

Squad Handbook 2015-2016



# ***Wrexham Swimming Club***

## **SQUAD HANDBOOK**

**2015-2016**

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## **2014-2015 SEASON ACHIEVEMENTS**

This past season was a mixture of results; we had some excellent results at all levels within the club, including National Champions, Team Titles and National Representation. However, with the changes in the competition structure not all club and swimmer goals were achieved, this we strive to change this season to allow for bigger and better results.

We have, though, had much success to be proud of over the past 12 months. A summary is below:

Full results and reports are available on our website; please follow this to keep up to date with all upcoming results from the new season.

### **TEAM ACHIEVEMENTS**

- Top Team North Wales Regional Championships
- Top Team North Wales Sub-Regional Championships
- ECL Junior Team Title

### **NATIONAL ACHIEVEMENTS**

- Karl Taylor selected to represent Wales at the 2014 UK School Games
- 3 National Champions; Karl Taylor (50m Fly & 200m Fly) & James Wilson (50m Back)
- 32 other National Medals achieved between; Tom Thorpe, Charlotte Walters, Andy Reay, Catrin Roberts, Emma Jones, Grace Williams, Euron Roberts, Evan Price, Owen Czerniak, Callum Welman, Elliot Jones & Ashley Jones.
- 2 medalists at the 2015 Cardiff International Meet; Sadie Spencer & Adam Taylor.

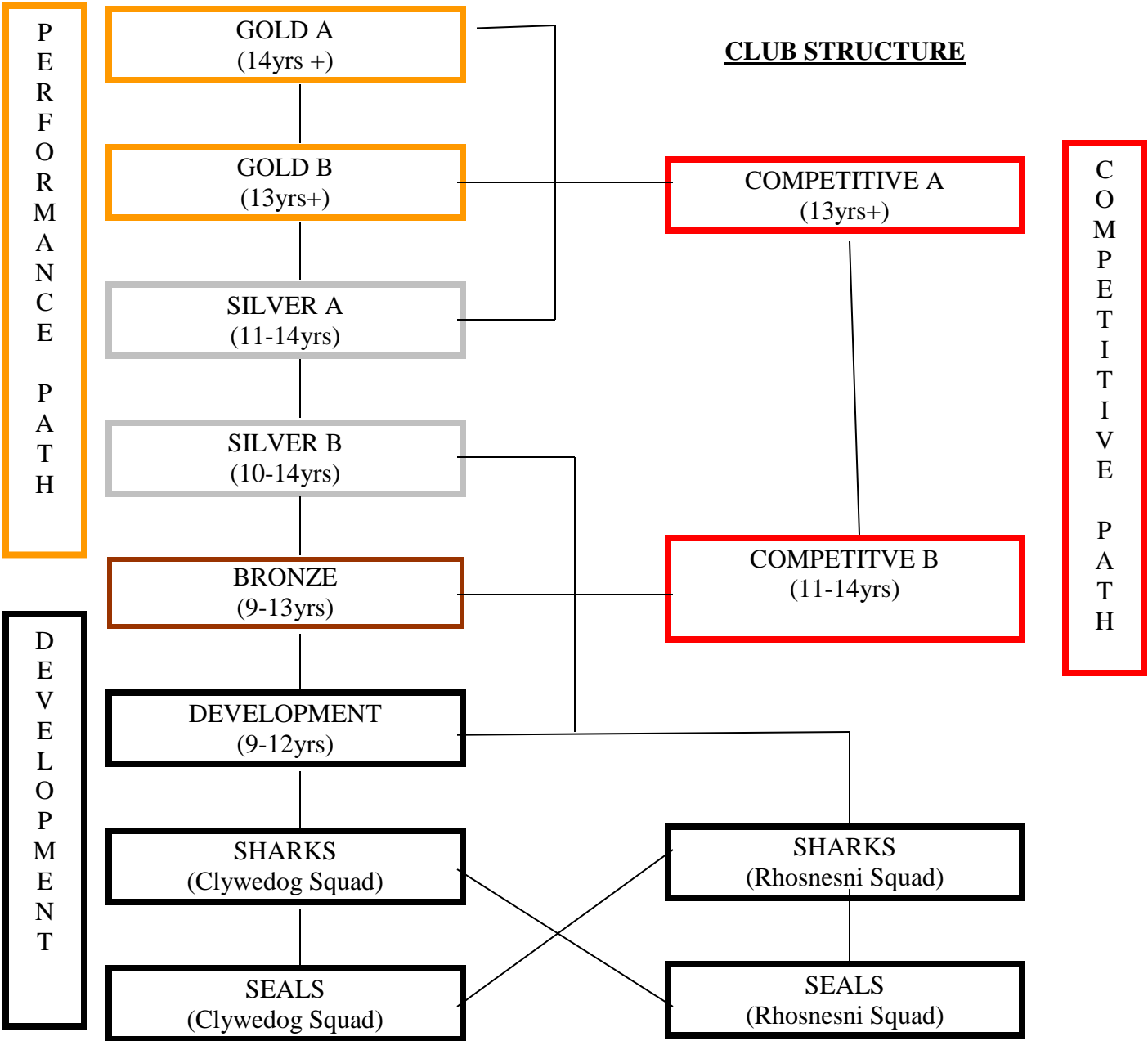
### **WELSH ACHIEVEMENTS**

- 49 Swimmers at North Wales Sub-Regional Championships
  - 23 GOLD, 20 SILVER & 15 BRONZE
- 61 Swimmers at North Wales Regional Championships
  - 28 GOLD, 18 SILVER & 28 BRONZE (88 Finals)
- 28 Swimmers Competing at Welsh National Championships
  - 3 GOLD, 9 SILVER & 11 BRONZE (50 Finals)
- 28 Swimmers at Welsh Summer Nationals
  - 2 GOLD, 6 SILVER & 4 BRONZE (37 Finals)

### **2014-2015 GOALS**

1. TOP CLUB AT 2015 NORTH WALES SUB-REGIONAL CHAMPIONSHIPS
2. TOP CLUB AT 2016 NORTH WALES REGIONAL CHAMPIONSHIPS
3. INCREASE NUMBERS COMPETING AT WELSH NATIONAL EVENTS
4. WIN THE ECL SENIOR & JUNIOR TITLES IN 2016
5. HAVE SWIMMERS QUALIFY FOR THE 2016 OLYMPIC TRIALS & BRITISH SUMMER CHAMPIONSHIPS

**CLUB STRUCTURE**



This club structure is designed to be progressive for swimmers to develop through different pathways in line with Long Term Athlete Development (LTAD). Squad Standards are in place to ensure that squad selections are not only fair on all swimmers but each swimmer is in the correct place for their own individual development.

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**TRAINING TIMETABLE (2015-2016)**

SQUAD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GOLD A	0530-0700 1630-1830	0530-0700 1900-2100	1615-1830*	1615-1800 G 1800-1930 B	0530-0700 1615-1800	0600-0900*	
GOLD B	0530-0700 1830-2000	0530-0700 1900-2100		1615-1800 G 1800-1930 B	0530-0700	0600-0900*	
COMP A	0530-0700 1930-2100 C	0530-0700 1900-2100				0600-0900*	
SILVER A	1930-2100 C	1715-1900**	0530-0700 1745-1930**		0530-0700	0600-0900*	
SILVER B		1745-1900**	0530-0700	1930-2100 C	1745-1930**	0800-0900	
COMP B			0530-0700	1930-2100 C	1900-2030 C	0800-0900	1715-1845
BRONZE	1800-1930 C 1900-2030 R	1630-1730	1800-1930 C 1900-2030 R	1800-1930 C 1700-1830 R	1900-2030 R	0800-0900	1715-1845
DEVELOPMENT	(DA)		(DC)	(DA)	(DC)		(DA + DC)
SHARKS 1		1800-1900		1700-1800 C	1800-1900 C		
SHARKS 2	1800-1900 R	1800-1900			1800-1900 R		
SEALS 1			1700-1800 C		1700-1800 C		
SEALS 2	1700-1800 R				1700-1800 R		

\* Session includes Land Training    \*\*This includes 15min Blood Flow/Strength & conditioning Routine

**Thursday PM sessions for Gold Squad will be split Girls (1615-1800) and Boys (1800-1930)**

C=Clywedog

R=Rhosnesni

## **SQUAD STRUCTURE & PLACEMENT**

The WSC Squad Structure has been developed to offer a pathway for all swimmers to develop within the club with a focus on Long Term Athlete Development (LTAD). We must note that these will evolve and that there is a broad variation in our swimmers in terms of: age, physical strengths, motivation, inherent skill and future potential. These factors will go some way to determine which squad is best of a swimmer. Consequently, we will also consider the following:

- Competition Performance
- Training Performance
- Biological V Chronological Age
- Emotional Age
- Attitude
- Potential
- Attendance

Each Squad should be seen as a Spring Board (rather than a ceiling) for each swimmer to develop, grow and improve upon. Use the training and experience of the coaches to your maximum, there is no limit to what you can achieve within each squad with the right attitude.

The Criteria set out above are only to be considered for a particular squad, not a given right, and the Head Coaches has the final say on which swimmers make up which squad and when swimmers progress.

The Head Coach has the right to review and amend the above and below as deemed necessary in order to ensure the best interests of the club and swimmers are being met.

## **SQUAD STANDARDS**

### **PERFORMANCE SQUADS**

<b>GOLD A – SQUAD STANDARDS</b>
<b>Age Guideline:</b> 14yrs & Over
<b>Training Venues:</b> Wrexham Waterworld
<b>Aim:</b> The aim of Gold A is to create a competitive, professional environment with a tailored training plan specifically aimed at high levels performances at Welsh National, British National Championships and beyond. This squad will be supported by strength & conditioning sessions, pre & post training routines and other sport science as deemed necessary. Swimmers in this squad should have no other commitments other than school, if you cannot make this commitment you will be offered a place in another Squad.
<b>Squad Standards:</b> <ul style="list-style-type: none"> <li>• Welsh National Qualifier or above</li> <li>• Positive Attitude in all situations</li> <li>• Full commitment to training and competition</li> <li>• Ability to follow Head Coaches competition guidance and compete over all strokes and distances as required</li> <li>• Show respect at all times to teammates, officials and opposition.</li> <li>• Excellent Time Management Skills &amp; to submit Swimmer Calendar each month</li> </ul>
<b>Commitment:</b> <u>TRAINING:</u> <ul style="list-style-type: none"> <li>• Training attendance will be with agreement with the Head Coach and submitted monthly using the Swimmer Calendar. This must be strictly adhered to.</li> <li>• Swimmers are expected to honour their commitments &amp; manage their time effectively.</li> <li>• Swimmers are also expected to attend Land Training Sessions</li> <li>• Swimmers are to stretch effectively for 10mins after all evening sessions.</li> </ul> <u>COMPETITIONS:</u> <ul style="list-style-type: none"> <li>• Swimmers are expected to attend ALL Target meets set out in the Calendar,</li> <li>• Team Galas as selected and</li> <li>• Wrexham SC Galas (if not swimming volunteer to support the younger swimmers.</li> <li>• Swimmers are also expected to enter all other meets as directed by the Head Coach.</li> <li>• To arrive poolside at least 15mins prior to the Warm-Up time as directed by the Head Coach</li> <li>• Ensure Warm-Ups and Swim Downs are conducted correctly</li> </ul>

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<b>GOLD B – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 13yrs & Over
<b>Training Venues:</b> Wrexham Waterworld
<b>Aim:</b> The aim of Gold B is to create a competitive, professional environment which introduces swimmers to specific training aimed at setting them up for high levels of performance at Regional, Welsh National & British National Championships. This squad will be supported by strength & conditioning sessions, pre & post training routine. Swimmers in this squad should start to fully focus on their swimming to ensure they reach their full potential, if you cannot make this commitment you will be offered a place in another Squad.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Welsh National Qualifier or deemed capable of achieving in current season</li><li>• Positive Attitude in all situations</li><li>• Excellent commitment to training and competition</li><li>• Ability to follow Head Coaches competition guidance and compete over all strokes and distances as required</li><li>• Show respect at all times to teammates, officials and opposition.</li><li>• Excellent Time Management Skills &amp; to submit Swimmer Calendar each month</li></ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"><li>• Swimmer are expected to attend 6/7 sessions upon joining Gold B (this includes Land Training sessions).</li><li>• In order to fully develop within Gold B swimmers should aim to achieve 7/7 sessions a week after the first 12months.</li><li>• Swimmers are expected to submit their Swimmer Calendar each month to the Head Coach.</li></ul> <b>COMPETITION:</b> <ul style="list-style-type: none"><li>• Swimmers are expected to attend ALL Target meets set out in the Calendar that they qualify for,</li><li>• Team Galas as selected</li><li>• Wrexham SC Galas (if not swimming volunteer to support the younger swimmers.</li><li>• Swimmers are also expected to enter all other meets as directed by the Head Coach.</li><li>• Swimmers should arrive poolside 15mins prior to Warm-Up at all meets as directed by the Head Coach.</li><li>• Ensure Warm-Ups and Swim Downs are conducted correctly</li></ul>



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<b>SILVER A – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 11 – 14yrs
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School
<b>Aim:</b> The aim of Silver A is to create a competitive, professional environment which introduces swimmers to more advanced training whilst maintaining stroke technique and skills. Swimmers will be aiming to compete at a Regional and National Level. This squad will be supported by strength & conditioning sessions, pre & post training routine. Swimmers in this squad should start to focus more on their swimming to ensure they continue to develop, if you cannot make this commitment you will be offered a place in another Squad.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Welsh Regional Qualifier or above, aiming for Welsh Nationals &amp; above.</li><li>• Adhere to Squad Core Expectations agreed in early season team meeting:<ol style="list-style-type: none"><li>1. Positive Attitude to Training &amp; Racing</li><li>2. Supportive Teamwork</li><li>3. High Work Ethic</li><li>4. Listen &amp; Respect Everyone</li><li>5. Consistent Attendance</li></ol></li><li>• Able to swim all strokes and distances in training and competition as directed by Head Coach</li><li>• Time Standards met, Coaches discretion at all times based on talent identification and long term potential</li></ul>
<b>Commitment:</b> TRAINING: <ul style="list-style-type: none"><li>• Swimmers are expected to aim for 90% attendance (11/12 per fortnight) and this includes Land Training Sessions.</li><li>• Swimmers are expected to arrive poolside 15mins before evening sessions for Blood Flow &amp; Pre-Pool.</li><li>• Swimmers are to communicate with the Head Coach attendance using the Swimmer Calendar each month.</li></ul> COMPETITION <ul style="list-style-type: none"><li>• To enter all target meets are directed by the Head Coach</li><li>• Continue to enter and compete in all strokes/distances when you can</li><li>• Compete in Team Galas as selected</li><li>• Enter &amp; Compete in ALL Wrexham SC Galas you qualify for.</li><li>• Arrive Poolside 15mins prior to Warm-Up at all Open Meets as directed by the Head Coach</li><li>• Ensure all Warm-Up and Swim Down instructions are followed correctly.</li></ul>

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<b>SILVER B – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 10 – 14yrs
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School
<b>Aim:</b> The aim of Silver B is to educate swimmers on correct training and competition pathways and introducing swimmers to more advanced training whilst maintaining stroke technique and skills. Swimmers will be aiming to compete at a Regional and Summer National Level. This squad will start to introduce strength & conditioning sessions, pre & post training routines. Swimmers in this squad should be eager to develop their swimming further to ensure they continue to develop, if you cannot make this commitment you will be offered a place in another Squad.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Welsh Regional Qualifier or above, aiming for Welsh Nationals &amp; above.</li><li>• Adhere to Squad Core Expectations agreed in early season team meeting:<ol style="list-style-type: none"><li>1. Positive Attitude to Training &amp; Racing</li><li>2. Supportive Teamwork</li><li>3. High Work Ethic</li><li>4. Listen &amp; Respect Everyone</li><li>5. Consistent Attendance</li></ol></li><li>• Able to swim all strokes and distances in training and competition as directed by Head Coach</li><li>• Time Standards met, Coaches discretion at all times based on talent identification and long term potential</li></ul>
<b>Commitment:</b> TRAINING: <ul style="list-style-type: none"><li>• Swimmers are expected to aim for 90% attendance (9/10 per fortnight) and this includes Early Morning Sessions.</li><li>• Swimmers are expected to arrive poolside 15mins before evening sessions for Blood Flow &amp; Pre-Pool.</li><li>• Swimmers are to communicate with the Head Coach attendance using the Swimmer Calendar each month.</li></ul> COMPETITION <ul style="list-style-type: none"><li>• To enter all target meets are directed by the Head Coach</li><li>• Continue to enter and compete in all strokes/distances when you can</li><li>• Compete in Team Galas as selected</li><li>• Enter &amp; Compete in ALL Wrexham SC Galas you qualify for.</li><li>• Arrive Poolside 15mins prior to Warm-Up at all Open Meets as directed by the Head Coach</li><li>• Ensure all Warm-Up and Swim Down instructions are followed correctly.</li></ul>

## DEVELOPMENT SQUADS

<b>BRONZE – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 9 – 13yrs
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School
<b>Aim:</b> The aim of BRONZE SQUAD is to refine swimmer technique and skills whilst building their aerobic base. Swimmers will be aiming to compete at a Local & Regional Level. This Squad will also educate swimmers on the pathway criteria & commitments as they develop through the club.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Achieved Time Standard</li><li>• Adhere to Squad Core Expectations agreed in early season team meeting:<ol style="list-style-type: none"><li>1. Regular Attendance</li><li>2. Teamwork</li><li>3. High Work Ethic</li><li>4. Positive Attitude</li><li>5. Listen &amp; Respect Everyone</li></ol></li><li>• Able to swim all strokes and distances in training and competition as directed by Head Coach</li></ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"><li>• Swimmers are expected to attend a minimum of 4/5 sessions a week, this includes early mornings Saturday. Swimmers are expected to arrive poolside at 7.45am on a Saturday for Blood-Flow and Pre-Pool.</li><li>• Swimmers/Parents are encouraged to communicate with the coaches absences.</li></ul> <b>COMPETITION:</b> <ul style="list-style-type: none"><li>• Swimmers will be encouraged to gain more competition experience, both Long Course &amp; Short Course and Locally &amp; Nationally</li><li>• Swimmers will be encouraged to enter and compete in all events/distances to further their development</li><li>• Attend all team galas selected for</li><li>• Compete in all Wrexham SC Galas.</li></ul>

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<b>DEVELOPMENT – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 9 – 12yrs
<b>Training Venues:</b> Wrexham Waterworld & Rhosnesni School
<b>Aim:</b> The aim of DEVELOPMENT SQUAD is to refine swimmer technique and skills in all 4 strokes. Swimmers will be aiming to compete at a Local Level & Sub-Regionals. This Squad will also start to identify which pathway is best suited to the swimmer and educate swimmers on their pathway options as they develop through the club.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Be efficient in all 4 strokes and actively competing.</li><li>• Adhere to Squad Core Expectations agreed in early season team meeting:<ol style="list-style-type: none"><li>1. Regular Attendance</li><li>2. Teamwork</li><li>3. High Work Ethic</li><li>4. Positive Attitude</li><li>5. Listen &amp; Respect Everyone</li></ol></li><li>• Able to swim all strokes and distances in training and competition as directed by Head Coach</li></ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"><li>• Maintain regular weekly attendance to ensure development continues. The more you attend the quicker your development.</li><li>• Ensure you arrive poolside early and be ready for the session start time</li><li>• Ensure you have all kit, and filled drinks bottles</li><li>• Communicate with your coach if you are going to be absent.</li></ul> <b>COMPETITION:</b> <ul style="list-style-type: none"><li>• Enter all appropriate meets as directed by the Head Coach and Coaching Team</li><li>• Compete in all 4 strokes &amp; IM events at every opportunity.</li><li>• Be available for Team Galas as selected</li><li>• Compete in all Wrexham SC Galas you qualify for</li></ul>

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<b>SHARKS – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 8 – 10yrs
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School Wrexham Waterworld & Rhosnesni School
<b>Aim:</b> The aim of SHARK SQUAD is to further develop competitive stroke techniques and skills in all 4 strokes. Swimmers will be aiming to compete at a Local Level and in North Wales Development Meet.
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Regular Attendance</li><li>• Positive Attitude</li><li>• Great listening to all Club Coaches</li><li>• Able to swim all strokes in training</li><li>• Show desire to compete and represent Wrexham SC</li><li>• Coaches discretion at all times based on talent identification and long term potential</li><li>• Show respect at all times to teammates, officials and opposition.</li></ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"><li>• Regular weekly attendance to ensure swimmer development continues.</li><li>• Arrive early to ensure you are ready to go on time</li><li>• Have correct kit and a filled drinks bottle</li></ul> <b>COMPETITION:</b> <ul style="list-style-type: none"><li>• Start to compete in Wrexham SC and Local Open Meets</li><li>• Be confident and raced all 4 strokes at every opportunity</li><li>• Be available for Wrexham SC Team Galas</li><li>• Enter and Compete in all Wrexham SC Meets</li></ul>

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<b>SEALS – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 7 – 10yrs
<b>Training Venues:</b> Clywedog School Rhosnesni School
<b>Aim:</b> The aim of SEALS SQUAD is to introduce swimmers to competitive swimming techniques and skills in all 4 strokes. Swimmers will be encouraged to start competing at Local Diddy Meets and Home Meets
<b>Squad Standard:</b> <ul style="list-style-type: none"><li>• Great Attitude</li><li>• Willingness to learn</li><li>• Able to swim all strokes</li><li>• Coaches discretion at all times based on talent identification and long term potential</li><li>• Show respect at all times to teammates, officials and opposition.</li></ul>
<b>Commitment:</b> TRAINING: <ul style="list-style-type: none"><li>• Regular attendance to ensure development continues and swimmers aren't left behind</li><li>• Arrive early to ensure you are ready to go on time</li></ul> COMPEITION: <ul style="list-style-type: none"><li>• Enter Meets as directed by your Coach (this will happen when at a level deemed appropriate)</li></ul>

## COMPETITIVE SQUADS

<b>COMPETITIVE A – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 14yrs/over
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School
<b>Aim:</b> The aim of COMP A is to provide swimmers the opportunity to continue to have access to a high level of training within the club and to continue to compete. This Squad is aimed at swimmers who may not achieve the criteria to progress through Silver & Gold, or those who cannot meet criteria above.
<b>Squad Standard:</b> <ul style="list-style-type: none"> <li>• Able to swim all strokes in training and competition</li> <li>• Not met criteria for Silver/Gold above</li> <li>• Show respect at all times to teammates, officials and opposition.</li> </ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"> <li>• Swimmers can attend as often as they wish around other commitments to ensure they continue to develop as long as they can cope with the workload</li> <li>• There is the option of moving back into the Performance Pathway if places are available and the criteria are met.</li> </ul> <b>COMPETITION:</b> <ul style="list-style-type: none"> <li>• Be available if selected for Team Events</li> <li>• Enter and Compete in ALL Wrexham SC Meets qualify for</li> </ul>

<b>COMPETITIVE B – SQUAD CRITERIA</b>
<b>Age Guideline:</b> 12 – 15yrs
<b>Training Venues:</b> Wrexham Waterworld & Clywedog School
<b>Aim:</b> The aim of COMP B is to provide swimmers who may be late developers or multi-sport athletes the opportunity to continue to develop their technique and skills within the club and continue to compete. This Squad is aimed at swimmers who may not achieve the criteria to progress out of Development & Bronze to continue to develop.
<b>Squad Standard:</b> <ul style="list-style-type: none"> <li>• Able to swim all strokes in training and competition</li> <li>• Not met criteria for Silver/Gold above</li> <li>• Show respect at all times to teammates, officials and opposition.</li> </ul>
<b>Commitment:</b> <b>TRAINING:</b> <ul style="list-style-type: none"> <li>• Swimmers can attend as often as they wish around other commitments to ensure they continue to develop as long as they can cope with the workload</li> <li>• There is the option of moving back into the Performance Pathway if places are available and the criteria are met.</li> </ul> <b>COMPETITION:</b> <ul style="list-style-type: none"> <li>• Be available if selected for Team Events</li> <li>• Enter and Compete in ALL Wrexham SC Meets qualify for</li> </ul>

## **KIT LIST**

### GOLD A

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Finger Paddles, Hand Paddles, Short Blade Fins, **FRONT SNORKEL**, Mesh Bag, Drinks Bottle (T-Shirt, Shorts/Leggings, Trainers, Towel for Land Training)

- **STRETCH BAND** for Injury Prevention – available from Amazon ([http://www.amazon.co.uk/dp/B0051F3TFM/ref=twister\\_dp\\_update?encoding=UTF8&psc=1](http://www.amazon.co.uk/dp/B0051F3TFM/ref=twister_dp_update?encoding=UTF8&psc=1)) PLEASE ENSURE YOU GET THE LIGHT RESISTANCE BAND

### GOLD B

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Finger Paddles, Hand Paddles, Short Blade Fins, **FRONT SNORKEL**, Mesh Bag, Drinks Bottle (T-Shirt, Shorts/Leggings, Trainers, Towel for Land Training)

- **STRETCH BAND** for Injury Prevention – available from Amazon ([http://www.amazon.co.uk/dp/B0051F3TFM/ref=twister\\_dp\\_update?encoding=UTF8&psc=1](http://www.amazon.co.uk/dp/B0051F3TFM/ref=twister_dp_update?encoding=UTF8&psc=1)) PLEASE ENSURE YOU GET THE LIGHT RESISTANCE BAND

### SILVER A

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Finger Paddles, Short Blade Fins, **FRONT SNORKEL**, Mesh Bag, Drinks Bottle, T-Shirt, Shorts/Leggings, Trainers, Towel for Land Training

### SILVER B

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Finger Paddle, Short Blade Fins, **FRONT SNORKEL**, Mesh Bag, Drinks Bottle,

### BRONZE / DEVELOPMENT

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Short Blade Fins, Mesh Bag, Drinks Bottle.

### SHARKS

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Kickboard, Pullbuoy, Short Blade Fins, Mesh Bag, Drinks Bottle.

### SEALS

**Equipment:** Training Costume (spare), Hat (spare), Goggles (spare), Drinks Bottle.



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### COMPETITION CALENDAR

PLEASE SEE BELOW THE 2015-2016 COMPETITION CALENDAR. AIMED AT GIVING ALL SWIMMERS AT ALL LEVELS SUITABLE COMPETITION TO AID THEIR DEVELOPMENT AND FUTURE POTENTIAL. THE <b>YELLOW MEETS</b> ARE THE TARGET MEETS FOR EACH CYCLE. THE <b>GREY AREA</b> IS THE SUMMER QUALIFYING WINDOW. CP							
	Week	Weekend	Meet	Meet Date		Venue	Target Squads
AUG	1	22nd-23rd					
	2	29th-30th					
SEPT	3	5th-6th					
	4	12th-13th					
	5	19th-20th					
	6	26th-27th					
OCT	7	3rd-4th	ECL Championships	4th	SC	Waterworld Ellesmere	All club swimmers
	8	10th-11th	Arena League 1	10th	SC	Port	Team Selection - Bus
	9	17th-18th	ASA Inter-Counties	17th-18th	SC	Sheffield	Swim Wales Team Selection
	10	24th-25th	Swim Conwy Autumn Meet	17th-18th	SC	Llandudno	Gold & Silver & Comp A
	11	24th-25th	Manchester International	24th-25th	SC	Manchester	Gold (QTs)
	11	31st-1st	Geoff Drew	25th	SC	Holywell	Bronze, Comp B, Development & Sharks
NOV	12	7th-8th					
	13	14th-15th	Arena League 2	14th	SC	TBC	Team Selection - Bus
	14	21st-22nd	Stockport Open	20th-22nd	SC	Stockport	Gold / Silver (QTs)
	15	28th-29th	Wrexham Junior Sprint Meet	22nd	SC	Waterworld	All club swimmers in age
DEC	16	5th-6th	North Wales Sub-Regionals	5th-6th	SC	Llandudno	All Squads within QTs
	17	12th-13th	Arena League 3	12th or 13th	SC	TBC	Team Selection - Bus
	18	19th-20th	Leeds Christmas Cracker	19th-20th	LC	Leeds	Club Target Meet for End of Year
	19	26th-27th	Welsh Short Course Championships	18th-20th	SC	Swansea	Swimmer choice - no coach
JAN	20	2nd-3rd					
	21	9th-10th					
	22	16th-17th	City of Derby Meet		LC	Sheffield	Gold / Silver (with QTs)
	23	23rd-24th	Holywell Valentines		SC	Holywell	All other swimmers
	24	30th-31st	North Wales Regionals	30th-31st	SC	Llandudno	All club swimmers
FEB	25	6th-7th	North Wales Regionals	6th-7th	SC	Llandudno	All club swimmers
	26	13th-14th					
	27	20th-21st					
	28	27th-28th					
MAR	29	5th-6th					
	30	12th-13th					
	31	19th-	Wrexham Crystal Meet	20th	SC	Waterworld	All club swimmers

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		20th					
	32	26th-27th	Welsh National Championships	25th-28th	LC	Swansea	All with QTs
APR	33	2nd-3rd					
	34	9th-10th	Bangor Diddy Meet		SC	Bangor/Llan	Bronze, Development, Sharks, Comp B
	35	16th-17th	Olympic Trials	12th-17th	LC	Tollcross	Swimmers with QTs
	36	23rd-24th	City of Leeds National Qualifier	23rd-24th	LC	Leeds	Gold, Silver, Comp A
	37	30th-1st	Wrexham Spring Meet	30th-1st	SC	Waterworld	All club swimmers
MAY	38	7th-8th					
	39	14th-15th	NW Development Meet	14th-15th	SC	Llandudno	Bronze, Development, Sharks, Comp B
	40	21st-22nd					
	41	28th-29th	Cardiff International Meet	27th-29th	LC	Cardiff	Gold, Silver, Comp A
JUN	42	4th-5th					
	43	11th-12th	Wrexham Cath Ankers Meet	12th	SC	Waterworld	All club swimmers
	44	18th-19th					
	45	25th-26th					
JUL	46	2nd-3rd					
	47	9th-10th					
	48	16th-17th					
	49	23rd-24th					
	50	30th-31st					
AUG	51	1st-7th	Welsh Summer Nationals		LC	Swansea	All with QTs - FINAL MEET OF YEAR
	52		SUMMER BREAK				
	53		SUMMER BREAK				

**PLEASE NOTE**

ECL Senior & Junior League Gala Dates to be added, Senior (Feb/Mar) & Junior (Apr-Jun)  
 British Summer Championships (TBC)  
 There will also be another meet added June/July - this is TBC.

## **GALA & OPEN MEET INFORMATION**

Wrexham SC is a competitive swimming club and actively encourages members to enter galas regularly. Galas are a fun and social experience and help develop team spirit within the club. Swimming is one of the most competitive sports in the UK. Please try to bear in mind your child's age, experience and stage of physical development as these will all have a big impact on performance.

In the younger age groups the difference in times can be significant. Focusing on enjoying the experience and achieving personal best times is far more productive than worrying about medals.

As you settle into training and progress through the age groups the gaps tend to narrow and hard work and effort are rewarded. Progression through the club is through attendance and attitude at training and galas.

### **When are the galas?**

There are a series of galas throughout the year. Check the Wrexham Swimming Club website for details, gala information can be found in the CLUB HANDBOOK.  
[www.wrexhamswimmingclub.co.uk](http://www.wrexhamswimmingclub.co.uk)

### **Types of Galas & Open Meets**

The club competes in Team Galas & Open Meets which are appropriate to different levels within the club:

- Team Galas take place during the afternoon/evening and the team will be selected by the coaching staff.
- Open Meets take place throughout the year and include:
- Junior or Development Galas are open to everyone even if you don't have time. There is often an upper cut-off limit (excluding faster swimmers to encourage the less experienced swimmers).
- Level 2 or higher galas in England & Wales require a qualifying time – you cannot enter without one.
- Wrexham SC hosted Meets – held at Waterworld (4 per year) for different levels within the club
- Swim Wales Regional & National Meets – these are the major meets in the year where we compete against the rest of North Wales, Wales or the UK. These meets carry qualifying times.

### **Which galas should I enter?**

The competition calendar included in the Squad Handbook highlights which meets are aimed at which swimmers

### **How do I enter?**

Paul Smith [Gala secretary] sends out an email a couple of months before a gala with strict instructions on how to enter. There are strict deadlines to enable all the entries to be processed in time. You need to ensure both the entry form and the money has been transferred to Paul / Wrexham Swimming Club before the deadline to ensure your entry is processed.

### **What races should I enter?**

Swimmers are encouraged to enter a variety of different events and distances to gain experience. If you are unsure what is appropriate speak to your coach. It can be a long day for just 1 or 2 events so it's worth considering giving several a go to make the day more worthwhile.

### **How do I check my entry has been accepted?**

Paul [Gala Secretary] will post a list of confirmed entries onto the Club website after the closing date. It is essential that you check these to avoid disappointment. Any errors made by the club will be corrected if identified promptly.

### **Pre-gala**

The week before the gala details of the warm up times and any special arrangements will be emailed out. These are also posted onto [www.wrexhamswimmingclub.co.uk](http://www.wrexhamswimmingclub.co.uk) website

### **Gala Day**

Most galas are split into 3 sessions – morning, afternoon and evening. Check on the entry form which races and sessions you are in. Each session will have a separate warm-up time before racing starts. This is the time you need to be ready on poolside. The coach will run the warm-up session and advise swimmers what they need to do.

There will be Wrexham team managers supervising your children on race day. They are responsible for ensuring that swimmers are sent to marshalling at the appropriate time. However, please ensure your swimmer knows which races they are doing so they can also listen out for their names. In some galas there can be as many as 100 children to get to the right place at the right time!!!

The swimmers will then have a quick briefing with the coach, and will go down to the Marshalling area. Swimmers will then be grouped into their heat, and be told their lane number. It is very important at this stage that the swimmers listen out to the advice given. If your child is unsure at any time, they should go and speak to one of the team managers or the marshalls.

### **What to bring?**

On poolside you will need:

- Towel
- T-shirt
- Costume
- Hat
- Goggles
- Plenty of healthy food and water/ soft drink for the day

### **Optional extras**

- Tablet or book (NB: the club accepts no responsibility for loss or damage)
- Club kit is available from the Julie Wright-Jones
  - She can be contacted on [juliedavejones@talktalk.net](mailto:juliedavejones@talktalk.net)
  - She is usually at Waterworld on Tuesday evenings from 7pm and has a selection of kit to view.
- Please note that ALL kit must be paid for in advance.
  - Wrexham Swim hats are available any time
  - Personalised hats (These are generally only ordered twice a year as a minimum order quantity is required ). An email is sent out to all parents advising when an order is due.
  - T-shirts
  - Hoodies

### **Medals & Results**

Results are recorded during every race and posted on the walls somewhere in the swimming pool for both parents and swimmers to see. Medals are usually available to collect by swimmers once the results for each race have been finalised.

In most galas the results can also be viewed on “Meet Mobile” an app available on both Android and Apple devices. Times by swimmer and event can reviewed in near real time. A small charge is required to purchase this app directly from the providers. Results for Wrexham Swimmers will be posted on the club website within a week of the Gala.

Swimmers times are also recorded at [www.swimmingresults.org](http://www.swimmingresults.org)

### **Spectators**

Parents and friends are able to watch the swimmers at the galas. A small charge is usually made to cover the cost of pool hire for the day and for the production of the programmes.

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Please be aware that the spectator area can get very warm when full of enthusiastic parents. It is also important to note that when the starting whistle is blown for each race, all parents and swimmers need to be silent so that the racers can here clearly the starting buzzer.

### **What else can I do?**

- Please make sure we have the correct email address for you as all meet info will be passed on via emails.
- Keep up to date with the website and Twitter feed for Meet info
- Volunteer – what better way to enjoy the excitement of gala day than to be poolside in the heat of the action? All our meets rely on volunteers
- Follow the coaches advice for your swimmer at meets – they are there for your child and their swimming.