



Carlisle Aquatics, The Pools, James Street, Carlisle, CA2 5AT

INFORMATION FOR FIRST TIME COMPETITORS

Entering Competitions

Details of competitions that the club is supporting will be found on the notice board, in the café. This will also state the club final entry date, to the club desk. All entries must be handed in before this date, or may get refused. Meet conditions are also on the website, in the calendar.

Kit List

- 2 towels (at least)
- Warm Up/Training Costumes (1 per session)
- Racing costume/trunks
- Club Swimming Cap (appropriate to competition)
- 2 pairs of goggles (well fitting)
- Water Bottle (no fizzy drinks)
- Spare costumes/trunks, cap and goggles if possible (goggles can snap, caps may tear, and a dry costume is more comfortable!)
- Poolside clothing – club polo shirt, tee-shirt, hoody (with club logo if possible), shorts/trousers, hoody, flip flops (ensure they are appropriate)
- Healthy snacks (cereal bars, fresh or dried fruit, digestive biscuits, etc) and drinks (water, diluting squash, fruit juice, sports drinks if you like - no chocolate or fizzy drinks and no glass bottles or containers!)
- If you are competing in more than one session remember to bring a packed lunch – e.g. pasta, rice, sandwiches, salads, yoghurt, jelly, fruit, etc.

Gala Timetable

You must arrive in plenty of time – a minimum of 20 (preferably 30) mins before the warm up, and report to the coaches/team manager on poolside, ready to swim. If you cannot make it, then please call the club mobile phone on: [07486 990354](tel:07486990354)

If you don't arrive on poolside at least 20 minutes before warm up, then you risk being withdrawn from all your races in the session. Again, please try and contact the coaches on the number above if you are going to be delayed for any reason.

All swimmers will warm up at a time allocated by the competition organisers, at the beginning of every session, regardless of the time of their first race. The coach/team manager will inform swimmers.

The host club/organisers may allocate lanes and time slots within the warm-up period to clubs, and the coaches/helpers on poolside will guide swimmers to the correct lane, at the appropriate time slot.

After the warm up, swimmers should dry off, change into a racing/dry costume, put on poolside clothing/footwear, have a drink, eat a small snack, then report to coach or see programme, which is usually attached to wall in our allocated club area on poolside.

Before leaving for marshalling, see your coach (dependant on meet) to get any advice or what to focus on. After your race, see them again, and see what you did well, your splits and what you could work on for the next race.

Swimmers are required to stay with their poolside coaches/team managers for the duration of the competition, and ask their coach for permission to leave poolside, **for any reason**. Coaches need to know where all their swimmers are, to ensure they're prepared for the race, and make sure they report to marshalling in good time. Swimmers will not be permitted to leave poolside until the session is over, and the coach has dismissed them. They should be staying and supporting their team mates in finals, not burying their heads in a mobile phone/electronic device!

The team manager will send swimmers to the marshalling area several heats before the event. Swimmers will be supervised, and directed to the starts of the event, by a marshal.

The technical officials are usually dressed in white tee-shirt, trousers and shoes. These range from timekeepers, judges, starters to the referee's. You must follow their instructions.

Parents are not permitted to be on poolside with swimmers, unless they are a poolside coach/helper or team manager.

Swimming Tips

If you don't want to dive from the block, then you must inform the marshal or official on your lane before the start of the race. Make sure you know which stroke you're swimming, and how many lengths. Your coach should have told you, and the marshal will tell you as well, but if you aren't sure, don't be afraid to ask – they won't mind!

Starts

At the start of each race, the referee will give 3 or more short whistles – this tells the swimmers to get ready for the race (and everyone else to be quiet). The referee will then give one long whistle, informing the swimmers to get up on the blocks for **butterfly, breaststroke** and **front crawl** events. If swimming **backstroke** (or have asked to start in water) it means enter the water, then the referee will give another long whistle, informing the swimmers to get ready for the start.

The starter will then say "Take your Marks", in which you must get into your starting positions (dive) and stay still. There will then be a beep, which is the starting signal for you to start your race. Get ready for the uproar!

Front Crawl

If it's a 25m swim, then swim as fast as you can for 1 length. For a 50m swim, then swim all the way up the lane, tumble turn, then swim all the way back. Remember the 5m underwater and no breathing on first stroke or after the turn.

Backstroke

Swim on your back all the way, except when turning. You should know how many arm strokes in-between the 5m flags and the wall, so no looking! You must finish on your back at the end of the race.

Breaststroke

Hands must not pull past your hip, except on the breakout. Don't start your first stroke until your head has broken the surface of the water. You must touch with **both hands at the same time** when turning and finishing.

Butterfly

Again, you must touch with **both hands at the same time** when turning and finishing. Don't drop your hips too much, and arms must move forward at the same time over the water. Both feet must kick at the same time (no flutter kick).

Individual Medley

Remember the order – **butterfly, backstroke, breaststroke and front crawl**. You should try and make 5m underwater on all turns. you must touch with **both hands at the same time** when turning and finishing on butterfly and breaststroke, and on your back for backstroke. No breathing in last 5m on front crawl.

Relays

You must wait until the swimmer coming towards you has touched the wall before you dive in (or leave the wall if starting in water). When swimming a relay, always swim in the order you have been given, and know which stroke you are swimming, if in a medley relay.

A Word about Disqualification

It can be upsetting for swimmers to be disqualified, but it does happen, even to the best of swimmers! It helps if you remember:

1. A disqualification just means you made a mistake – not that you're a failure or a bad person, or the judge/referee doesn't like you! You are still learning, and it takes years of practise to get it right. As you develop, get stronger and gain experience, you'll make fewer mistakes.
2. The first person to see after a dq is your **coach**. The coach will check, and find out exactly why you were disqualified, so you and the coach can work on correcting it for next time.
3. It's understandable and ok to be upset, but that swim is done. Learn from it, lift your head up, and focus on your next swim.
4. Even Olympic and elite swimmers have been disqualified, so you're in great company!

General

- You must be quiet for the start of every race, so the swimmers can hear the signal. Once the race has started, you should be shouting and be as noisy as you can, to encourage your team
- **Programmes, start sheets, and results sheets** are usually made available from the desk, which the coach will collect. They are also made available for sale on the day for spectators. There is usually a raffle or some form of fundraising occurring on the day.
- If your parents wish to take **photographs and/or video recordings**, they must register your details with the desk. This is part of the ASA safeguarding policy. It must also not be on social media.
- **Mobile phones** must be **switched off** when on poolside. Their use is not permitted in changing rooms either. We expect fellow swimmers to be cheering on their team mates, not have their head in an electronic device. If need be, they will be taken off you, if the **poolside coach** deems necessary.
- **Parents** – please be aware that the coaches/team managers are only responsible for your child when on poolside and in water. If you aren't present, then please arrange for another adult to supervise your child during breaks, and ensure the coach/team manager has a contact number for emergencies. Parents are not permitted in changing areas during meets. **If you are not present, ensure that someone has the authority to permit medical treatment on your child should this be necessary.**

**Finally – Keep Safe, Swim Well, and most importantly:
Have Fun!**

If you have any questions regarding competitions, anything covered on here, or advice on which ones to enter, then speak to the coach before/after session, not du