

Welcome to



Starter Pack

Welcome to Braintree and Bocking Swimming Club

Over the next pages we hope to provide you with some useful information and guidance on the club and competition swimming.

A Brief History Lesson –

The club came into existence in 1902 and was “gentleman only” and throughout times have been known in various guises and has unfortunately suffered several breaks, we know the current club was formed in 1977 by John Kenny when a suggestion to the then council was made to form a competitive club at the then Riverside Pool, the club moved to its new home at Braintree Swimming and Fitness in 2008

The best known tradition was that swimmers of the club used to take a Christmas Day morning dip into the river Blackwater – a tradition that unfortunately no longer exists!!

So Who Are We Now

BBSC is a competitive swimming club and we are affiliated through the ASA East Region, we currently run all swimming sessions at the Braintree Swimming Centre (training session guide included in this pack) and enjoy the luxury of the facilities on offer at the pool. The club has a consistent membership of around 140 swimmers and is run by committee made up of dedicated volunteers.

Our coaching team is headed up by our Head Coach Erica Johnson with a supporting team of coaches and poolside helpers, if you ever have any questions please do not hesitate to speak or contact Erica who will always be happy to help – headcoach@braintreeswimming.org.uk

The Club Committee has responsibility for the management of the club. This covers paying for pool hire, taking in training fees, facilitating entry into competitions, fundraising, and all the many aspects of supporting swimmers to train and compete.

Committee members are elected each year at the Annual General Meeting. Everyone is a volunteer - there are job descriptions for each role on the website and most jobs just require common sense and communication, you don't need to be a swimming expert!

You will see Committee members at the pool during training sessions; please do speak to any Committee member if you have a question. Our Club Night is a Thursday night and there is normally at least one Committee member in the Cool Room at the end of the balcony as a point of contact if you want to pay for hats, or entry into competitions, full e-mail contact list is included in this pack.

The club also has a dedicated member of the Committee to look after new starters - Dawn's contact details are found on the next page, the clubs website and notice boards also have lots of useful information, current news and upcoming social events.

Braintree & Bocking Swimming Club

Training Time Table

Effective from 01st September 2018

<u>Regionals</u>	
Mon	06.00-07.00
Mon	17.45-19.45
Tuesday	06.00-07.00
Tuesday	18.05-20.05
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.00-19.00
Sunday	16.00-18.00

<u>Regional Development</u>	
Mon	06.00-07.00
Mon	18.45-19.45
Tuesday	06.00-07.00
Tuesday	18.05-19.35
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.00-19.00
Sunday	16.00-18.00

<u>County Youth</u>	
Monday	06.00-07.00
Monday	18.45-19.45
Tuesday	06.00-07.00
Tuesday	18.05-19.05
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	18.30-20.00
Sunday	16.00-18.00

<u>County Age Group</u>	
Monday	06.00-07.00
Monday	18.45-19.45
Tuesday	06.00-07.00
Tuesday	18.05-19.05
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	19.00-20.00
Sunday	16.00-18.00

<u>Performance Juniors</u>	
Mon	06.00-07.00
Tuesday	19.05-20.05
Wednesday	06.00-07.00
Thursday	19.00-20.30
Friday*	18.00-19.00 19.00-20.00
Sunday	16.00-18.00
*Session allocated by coach	

<u>Competition Squad</u>	
Monday	06.00-07.00
Tuesday	06.00-07.00
Tuesday	19.05-20.05
Weds	06.00-07.00
Thursday	19.00-20.30
Friday	19.00-20.00
Sunday	16.00-18.00

<u>Seniors</u>
3 morning's sessions
3 evening's sessions

<u>Masters</u>
Tuesday 06.00-07.00
Thursday 06.00-07.00
Saturday 06.30-07.45

<u>Fitness</u>
Sunday 16.00-18.00
Weekday session to be allocated by coach

Platinum

Monday	06.00-07.00
Monday	17.45-18.45
Weds	06.00-07.00
Thursday	18.00-19.00
Friday	18.00-19.00
Sunday	07.30-09.00

Gold A

Monday	06.00-07.00
Monday	17.45-18.45
Tuesday *	19.35-20.05
Weds	06.00-07.00
Thursday	18.00-19.00
Sunday	07.30-09.00

*dives and turns

Gold B

Monday	06.00-07.00
Monday	17.45-18.45
Thursday	18.00-19.00
Sunday	07.30-09.00

Silver A

Monday	17.45-18.45
Thursday	18.00-19.00
Sunday	07.30-09.00

Silver B

Thursday	18.00-19.00
Sunday	07.30-09.00

Bronze

Thursday	18.00-19.00
Sunday	08.00-09.00

Rookies

Thursday	18.00-19.00
Friday	18.00-18.30

(Dives and turns)



Monthly Squad Fees Effective from 01st September 2018

REGIONALS	£63.00
REGIONAL DEVELOPMENT	£59.00
COUNTY YOUTH	£59.00
COUNTY AGE GROUP	£56.00
SENIORS	£51.00
COMPETITION SQUAD	£51.00
PERFORMANCE JUNIORS	£49.00
PLATINUM	£40.00
GOLD A	£39.00
GOLD B	£36.00
SILVER A	£34.00
SILVER B	£31.00
MASTERS	£31.00
FITNESS	£31.00
BRONZE	£29.00
ROOKIE	£26.00

Progression through squads will be at the discretion of the Head Coach

REGIONALS

CRITERIA (15yrs+)

To hold regional qualifications or working towards regional/national time.

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at Regional's and County Championships
- **Must** compete at club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 5 home and away open meets to include both short and long course events within in a 12 month period. (September to July). This does not include regional's, counties or club champs
- To attend Regional Performance Training if invited.

ATTENDANCE

Swimmers must be able to complete a minimum of 4 sessions a week, attend Long Course and Land Training when organised and compete for the Club when selected.

Training expectations

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To be working towards National qualification. To hold a regional qualifying time or aiming towards

To be able to complete a 2 hr training session of up to 6000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board & Pull buoy
- Hand Paddles, Snorkel & Fins
- Drinks bottle
- Goggles plus spare pair
- Foam roller – please check requirement with coach first

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside

Please also make sure the Club is aware of any other medical conditions.

REGIONAL DEVELOPMENT

CRITERIA (10-14yrs)

To hold regional qualifications or working towards regional qualifications

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at Regional's and County Championships
- **Must** compete at club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 5 home and away open meets to include both short and long course events within in a 12 month period. (September to July). This does not include regional's, counties or club champs
- To Attend Regional Performance training if invited

ATTENDANCE

Swimmers must be able to complete a minimum of 4 sessions a week, attend Long Course and Land Training when organised and compete for the Club when selected.

Training expectations

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To hold a regional qualifying time or to be working towards

To be able to complete a 2 hr training session of up to 5000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board & Pull buoy
- Hand Paddles, Snorkel & Fins
- Drinks Bottle
- Goggles plus spare pair
- Foam roller – please check requirement with coach first

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure that the Club is aware of any other medical conditions.

COUNTY YOUTH

CRITERIA (15yrs+)

To hold County qualifications

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at County Championships
- **Must** compete at Club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 5 home and away open meets to include both short and long course within in a 12 month period. (September to July). This does not include regional's, counties or club champs

ATTENDANCE

Swimmers must be able to complete a minimum of 4 sessions a week, attend Long Course training when organised and compete for the Club when selected.

TRAINING EXPECTATIONS

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To hold 3 county qualification times or more

To be able to complete a 2 hr training session of up to 5000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board & Pull buoy
- Hand Paddles, Snorkel & Fins
- Drinks Bottle
- Goggles plus spare pair
- Foam roller – please check requirement with coach first

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure the Club is aware of any other medical conditions.

COUNTY AGE GROUP

CRITERIA (10-14yrs)

To hold County qualifications

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at County Championships
- **Must** compete at Club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 5 home and away open meets to include both short and long course within in a 12 month period. (September to July). This does not include regionals, counties or club champs.

ATTENDANCE

Swimmers must be able to complete a minimum of 4 sessions a week, attend Long Course training when organised and compete for the Club when selected.

TRAINING EXPECTATIONS

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To hold multiple county qualification times in different strokes

To be able to complete a 2 hr training session of up to 4000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board & Pull buoy
- Hand Paddles, Snorkel & fins
- Drinks Bottle
- Goggles plus spare pair
- Foam roller – please check requirement with coach first

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure that the Club is aware of any other medical conditions.

PERFORMANCE JUNIORS

CRITERIA (9-12yrs)

To hold or are working towards County qualifications

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at County Championships
- **Must** compete at Club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 4 open meets short and long course within a 12 month period. (September to July) – not including Club Championships.

ATTENDANCE

Swimmers must be able to complete a minimum of 3 sessions a week, attend Long Course training when organised and compete for the Club when selected.

TRAINING EXPECTATIONS

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To hold a county qualification times or working towards

To be able to complete a 60 minute training session of up to 3000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board, Pull buoy & Fins
- Goggles plus spare pair
- Finger Paddles / Hand Paddles (MUST BE NO bigger than hand)
- Snorkel and nose clip (please look at junior snorkels)
- Drinks Bottle

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure that the Club is aware of any other medical conditions.

Competition Squad

CRITERIA (12yrs+)

To be able to compete for BBSC as an individual or Galas

*coaches may exercise discretion if outside criteria

COMPETITION

- To compete at County Championships if have achieved a Qualification
- **Must** compete at Club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 4 open meets within in a 12 month period. (September to July) This does not include regional's, counties or club champs

ATTENDANCE

Swimmers must be able to complete a minimum of 3 sessions per week.

TRAINING EXPECTATIONS

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To be able to complete a 2 hr training session of up to 4500m

To attend land training if available

KIT

- Kick board & Pull buoy
- Hand Paddles & Fins
- Goggles plus spare pair
- snorkel
- Drinks Bottle

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure the Club is aware of any other medical conditions.

SENIORS

CRITERIA (15yrs+)

*coaches may exercise discretion if outside criteria

COMPETITION

- **Must** compete at County Championships if have times
- **Must** compete at Club champs
- **Must** compete in galas that you are chosen for
- To compete in at least 5 open meets short and long course within in a 12 month period. (September to July). This does not include regional's, counties or club champs

ATTENDANCE

Swimmers are offered 3 mornings and 3 evening's sessions. The evening sessions will be decided between coach and swimmer.

TRAINING EXPECTATIONS

To be on poolside ready to complete the full Pre-Pool Warm Up in time for the start of the each session

To have full kit poolside

Achieve minimum attendance levels

To be able to complete a 2 hr training session of up to 5000m

To commit to attending Long Course and Land Training when invited

Kit

- Kick board & Pull buoy
- Hand Paddles & Snorkel
- Goggles plus spare pair
- Fins
- Foam roller – please check requirement with coach first
- Drinks Bottle

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure the Club is aware of any other medical conditions.

JUNIOR SQUADS – Rookie to Platinum

Progression through squads at coaches' discretion

ATTENDANCE

Rookies	Must attend Thursdays
Bronze	Must attend 1 Session per week
Silver B	Must attend 1 Session per week
Silver A	Must attend 2 sessions per week
Gold B	Must attend 2 sessions per week
Gold A	must attend 3 sessions per week
Platinum	must attend 3 sessions per week

EXPECTATIONS

- To have Swim Kit
- To be on poolside prior to session starting
- Once 9 yrs old to start competing (Please see coach to see what to enter)
- Must compete at Club champs
- To compete in galas

KIT

- Kick board & Pull buoy
- Goggles plus spare pair
- Fins
- Drinks Bottle

Additionally any Swimmer who suffers from Asthma should ensure they have their inhaler on poolside.

Please also make sure the Club is aware of any other medical conditions.

BBSC Volunteer Committee and Officers

Position

Contact

Chairman	Simon Edwards	Chairman@braintreeswimming.org.uk
Treasurer	Steve Jacob	treasurer@braintreeswimming.org.uk
Secretary	Mark Henn	secretary@braintreeswimming.org.uk
Welfare Officer	Dean Petts	welfare@braintreeswimming.org.uk
Membership Secretary	Dawn Milson	membership@braintreeswimming.org.uk
Open Meet Secretaries	Helen Osborn	meetentries@braintreeswimming.org.uk
Fixtures Secretary	Vacant	fixtures@braintreeswimming.org.uk
Volunteers Coordinator	Su Macklin	volunteers@braintreeswimming.org.uk
Social Secretary	Mick Bott	social@braintreeswimming.org.uk
Trophies Secretary	Leanne Henn	trophies@braintreeswimming.org.uk
Website & Publicity	Olga FryOliff	publicity@braintreeswimming.org.uk
Records Officer	Claire Hooks	records@braintreeswimming.org.uk
SwimMark Co-Coordinator	Kirsty Huxter	N/A

www.braintreeswimmingclub.co.uk



Club Shop and Kit

We have joined up with Swimzi to offer a unique Club Kit – this is available to order through a link on their website at certain times throughout the year, kit is delivered to one of the committee who then distributes the orders to the parents/swimmers.



The below items are available for purchasing/ordering through Club Organiser -

Club Hats -	£7
Club Bags-	£30
Pull Buoys-	£9
Kickboard-	£13
Starter Kit-	£35 (This includes 1 club hat, 1 kickboard, 1 pull buoy, 1 mesh bag)
Supporters T-Shirts-	£13 Kids £14.50 Adults (only available at certain times of the year)

Our partners at ProSwimwear hold the largest selection of swimwear in Europe and the link on the club website means the club receives a percentage of all sales –



Gogglebox also have a fantastic shop in Leigh On Sea and offer expert advice on fit/ranges of costumes and goggles, they also set up a pop up shop at many of the Essex open meets
www.thegogglebox.com



Ten dos and don'ts for swimming parents

When coaches, swimmers and swimming parents work well together, incredible things are possible. The team is committed and focused on helping the swimmer to realise their full potential.

For swimming parents there are a few simple dos and don'ts that can help ensure that you are guiding your child in the right way and fulfilling your all-important role.

Swimming parents' top ten dos and don'ts

- **Do be supportive – rain or shine!**

Whether your child comes first or last, sets five PBs or none, you should still love and support them the same. One of your most important roles as a swimming parent is to provide emotional support during the tough times, of which there will be many. Let your child know that they are still loved, no matter how badly they think they swam. And likewise, try not to let them get cocky when they win.

- **Don't pressure your child**

Remember that swimming is your child's hobby. If your child has their own reasons and own goals for participating, they will be far more motivated to excel and therefore far more successful. It is normal and healthy to want your child to excel and be as successful as possible, but swimming parents cannot make this happen by pressuring them with expectations. Instead, you can encourage them and offer them unconditional support and guidance.

- **Don't be the coach**

'Coaches coach. Swimming parents parent.' Your child's coach is there to teach the technical swimming skills. You can help your child to learn values and develop positive character traits. Showing unconditional love and support, and creating a happy and balanced home environment will help them to get the most out of what they are doing in the pool.

- **Do encourage independence**

Confidence is the essential ingredient in all great swimming success stories. Confidence comes from knowing; knowing you can do it. Encourage your child to pack and empty their own swimming bag, to make their breakfast, to carry their swimming kit, fill their water bottles etc. This will help to create independent and self-motivated swimmers, with a strong sense of confidence, self-belief, resilience and self-reliance.

- **Don't dangle carrots**

Try to avoid extrinsic motivation (bribery!). It's important to be careful of the message you send out – swimmers should swim for themselves and for the positives the sport brings. When your child does well, try to praise them for what they did well, not the outcome that they achieved.

- **Don't criticise the officials**

The majority of officials are volunteers. Many are even swimming parents who have decided they want to help out on the poolside. Children sometimes make mistakes at meets – it happens! If your child is disqualified at a meet, try not to complain or worry. If a disqualification is questionable, as sometimes is the case, the coach (and not the parent!) will take the necessary steps.

- **Do respect the coach**

Trust the coach to do their job. If you have any questions about something your child's coach is doing or saying in the sessions, it is usually ok to ask. However, their attention will be on the swimmers they are coaching during session times, so try and grab a word with them before or after training. Remember that a huge number of coaching staff are giving their time voluntarily and are keen to get the best out of every one of their swimmers!

- **Do be loyal and supportive of the team**

Where possible emphasise the importance of being a team player. Swimmers that motivate others are often the happiest and gain the greatest benefit out of training and competition. This goes for swimming parents also. Cheer for your own child but cheer for their teammates too. This will help to create a positive atmosphere amongst the swimmers and their supporters.

- **Don't make your child feel a failure**

Children develop at different rates, in terms of size, strength, coordination, emotional and intellectual maturity and just about everything else. Encourage your child to compete against themselves, and to measure themselves against only their own best efforts. If they do win and beat everyone else, it's a bonus!

- **Don't push for Olympic or Paralympic glory**

Maybe your child will become an Olympian, but for most this isn't the case. Encourage your child to be the best they can be and to enjoy their sport, but make sure both your and their expectations are not too set too high. It's great to have goals and dreams, but the most important thing is that they are happy. If they are happy the good performances will come naturally



League Gala's and Open Meets

Braintree and Bocking is a competitive swimming club and as a club we compete at different events throughout the year.

Here is our guide to what's what –

League Gala's –

Swimmers may be chosen by the coaches to compete for the club at one of the below gala's

These are normally on a Saturday or Sunday late afternoon/early evening and last around 3-4 hours – don't forget swimmers get very hungry after an event so don't forget to pack something to eat and drink

Coaches will display a team list on the notice board at the swimming pool and swimmers will be asked to tick off their availability as soon as possible so the club can always put the strongest team forward for the event – a list of upcoming gala diary dates is available on the notice board

The club frequently puts on coach transport (dependent on journey times) and this will again be displayed on the notice board when available – this is a great opportunity for swimmers to arrive at the venues together and can take away the hassle of parking and driving to the venue – a small contribution towards the cost is required on the day

We are part of and compete in –

- 1) **Essex Mini League** - The Essex Mini League provides a framework for competition between amateur swimming clubs within the county of Essex. The league currently has 17 member clubs arranged in a single division. Each club swims in five galas each season, arranging and hosting one of them. The league organises the fixture list with the aim that each club will swim against every other club in the league during the season and not swim against the same club more than once. Galas are swum on the second Saturday of each month from February to October (excluding August).
- 2) **National Arena Swimming league (London division)** - There are currently 400 teams participating nationally split into 7 regions. Clubs compete over three rounds, October, November and December, with the Finals in April for the top clubs.
- 3) **Junior Swimming league (M11 division)** - There are currently 11 Leagues that are affiliated to the Arena Junior Inter-League (the Inter-League is directly affiliated to the ASA). Within these Leagues over 200 swimming teams throughout England and a team from Wales take

part in the Junior League! This is the premier junior swimming league in the United Kingdom. The aim is to promote inter-club competitions for junior swimmers from 9 - 12 years helping to encourage their progression in swimming and participation in sport

There will be a charge for spectators at galas.

Ensure that swimmers have spare kit – hat, goggles, they should also bring something to wear poolside to keep warm – large bags are often not allowed poolside due to space restrictions so a small poolside bag is a good idea, swimmers will be also required to wear the basic club kit if competing for the club.

Open Meets –

As a club we enter numerous open meets throughout the year aimed at all levels of swimmer, these are a great opportunity for swimmers to not only compete for the first time but to gain qualifying times for the County Championships and beyond.

Swimmers must have an ASA category 2 membership to compete and be of a qualifying age – if in doubt one of the coaches will guide you in the right direction.

Notification for an open meet will be sent via e-mail from the BBSC Open Meets secretary and details on how to enter will be on the e-mail, if you need help with which events to enter then please ask one of the coaches who will be happy to assist.

These events can vary from single sessions (each session lasting around 4hrs with warm ups) to full multiple sessions over a weekend so plan well as they can be long days with early morning and late nights.

BBSC currently run two open events a year – Spring Meet (2 sessions over 1 day) and the Christmas Cracker (5 sessions over a weekend).

Things to remember –

Signing in - swimmers will be required to sign in at open meets for each session they are taking part in – this basically means they highlight their name on each event they are competing in for that session – this lets the organising club know that the swimmers is present and will be competing – swimmers should not sign in if they are not intending to swim an event as clubs can be fined for non swims. Signing in normally ends when the warm ups start so ensure you arrive in good time

Warm ups – warm ups at open meets are normally split by gender and times are published within the information packs sent out to the clubs – these are normally e-mailed to swimmers before the day from BBSC but are also normally posted on the hosting clubs website, swimmers should follow the coaches instruction during warm up sessions as lanes will be allocated and these can be shared lanes with other competing clubs – swimmers should be on poolside in good time for the start of each sessions warm ups.

Spare kit – hat, goggles and enough towels and costumes to last the day, they should also bring something to wear poolside to keep warm – large bags are often not allowed poolside due to space restrictions so a small poolside bag is a good idea, swimmers will be also required to wear the basic kit if competing for the club.

Money (cash) - Organising clubs will charge spectators at open meets and they will normally offer a programme at an additional charge, this is always cash only.

Photo Register - If you wish to take photos during the event you must sign the photography register at the desk when you pay entrance.

Food and drink – Swimmers get very hungry (and so do the spectators) so a good supply of food and drink will be required - guides to what is best for swimmers on day of competition can be found on the ASA website, swimmers are known to be the hungriest athletes

Tips for supporting your child at swimming events

1. Ask your child how they would like you to be. While few kids like a balcony ogre barking negative comments, they may want you in the front row of the balcony, whooping and cheering for them as they line up to race. On the other hand, they may find it a bit off-putting and anxiety inducing, and would rather you remained calm and quiet. So, tip one is ask first.
2. Try to remember that although you're sat within a crowd, your actions and words will still be noticed, most of all by your child. Think before you shout, and keep your body language, actions and your words positive.
3. If you're starting to feel any frustration, try taking slow, deep breaths to keep calm. If something's gone particularly badly, try counting down from 100 in your head, to give you time to form a rational response.
4. Try not to get sucked in to competing with other parents. Everyone wants their child to be the best – it's natural. However, it's your child's sport, so try to just enjoy watching and be supportive. Leave the competitiveness to them.
5. If you're feeling particularly annoyed with your child's performance, or are struggling to keep your cool on the balcony, try adopting relaxation skills. Imagine a relaxing scene, repeating a calming phrase, or putting some headphones in with some chilled music on may all help you to keep relaxed. Try some visualisation exercises before the race.



A guide to what to eat and drink for swimmers

Swimmers get hungry, very hungry especially during heavy training weeks and competition, so it's vital that they replenish all the calories and fluids lost during this time – swimmers will sweat just like any other athlete – so here's a quick guide to the best ways to do this.

During swimming, the body uses energy, and the level of intensity of the training determines where the energy comes from. In low intensity work such as a steady swim, fat is the main source of energy, which is released into the body gradually. As exercise becomes more intensive, the energy in the fat can't be released quickly enough and as carbohydrates can be converted into energy much more quickly, the swimmer will rely more and more on carbohydrates and less and less on fats.

Unfortunately, the body can't store lots of carbohydrate with the result that between 60 to 90 minutes of intensive training can use up most of it – and depletion then leads to fatigue. If the swimmer has the wrong intake of food levels, he or she will reach a stage of being unable to cope with the training load.

Although fats are still important in providing energy, since most training sessions contain a large proportion of medium and high intensity work, swimmers require much more carbohydrate in their diet than the average person.

Carbohydrates come in two forms, simple (sugars) and complex (starches). Sugar as a fuel is like a firework; a "big bang" of energy and then nothing else. Complex carbohydrates are similar to coal, burning slowly over a longer period of time. A mixture of the two carbohydrate forms is required though the majority should be the starchy unrefined complex carbohydrates such as whole grain cereals and cereal products (i.e. wholemeal bread, muesli, rice, pasta, potatoes etc), beans peas and lentils. These foods also contain protein, vitamins and minerals and have high fibre content.

Swimmers shouldn't rely on simple carbohydrates such as sweets, junk food and sugar to provide the carbohydrate in their diet

Remember – eating the correct evening meal the night before e.g. pasta will have a much greater and longer lasting effect than a bag of sweets or chocolate bar on the day

Fluid

Dehydration can also affect physical performance and will prevent you from doing your best.

It is important to drink before you feel thirsty - If you feel thirsty, you are already dehydrated – feeling thirsty can also be misinterpreted for hunger

- 1) Make it a habit to drink before training and more importantly, immediately afterwards. If possible, drink between sets whilst training.
- 2) The volume of fluid should be kept as high as is comfortable. Soft drinks or sports drinks, which contain an energy form with carbohydrate together with electrolyte, are more effective than plain water in improving performance but this is often to taste so plain water is fine and some sports drinks are not suitable for younger swimmers – ***no fizzy drinks/milkshakes/energy drinks containing caffeine***

The night before competition

Stick to high carbohydrate; low fat meals with plenty of liquids (fruit juice, cordial, water – not fizzy high sugar content drinks or drinks containing caffeine as they need good night's sleep). Do not try to stock up and over eat to the point of discomfort. Just stick to a normal size meal, avoid any spicy foods or anything unfamiliar that may cause bloating or aggravate the stomach - Some suggestions are:

- Noodles with low fat/lean meats or vegetables
- Rice (especially brown) with a lean mince chilli (avoid the salty tortilla chips)
- Pasta (low fat sauce) or pasta bakes – go light on the cheese though
- Beans on Toast
- Potatoes in any form – avoid the chips though

Pre-competition and training

NEVER go without food or drink.

The timing of a meal depends on when the competition or training starts, but you should aim to finish your meal at least 2-3 hours before the competition/training starts. The meal should be high in carbohydrate and low in fat and protein.

It's always tempting to hit the a fast food outlet for a "pre competition breakfast" but this should be avoided due to the fat content, so a healthy breakfast alternative should be taken.

You should also take plenty of fluid in the form of pure fruit juice, water, cordial or still isotonic sport drink (these contain carbohydrates in the form of simple sugars – a ready to burn form of energy) – again avoid caffeine based energy drinks, milkshakes and do not drink to the level of discomfort.

Drinking small amounts often is the key, up to the start of the race.

Swimmers should carry their drinks bottle at all times – remember if they feel thirsty they are already dehydrated – it's the body's way of telling them to drink more fluid

- Some suggestions:
 - Rice / Pasta / Noodles
 - Toast with marmalade, honey or jam
 - Breakfast cereals or cereal bars
 - Muffins, crumpets, currant buns, scones, teacakes, raisin bread
 - Scotch pancakes with a banana
 - Banana sandwiches – avoid white bread; go for whole wheat or wholegrain
 - Beans on toast
 - Jacket potato – filled with sweet corn, lean meat chilli – but avoid too much cheese

Snacks for during competition and after training

- Sandwiches (try thickly cut bread with banana/jam/honey/lean meats – avoid cheese as main ingredient)
- Baguettes / rolls / pitta bread
- Muesli bars and dried fruit bars
- Popcorn
- Fresh / dried / canned fruit
- Cereals
- Currant buns / tea cakes / malt loaf / raisin bread
- Sesame snacks / sticks
- Fruit cake
- Plain type biscuits e.g. Rich Tea, Digestive, Garibaldi, Fig Rolls, Jaffa cakes
- Jelly cubes
- Scones / muffins / crumpets
- Toast
- Carton low fat rice pudding

- Low fat fruit yoghurts
- Crisp breads / rice cakes / crackers
- Drinks – Juices / squash / Sports drinks

Eating and drinking between races

The time you have between races will determine what you can eat. With only one hour before your race, Your carbohydrates will need to be refuelled by isotonic sports drinks, juices or squash, no fizzy drinks or milkshakes and avoid heavy smoothies that can bloat you.

With more than an hour between races, you can have a high carbohydrate snack from the list above. On the day of competition, you will probably eat more ‘snack’ type foods during the day but you should resume your regular meals after competition.

You should try to avoid fatty or sugary snacks such as chocolate bars, sweets on the day of competition and during the competition.

Post competition and training

We all know what it’s like after you have finished; you want to head for the nearest fish and chip shop or burger bar/fast food restaurant. If your events are finished and you aren’t swimming the next day – then go for it **you’ve worked hard and you deserve it!**

However, if you are swimming again next day, try to avoid the temptation, as it is vital to refuel and rehydrate ready for tomorrow. Start drinking straight after the competition and have a high carbohydrate snack as soon as possible, followed by a low fat meal later. This also applies after hard training.

- Some suggestions for post-competition meals:
 - Chinese meals with lots of noodles
 - Pizza or pasta dishes with tomato-based sauce
 - Chicken kebab with pitta bread and salad
 - Jacket potato and salad fillings
 - Indian food with rice and breads

Always try and re-fuel within 30 minutes of a heavy training session, the body will immediately need nutrients to “repair” itself.

A to Z of Swimming

Swimmers do have their own language and as a new swimmer or parent this can be a little daunting, so here's our guide -

Age Group

Swimmer or competition for under 16's

Anchor

Final swimmer in a relay

AOE

Automated Officiating Equipment - Electronic Timing. Systems are operated from a laptop situated poolside, and it records the times for each swimmer in each lane and race.

Arena League

Sometimes known as the National Arena league, galas held through the competition season within a league format, rounds are within regions with winners from the top divisions going forward to a National Final.

A.S.A

Amateur Swimming Association – Governing Body of Swimming in the UK

BAGCAT

British Age Group Categories

BAGCAT Points

The ASA's British Age Group (BAG) points system

Blocks

The starting platforms located behind each lane, they come in a variety of designs and will only be fitted where there is a safe diving depth

Club Championships

As a club we hold our annual Club Championships around September/August, this is open to all club swimmers and is a great opportunity for all the swimmers to compete in a licensed event across a wide range of distance and stroke disciplines.

Converted Time

If a swimmer does not have a Long Course time for an event, or a time that is valid, for certain gala's it is acceptable to convert a swimmers Short Course (25m pool) time, this is done using a conversion tool, such as found on - www.pullbuoy.co.uk

County Championships

The "Counties" usually take place in January/February of each year – this is a major event for the club and each year we aim to get as many swimmers achieving their county qualifying times as possible, this is done through entry into licensed open meets and the Club Championships.

DNC

Did not compete- code used in competition swimming events where a swimmer did not start the race

DNF

Did not finish – code used in competition swimming events where a swimmer did not finish the race

DQ

Disqualification – code used in competition swimming events meaning the swimmer or team did not complete the race correctly – this could be for numerous reasons such as a false start, stroke fault or incorrect turn

Fins

Usually made of rubber and fit over swimmers feet, used in training to aid development of kick and ankle flexibility

Form Stroke

Backstroke, breast or butterfly

Freestyle

Freestyle is usually swam as front crawl in events as this is the fastest stroke

Gala

A swimming gala is a swimming competition between clubs or groups of swimmers

Heat Declared Winner (HDW)

Term used in events where only heats are swum and there is no final. The swimmer with the fastest heat time in each age group competing will be declared the winner regardless of which swimmer wins each heat

IM

Individual Medley – Swum in order of fly, back, breast and front crawl in a single event, can be swum at distances of 100m, 200m or 400m (medley relays are swum in a slightly different order – back, breast, fly and finally crawl)

Kick Board

Flat float used for leg drills

Kit Bags

This bag will contain all the swimmers training kit such as pull buoy, flippers, kick boards and paddles all used during training sessions to aid stroke techniques and strengthening

Lane Order

In finals the lane order is decided on the times taken from the heats or semi finals, the swimmers are then spearheaded – fastest qualifier in lane 4, then 5, then 3, then 6, then 2, then 7, then 1 with the slowest qualifier going in lane 8. The practice of spearheading heats is often used in HDW events as well.

Lane Ropes

Used to set out the lanes in the pool, made of individual disks, strung on a cable, that turn on the cable when hit by a wave, dissipating the wave

Lap Counter

The large numbered cards (or the person turning the cards) used during the freestyle events 400 metres or longer. Counting is done from the starting end

Land Training

The exercises and various strength programmes swimmers do out of the water

Licensed Meets

Open meets are aimed at different levels of swimmers and are very often licensed by the ASA and categorised into four different levels

- Level 1 – aimed at the elite swimmer, these will have tough qualifying times (times the swimmer must achieve to be able to compete) and are held in 50m pools
- Level 2 – slightly easier qualifying times and held in 25m pools
- Level 3 – Held in 25m or 50m pools and aimed at swimmers looking to qualify for county championships or higher. They will often have upper qualifying time limits (times that the swimmer must not have swum faster than) and lower qualifying times (times that the swimmer must have swam faster than) to be able to qualify for the event.
- Level 4 – normally held as a single club event e.g. club championships and can be held in any length of pool from 25m up.

Times achieved at Licensed Events by the swimmer are loaded into the British swimming data base and the link for this can be found on the clubs website

Long Course

Open meets and galas swam in a 50m pool – times achieved are usually slower than those swam in a 25m pool

M11 League

Also known as the National Junior Swimming League

One of 11 Leagues that are affiliated to the [Arena Junior Inter-League](#) (the Inter-League is directly affiliated to the ASA).

Within these Leagues over 200 swimming teams throughout England and a team from Wales take part in the Junior League! This is the premier junior swimming league in the United Kingdom

Masters

Competitive Swimmers aged over 25

Mini League

The Essex Mini League provides a framework for competition between amateur swimming clubs within the county of Essex.

The league currently has 17 member clubs arranged in a single division. Each club swims in five galas each season, arranging and hosting one of them. The league organises the fixture list with the aim that each club will swim against every other club in the league during the season and not swim against the same club more than once.

Galas are swam on the second Saturday of each month from February to October (excluding August).

NQT

Qualifying time for the National Age Group or Youth Championships swum in July/August of each year

NT

No Time - the abbreviation used on a heat sheet to designate that the swimmer has not swum that event before

Open Meet

Open to swimmers from any club, within specific age groups. Usually swimmers have to have qualifying times to be able to compete

One Start Rule

If a swimmer starts before the gun/whistle/beeper, he or she is disqualified. This is the current ASA standard

Over the top starts

Used during competitions to reduce the time between events – swimmers will stay in the water until the next race has started

PB

Personal best – the best time achieved by a swimmer in a particular event, swimmers may have short and long course PB's

Pull Buoy

Keyhole shaped float that keeps your legs afloat in an arms only drill

Qualifying Time

A qualifying time is a time that is required in order to enter an event. There may be restrictions, such as an Upper Qualifying Limit or a Lower Qualifying

Regional Championships

The next level up from County Championships

Relay

When 4 swimmers compete as a team either in a medley or freestyle relay

Short Course

Galas and open meets swam in a 25m pool; times will normally be faster than those swam in a 50m pool as there are more turns

Skins

This is an event, whereby the fastest 50m front crawl swimmers across the age groups are involved in a knockout style race. The swimmers repeat the 50m swim each time eliminating one swimmer until only two remains, the winner being the faster of the two in the head-to-head race.

Splits

The times from each race are broken down into 25m or 50m segments which enable swimmers to see how they have paced their race.

Swim Down

A period usually at the end of training allowing the swimmers to relax and stretch out their muscles after training

Taper

A period of less intense training sessions – usually prior to a major event

Time Trial

Swim made to secure a recognised time for a particular event. Open galas often permit swimmers to make entries on the day of competition which may not be included in the overall medals but will be recorded as official times

Warm Up

A period of swimming at the start of the session or competition designed to loosen up the body and prepare for more intense work or a race

Whipping Area

The whipping area is an area at the pool where all the swimmers are held just before their race at open meets and events



General Conduct

In joining the club all members agree to be bound by the Club Rules, a copy of which is available on this website.

On aspects of conduct they state: -

- All swimmers and team members are expected to wear Team clothing, T-shirts and hats at all galas, competitions and presentations when representing the Club.
- All members for their own safety are to wear seat belts on any transport provided by the Club when travelling to competitions, galas or Club organised events.
- Club members should not be involved in any conduct or activity that may harm or bring into disrepute the name or reputation of the Club. Any serious misbehaviour by a Club member during Club time shall be reported to, and then considered by the Executive Committee or its representatives and appropriate action taken.
- Any member who has a diagnosed medical condition, injury or who is on prescribed medication must notify their Coach or teacher prior to training or competing in an event.
- All members are required to abide by Swim England's Code of Ethics.
- Any member who should have a complaint shall put this in writing to the Honorary Secretary whom shall answer in writing after discussion by the Executive Committee.
- Where competitions have an entry criteria, all Club members are expected to complete the criteria from known achieved times.
- The Club Rules can only be changed by the Executive Committee.

Poolside Conduct – swimming

This set of rules defines what acceptable behaviour on poolside is. By following these rules you will have a positive effect on your swimming and on your relationships with your peers and coaches, you will also earn the respect of those around you.

Remember you are part of a team of swimmers, parents, officials and coaches; support your team members and everyone involved in swimming at BBSC will experience enjoyment and success in their chosen sport.

Whenever you are on poolside the coach has full responsibility for all aspects of your training and behaviour. It is the coaches, and ultimately the Head Coaches' responsibility to ensure that the items listed in this code are adhered to. The elected executive committee of the club, to whom they are responsible, give the coaches this authority.

- **Responsibility**
You should remember that the coach is in charge of all aspects of the training session or competition. The coach's decision is final on matters affecting performance and attitudes on poolside.
 - **Attitude**
You should attend all training sessions and competitions with a positive 'can do' attitude. There will be times when your coach may set you challenges which you feel are beyond you. All practices are planned and designed to help you achieve your goals, try not to let frustration get the better of you, do not confuse being challenged with being told off, at times you may feel uncomfortable, tired and frustrated, this is normal and all part of learning how to train effectively.
 - **Respect**
At all times show respect to the feelings and actions of other swimmers and coaches. Respect is a two way process you have to give respect as well as earn it. Parents and guardians should show respect towards coaches at all times, they are trained professionals and may employ motivational tactics that challenge your child. Please view this in a positive light and support them, if you have any concerns then speak to them informally at the earliest opportunity.
 - **Termination**
Any swimmer whose behaviour is unruly, negative, and aggressive to others or who uses abusive or derogatory language will be instructed to leave the session or poolside by the coach. Similarly any parent or guardian who acts in such a manner towards committee members, coaches or other members will be instructed to leave the building.
 - **Direction**
Once at training or competition you are under the coach's direction, you must follow the training set or directions as given. If you can't do the session or race you will be asked to leave.
 - **Attention**
You are listening to the instructions and directions given by the coach and that you follow them. If you are unclear, ask.
 - **Punctuality**
You should be on poolside 15 minutes before the start of any training session (when the pool, opening times allow this) or before the warm up time for the competition, ready to swim, with all necessary equipment.
 - **Injury**
If you have an injury you must advise the coach before starting the training session or competition. The coach will decide if the session is appropriate and whether you are fit to take part, the coach may ask for a doctor's note detailing the extent of the injury to aid the decision making process. Under no circumstances may a swimmer compete if they have reported an injury that prevents them from training, to either the coach or membership secretary. To do so may risk seriously aggravating and worsening the condition and neither the club nor coach will take any responsibility for any ill effects caused by breach of this rule, you may also be subject to disciplinary action if you compete against your coach's advice.
- For long periods of absence from training because of injury or illness, it may be appropriate that full squad fees are not paid. No reduction in fees will be given for the first four weeks after training ceases. After the first four weeks, the relevant full squad fee will be reduced to £5 per month to retain membership. As soon as training begins again, at whatever level, full fees are payable. To qualify for the reduction the swimmer should speak to their coach

then email a doctors certificate, letter from a physiotherapist or another suitably qualified person to membership@braintreeswimming.org.uk

- Any costs associated with obtaining a doctors certificate or other letter are the responsibility of the swimmer.
- Before a swimmer may begin training again they must provide a doctor's certificate, letter from a physiotherapist or another suitably qualified person that clearly states they are fit to train.
- A copy must be sent to both membership@braintreeswimming.org.uk and headcoach@braintreeswimming.org.uk the head coach will then inform you when and which training sessions to attend.

- **Completion**

If you are unable to complete the session as given, the coach will at his discretion adjust the programme, ask you to move to a slower lane or ask you to leave the session.

- **Attendance**

Do not leave the lane or poolside without asking your coach. Ensure you attend training regularly; casual arrangements cannot be entered into. Your coach will discuss with you which sessions you should attend. You will be given a place in a squad not only suitable for your race ability but also your ability to train, your work ethic and you will need to demonstrate commitment and dedication by achieving the minimum attendance criteria to retain your place.

- **Purpose**

You are in the water to train or race so do not distract other swimmers from focussing on successful completion of their training program or race, disruptive behaviour will result in you being asked to leave the session.

- **Discipline**

In training ensure you follow good lane discipline. Leave at correct intervals, swim at the instructed pace, take the correct rest, allow faster swimmers to move past you without holding up the lane. Do not stop at the end of the lane; ensure you place yourself in the correct order according to not only your ability but those of others around you.

At all times

- You are representing Braintree & Bocking Swimming Club to other swimmers, spectators, coaches and officials. The standard of your behaviour should therefore reflect the standards that the Club expects.
- Entry to any competition outside of those on the club's prescribed competition calendar is not permitted.
- The Club will not tolerate bullying in any form.
- Members are expected to behave politely and in an orderly manner. Abusive or threatening language or behaviour will not be tolerated under any circumstances.
- Swimmers should promptly obey the instructions of coaches and officials of this club and others.
- Obey any instructions given by changing room stewards, who will also help you if you have a problem. In the changing rooms and the shower areas behave in a quiet, orderly and responsible manner. Change as quickly as possible.
- All members must act in a way so as not to endanger their own health and safety or that of others.
- Never take glass objects onto poolside.

- Respect the property of the pool providers and other swimmers. Responsibility for personal belongings is with the individual concerned, not with the Club (e.g. money, jewellery, clothing etc)
- Never take computer games onto poolside.
- At galas do not wander off to be with parents or supporters but remain with your team and your team manager. Do not leave poolside to change without permission from your coach or team manager. It is expected that all team members will stay to support the last race.
- Support and encourage everyone in your team and in your Club. Members should behave in a "sporting" manner at all competitions. Accept winning or defeat gracefully. Do not make excuses for poor performance. Show sportsmanship at all times.
- Respect the environment and either place all rubbish in receptacles provided or take it home with you, including the time that you are on Club transport.
- When travelling on transport provided by the Club comply with any instruction from the coach driver, assistant, coach or official. Remain seated, using correctly fastened seat belts. Do not interfere with any safety equipment. (E.g. handles, switches, alarms, extinguishers, etc)
- When travelling with the Club to special events, such as a training camp, an additional Code of Conduct applies and will be issued before travelling.

Disciplinary action

While it is quite possible to have disputes between committee members, parents, coaches and swimmers, it is the Club's desire that these are dealt with reasonably and amicably, without going through a formal process.

Some disputes or complaints or behaviours will require a more formal process and these notes sets out how this would work.

The Club has the power to legislate for a breach of its own rules and can suspend a swimmer from Club activities. The Club does not have the power to handle a dispute relating to the member of another club, nor deal with an offence under Swim England Law.

The key principle to be followed is that Swim England Law conforms to the law of the land in so much that an individual is innocent until proven guilty and he/she must have reasonable opportunity to present a defence and have his/her views heard.

- It is important that the same people in the Club do not become both the prosecutor (or defender) and the judge. If the Committee or its officers are either the prosecutor or defender or involved in the dispute then they must find other members not connected with the matter to hear the evidence from both parties to the dispute.

There are occasions when a problem arises in a Club, for example fighting between members on poolside, where immediate action is required, such as temporary suspension or exclusion from a training session.

Coaches and officers have the power to invoke a temporary suspension.

A report should then immediately be made and the Disciplinary Procedure followed.

Disciplinary Procedures

- 1.** On receipt of the dispute every effort will be made to resolve the matter by informal discussion. If this fails or it appears likely that it is necessary to discipline a member, the Club will set up a panel to deal with the matter.
- 2.** One member of the panel will act as Chairman, one as Secretary. The panel will consist of persons not involved in the dispute and individuals from outside the Club can be involved if appropriate.
- 3.** The Executive Committee could hear the dispute, but this could be intimidating, so the Club prefers to use a panel.
- 4.** The Chairman of the panel should notify both parties of the date, time and place of the hearing and also the names of the panel members.
- 5.** Both parties should be given copies of all papers and documents by the other at least three days before the hearing date.
- 6.** Every effort should be made to hold the hearing within 14 days of receipt of the dispute.
- 7.** If either party is under 18 years of age, they will be advised of their right to be accompanied by a parent (or other person who has parental responsibility for them) or coach to help them present their case.
- 8.** Both parties shall be allowed to bring witnesses
- 9.** The hearing shall be controlled by the Chairman, but should be as informal as possible
 - The Complainant should present evidence first and the accused should have the right of reply.
 - Both parties to the dispute shall be allowed to bring witnesses. The witnesses must be present at the hearing. The Complainant witness should present evidence first and the accusers should follow.
 - Witnesses should not be in the hearing room until they are called. After questioning they should leave the hearing room and play no further part in the proceedings.
 - The Chairman or Secretary should make notes of the hearing and the panel should make every effort to announce their decision verbally to all the parties without delay followed by written confirmation to reach all parties within five days.
- 10.** If either party to the dispute is dissatisfied with the outcome they are entitled to make a Complaint to the Judicial Administrator at ASA Head Office, Loughborough.

Parents, Carers and Supporters

The whole learning and competing experience is a partnership between the Club, the Member, the Coach and the Parents. Here are some guidelines for parents and supporters to help in the development of the competitor.

Treat other competitors as partners

Your child should never be taught or encouraged to view an opponent as an enemy but merely another obstacle to overcome in pursuit of their own goals. Instead encourage friendship and applaud good performance by all swimmers, not just the winner.

Encourage self-competition

True winning at sport is about beating yourself and improving your own performance.

Success is not only defined by winning or losing

If a swimmer performs to their potential, no more should be expected. If they lose, don't be critical but instead help them feel that they are the winner in the battle against themselves. Similarly, should your child perform below potential but win, praise the victory but point out that the battle against themselves is still to be won. Not every swimmer can be a champion, but every swimmer can win the race against themselves. Be positive about the positives.

Be supportive, but don't coach

Your role is a very important one. You are the support team. You are the number one fan - unconditionally. Encourage, support and empathise; provide the taxi service and the meals; but leave the coaching to the professional coach in both training and in competition. You can confuse your child by offering your own opinions. (If you do have any concerns about coaching, speak to the coach!)

Make it fun!

The more fun your child has the better they will perform. If there is fear of practice or competition, find out why. It can be as simple as 'not knowing anyone'. Speak to other parents to find out if they have had similar issues. Be sure that your child is not concerned about failing to meet YOUR expectations.

Whose goal is it anyway?

Why is your child participating in sport? Make sure that it is because of their reasons and not yours.

Love your child unconditionally. Give your child the gift of failure

Every child is capable of improving on their previous personal best performance, though they may not win. Don't equate your child's self worth with their position in a race. Failure is an important stepping-stone on the path to success. Your help may be needed to change negative thoughts into positive ones. Teach your child to see setbacks in a positive manner.

Emphasise process, not outcome

Competing can raise tensions, in competitors and supporters. Help reduce anxiety by encouraging your child to concentrate on the competition itself, thinking about their own techniques. Take their minds away from who else is competing and from forecasting the result before the race starts.

Avoid comparisons, respect differences

Every child matures differently, mentally and physically. Comparing your child's performance and progress with others simply ignores developmental differences. Help children to accept themselves as they are. Late developers often turn out to be better competitors in the long run.

Training fees and general membership costs

Each swimmer will be placed into a squad that reflects their ability to fulfil criteria laid down by the coaches.

A swimmer may be moved to a different squad at the Head Coaches discretion on a temporary or permanent basis at anytime. The squad fee structure is based on an annual fee to access the coaching programme, there is no £ per hourly rate or pro rota calculation to decide fees. It is hoped that a child progresses through the coaching programme from the junior section to the top senior squad over the lifetime of their membership, this is where any differences in hourly rates even themselves out, however there are never any guarantees and the cost to the club of coaching the lower levels are considerably higher due to the high intensity and personal attention required.

Whilst some squads may appear to have what is perceived as better value for money this is certainly not the case. There is a huge amount of behind the scenes work that swimmers and parents are often unaware of, a proportion of this is paid for by your monthly fees; it's not all about how much water time a member may access. Please support your club throughout your child's development by volunteering to help where possible, many of the most valuable roles within the club, are performed by volunteers. This allows the club to direct more resources to areas such as pool hire and coaching costs.

Respect and admire others

Whatever the standard to which other children and parents perform to, their efforts and commitment in achieving it is worthy of your respect and admiration. Someone who always seems to win deserves just as much admiration as the other who gives everything, but loses. It is also not only counterproductive for your own child's progression but disrespectful to others to engage in "gallery chat" regarding someone else's child. At times coaches have set different challenges and varied instructions to individual swimmers; this should be of no concern to you unless it is your child the instructions have been given to.