeguarding children policies and procedures:
 - Codes of conduct
 - Photography and filming policy
 - Physical contact policy
 - Recruitment policy and procedure
 - Supervision policy
 - Travelling policy
 - Well-being policy
 - Anti-bullying policy

Appendix 1 – Gala Guide

Arriving at a gala

Always arrive on time. The swimmer should let the Coach/Team Manager know that they have arrived. Parents are not permitted on pool deck or in specific coach/swimmer areas unless timekeeping or carrying out official duties.

The Coach (or designated Team Manager) will have to prepare a “scratch sheet” normally about 15 – 20 minutes into the warm up session. Coaches will scratch swimmers that they have been told will not be attending. If swimmers are not “scratched” from the start list a fine can be levied against the club ranging from €10 to €50 (per event) at Regional and National level. This fine will be passed on to the swimmer.

A programme of events can be purchased generally on the way into the venue. This will list all swimmers taking part and the order in which events will take place.

The results are usually (but not always) posted in a prominent place around the pool. After the competition is complete, the results of the gala is sent to the Club Secretary who will then post them on our website.

NEVER leave a gala before checking if you are needed for a relay team.

Food and Drink

Athletes are encouraged to eat healthily. Before a competition eat plenty of carbohydrates (rice, pasta, potatoes, bananas, porridge) the night before, and keep drinking. Eat something for breakfast, even if it seems too early. Don't experiment with new foods on the day of a gala – swimmers should choose something they know they like and know agrees with them.

Bring rolls/sandwiches, pieces of fruit, breakfast/snack bars, jaffa cakes and jellies. After racing you have used up energy and need to replace it with something.

Bring water or diluted squash with you (write your name on your bottle) for sipping during the gala, as most pools are very warm and it's easy to get dehydrated.

Pasta followed by fruit makes a good lunch and try to eat as soon as lunch break begins to give your body time to start digesting your food before the afternoon session begins.

Keep eating healthy snacks throughout the day and drink plenty of fluids.

Foods to avoid: Greasy foods (burgers, chips, doughnuts), highly seasoned foods (pizza, curries, chillies) and fizzy drinks.

What to bring to a gala

- Togs x 2 (warm up and race).
- Club hat (bring a spare in case one rips).

- Goggles x 2 (in case one snaps). Make sure to wear your goggles in training to try them out before a gala.
- Shorts and T-Shirt to wear between races.
- Water bottle already filled with your name on it.
- Towels x 2 (if there for a full day).
- Flip flops or runners (for around the poolside).

MAKE SURE ALL YOUR BELONGINGS HAVE YOUR NAME ON THEM.

In some facilities you must have something on your feet to be allowed access certain areas which lead to the pool deck; Floors and stairs become slippery during the day and can be a hazard for those in bare feet.

It is important to stay warm between races so make sure to wear a sweatshirt or t-shirt when sitting around.

Personal Belongings at Galas

Bring as little as possible. Valuables such as I-pods, phones, tablets are best locked away or left at home.

Terminology

PB	Personal Best Time
NT	No time (probably has not swam this event previously)
HDW	Heat declared winner (no finals will be take place for that event)
FTR	Freestyle Team Relay
MTR	Medley Team Relay
OPEN	A competition or event that is “open” means all ages compete against each other and only one set of medals will be awarded.

Summary

Galas can be stressful for younger swimmers and all swimmers are encouraged to do their best and focus on doing PB's. It is not realistic for every child to win a medal every time and also not realistic to improve on every swim every time. The primary aspect of competitions is to gain experience in various events/distances and, as swimmers develop, to try different race techniques. Younger swimmers will be told to focus on one or two key points so get them to do their best and most of all enjoy the day. Parents/guardians should be there to support their child in their attempt rather than “critique” the swim – that is the role of the Coach. Most of all, enjoy the event and support your fellow club members!