



DURHAM CITY

Amateur Swimming & Water Polo Club



GUIDE TO COMPETING

1. Club's Aim

The aim of the Club is to allow all swimmers to realise their potential as competitive swimmers. This aim can be achieved through a combination of commitment from swimmers and parents, high quality coaching and strong communication ties between all parties.

2. Meet Types

(i) **Club Galas (Level 4)** – the Club hosts 3 internal galas every year. The Winter “Diddy” Gala generally takes place at the beginning of each calendar year and is open to all 9-12 year olds. The results are used to help in the selection of the Junior League team (see (ii) below) for that year. In addition, the Summer and Autumn Galas are open to all Club members and are run in a FINA Points format and the points scoring events are specific for each age group and relate to their stage in development.

(ii) **Junior League** – the Club competes in the Northumberland & Durham District Junior League Series. This event is open to 9-12 year olds (age as of the 31st December). Each Club competes in three heats, usually held in February, March and April and then the top Clubs compete in the Final usually held in June. Selection for this series is made based on times, although opportunities may be given to novice swimmers if possible.

(iii) **Graded/Development Meets (Level 2 or 3)** – the majority of meets that the Club attends will be Graded/Development. This essentially means that there are cut-off times (i.e. swimmers cannot be faster than a certain time for each event). In many meets there are also qualifying times (i.e. swimmers cannot be slower than a certain time for each event). This allows the meet to be pitched at a certain level of swimmer.

(iv) **Open Meets (Level 1 or 2)** – these are usually at a much higher level than Graded Meets and swimmers will need to obtain qualifying times to compete.

(v) **Championship Meets (Level 1)** – these are the target meets every year. There are three levels – County level (N&Ds), Regional level (NERs) and National level. All swimmers who qualify for these meets are expected to compete as the training programme is designed around these high-profile events.

3. Procedure for entering

The Club has now moved to e-mail as the primary form of communication. Please ensure that the Club has a current e-mail address for every swimmer and that the account is checked regularly.

Details of all meets will be distributed by the Competition Secretary by e-mail, along with details of the closing date. Please note that the deadline set will be fixed and late entries cannot be accepted. The Club cannot jeopardise missing the entry deadline which may result in all the Club's entries being rejected.

(i) Club Galas – parents must enter swimmers into the Club Galas and are encouraged to consult with the squad coach as to which events are most appropriate.

(ii) Junior League/Friendly Galas – the team will be selected and a team list will be distributed. There is not usually an entry fee for these galas.



(iii) All other external meets – The competition calendar is tailored so swimmers get the right amount of competition exposure at specific stages in development. The competition secretary distributes the competition information to the eligible squads and parents/guardians are asked to fill in a standardised form and return (with payment – usually between £3.50 and £5.00 per event), prior to the closing date. Parents/Guardians should liaise with squad coaches as to which events to enter as this may differ depending on the time of year. Swimmers should not compete in more than two events per session unless instructed to do so.

As with all Club matters, please speak to someone if you have any questions about the entry procedure or why a swimmer has or has not been selected for a particular meet. There may be a specific reason behind it, or it may be an oversight; so please do speak to the squad coach if in doubt. Please speak to coaches before or after sessions and not during the training sessions as this will detract from the quality of coaching on offer.

Entries to be sent to dcasc-galas@outlook.com using the following format:

FREE –
BACK –
BRST –
FLY –
IM –

4. Preparation for Meets

1. Friday Night Training – if you normally train on a Friday night, please do NOT miss this session before a meet, it is normally an active recovery session to improve race sharpness. On certain occasions coaches will ask some or all swimmers competing at a gala to finish early the night before to allow them some additional rest.
2. Know Where & When – make sure you know which pool the meet is at, on which day, and at what time.
3. Know What Events & What Sessions – swimmers must know what events they are swimming in each session so that they can be fully prepared.
4. Eat Right – good nutrition and careful planning can make a big difference make sure you are eating properly in the WEEK leading up to a meet. The competition nutrition documents are at the footer of this document
5. If In Doubt, Ask – it is always better to ask if you are unsure as to any aspect of competing. The coaches/Club officials have probably heard every question before so don't be scared to ask. There is no such thing as a stupid question.
6. If a swimmer is ill or unable to attend, please contact your coach and the Competition Secretary as soon as possible so that the swimmer can be withdrawn.

5. On the Day

1. Be Early – swimmers who are not on poolside at the time stated on the “Pre-Meet Information” sheet are liable to be withdrawn. At some meets, the Club is fined if swimmers are not withdrawn and do not compete. Make sure you set off in plenty of time, especially if you have never been to the pool before. Swimmers should be dressed in club kit on arrival to the venue!
2. Think What To Bring – here is a non-exhaustive list:
Swimwear (plus spares), Goggles (plus spare), Club Hat (plus spare), Plenty of Water/Juice, Towels (1 per session + an additional 1 for afterward), Club Kit (all named), appropriate Footwear (poolside shoes/crocs/sandals etc), healthy food...

Even at a short meet, swimmers will need snacks to keep their energy levels high. Take some healthy snacks – fruit, cereal bars etc. If it is a full day meet then a large packed lunch is suggested. Try to avoid food with high fat and sugar levels, certainly until after the end of the meet. FIZZY ENERGY/SPORTS DRINKS ARE NOT SUITABLE AND SHOULD BE AVOIDED, THEY WILL BE BINNED!

3. Club Kit – when the swimmers are competing, they are representing the Club and therefore must race in their Club Hat. In addition, if swimmers are lucky enough to win a medal or trophy, they must receive their award dressed in Club kit.

4. Breakfast – Keep it Light! A bowl of cereal & a piece of fruit are appropriate. No McDonalds on the way or cooked breakfasts as the GI (Glycaemic Index) content in these particular foods are too high and can cause energy to drop below baseline after an initial increase and make you feel sluggish particularly on a hot poolside! Also, cooked breakfasts are high in starch and can cause Gastrointestinal Distress (upset stomach) and negatively affect swimming performance.

5. Lunchtimes – please note that whilst the coaches and chaperones will be responsible for the swimmers whilst on poolside, they are not responsible for swimmers during lunchtime. Therefore, if a parent or responsible adult is not going to be present then you must arrange for another adult to look after your child. In addition, if you are not staying during the course of the day you must ensure that the coach and/or Team Manager have an emergency contact telephone number.

6. Work with Coaches – swimmers should always speak to their coach before every race, and they should be the first person they speak to afterwards. The Club would ask parents to try and refrain from “coaching” their child as this may lead to conflicting advice being given, and could result in confusing the swimmer.

Finally, competing should be an enjoyable experience for swimmers, parents and coaches alike. Racing is the reason we train and should be the target of all swimmers. Always remember that you cannot control how other swimmers do, the target is always to try their best and ensure that instructions are listened to and applied.

April 2017

ATHLETE NUTRITION (COMPETITION)

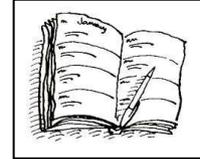
by Anita Bean (Author – Sports Nutrition for Young Athletes)

Overview

Nutrition is an important part of your competition programme. Eating the right types and amounts of food, as well as drinking enough fluid before, during and after each race or match will help you perform better, and recover faster between swims / games. It will also help to keep you healthy and reduce your chances of getting colds and other illnesses. Here are some nutritional strategies that can be used to improve your competitions.

The Week Before

- Maintain – healthy training diet (see Athlete Nutrition – Training)
- Hydration – ensure pee is at appropriate colour at least the day before competing.
- Plan – what you are going to eat during the competition and when



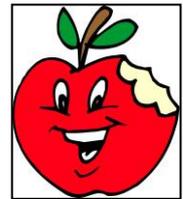
Competition Day



- Take your own foods and drinks (a cool bag / box is very handy!)
- Re-hydrate - drink 200 - 300ml 2h before swimming
- Have your meal 2 hours before warm up (carbs & protein):
 - toast with honey / jam plus milk or yoghurt
 - porridge with milk
 - cereal with milk
 - egg on toast
- After warm up and events: Rehydrate and refuel immediately or ASAP after swimming

Refuelling Snacks

- ✓ Fresh fruit (easy to eat): bananas, prepped pineapple, melon, grapes, apples, satsumas
- ✓ Dried fruit — raisins, apricots, mango
- ✓ Rice cakes or wholegrain crackers or mini-pancakes
- ✓ Cereal bars
- ✓ Yoghurt or milkshake



Light Meals (Lunch)

- ✓ Pasta – mix with a little pesto or tomato sauce plus any combination of veg (peppers, tomatoes, cucumber, sweetcorn), nuts, tuna, chicken, cheese.
- ✓ Wholemeal sandwiches, wraps, rolls, pitta; fill with chicken, tuna, cheese, peanut butter or any lean meat.

Suitable Drinks

- ✓ Water
- ✓ Diluted squash or juice diluted half and half with water

BIG NO!

- ✗ Load up with sweets and sugary drinks (or energy drinks) all day!
- ✗ Starve or leave long gaps between refuelling
- ✗ Eat or drink anything new
- ✗ Eat high fat foods like cakes, crisps and chips before or during the event

