

Reasons to enter the Club Championships

It's now time to start thinking about our annual Club Championships. This event is held over a number of sessions fairly soon after we return from our summer break. This year, as last year entry forms will have to be submitted before the break to allow time for programmes to be pulled together etc. Last year approximately half of the Club membership took part (just over a hundred swimmers) which was great, this year it would be nice to see the number competing continue to grow.

Why should you swim in the Club Championships?

It is important that swimmers recognise the importance of this event. There are many reasons to participate. Here are some of the main ones:

- You will gain valuable experience of competitions, in a reasonably familiar environment.
- It is much cheaper than entering the majority of open meets. Most open meets charge around £4 per event, the Club Championship is £2
- Your family and friends get to see you in action in the water!
- You get the opportunity to gain new PBs.
- You could win medals
- You could win a trophy
- You could win a certificate for a good place in an event
- You can swim events that your age group may not be eligible for at other meets (i.e. 100 metre events)
- You could gain **County qualifying times** for next year's Shropshire County Age Group Championships.

What is a PBs?

Your PB, 'Personal Best', is a record of the best time you have been recorded for swimming a particular event. PBs are used to distinguish between the levels of swimmers and are often used to determine eligibility for open meets. Most Open Meets have a lower entry time limit, so it is important that you keep your PBs up to date.

Once in an Open Meet (or the Club Championships), PBs are used to decide the heat that a swimmer will swim. Usually heats are ceded slowest to fastest swimmer.

How do coaches use your PBs?

Your Coach uses PBs when selecting teams for league galas. Your PB is also a good measure of your 'form' during the season, so if you want to swim in the leagues then work on those PBs. Your coaches will also use your PBs to check whether you are progressing in line with your training.

During November and December the Coach will 'scout' for new Diddy's, these are swimmers who will be 9 or above on 10th September 2011, they may be

offered additional training to enable them to join a 'pool' of eligible swimmers for the Nuneaton (Diddy) League. Without PBs the Coach would struggle to identify these swimmers and the Club would find it hard to keep competing in Leagues. When looking for Diddy league swimmers the coach will be interested in 25m and 50m times (25m times for 9 year olds 50m for aged 9+)

Why should I do Club Championships, why not a time trial?

Time trials are offered to the Stages as part of the ASA Speed Award scheme. However a time trial is not the most accurate or reliable record of a PB, as swimmers will have swam several events in quick succession and rules regarding the legality of a race are not enforced (e.g. incorrect finish, starting before the signal etc). The best environment in which to gain a PB, therefore, a more accurate indication of progress is a racing one. The Club Championships provide the perfect opportunity.

What Medals and Trophies could I win?

Stage swimmers only are allowed to enter 25 meter events. Medals for these events will be awarded for the first 3 places in each age group; those finishing in 4th – 6th place will be awarded certificates. These events do not count towards any trophies, but do offer our Stage swimmers a good chance of winning a medal.

For every 50 and 100 meter event medals will be award for the first 3 places in each age group (8yrs and under, 9yrs, 10 yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and over, 25yrs and over), those finishing in 4th – 6th place will be awarded certificates. For longer distance events, awards will be for combined age groups (10yrs and under, 13yrs and under and 14yrs and over)

The Club Championships also offer competitors the opportunity to compete for an Aggregate time trophy and an Overall winner trophy, for the top boy and girl in each age group. The criteria for the trophies are as follows:

Aggregate Time Trophy – this is awarded to the swimmer in the age group who has the fastest combined time for the four 50m events and the 100m IM, where no swimmer in an age group has entered all these events it will be awarded to the one entering the most (or if 2 or more swimmers have entered the same number of events, but different events e.g. back and free vs breast and fly the trophy will be shared).

Overall Age Group Trophy – the top 6 places for each event will all be awarded points 6 for 1st 5 for 2nd 1 for 6th (except 25m events), the overall winner will be the boy and girl with the most points in that age group.

What do I do next?

- Plan ahead
- Do you want to be considered for leagues next year – if so target appropriate events
- Think which events you want to target at the County's: *use the tables to help you decide!*
- Get your entry form from the Club Desk
- Enter your chosen events and give the form to your Coach to sign
- Submit the form along with the correct fee by 23/07/10
- Remember entries received after this time will not be accepted (or only accepted on a time only basis if there are space in a heat).
- Turn up and swim to win!

By Laws relating to the Club Championships

5. **Galas**
- 5.1 Club Championships shall be held under ASA laws.
- 5.2 Club Championships are open to any club member who **regularly attends** (a minimum of 50% attendance over a 12 month period (Sept to July)) the required number of Clubs training sessions as per 4.3 of the By-Laws.
- 5.2.1 Club Championship entries will only be accepted from swimmers who are fully paid up members of the club, at least six weeks before the closing date for entries (i.e. Annual Club & ASA fees paid).
- 5.2.2 Swimmers joining in the six weeks before the Club Championship entries are due, may enter on a time only basis (i.e. will not be eligible for medals and trophies), where they can be accommodated once all existing member entries have been processed. There will be no reduction in entry fees for time only events.
- 5.2.3 Club Championship entries will not be accepted where the swimmer, or a member of their immediate family, has outstanding arrears.
- 5.2.4 Where entries for distance events are over subscribed priority will be given to those eligible to swim the events at the County Championships. If there are still too many entries then entries will be accepted on the basis of those most likely to make county qualifying times.
- 5.2.5 Refunds will be given where events are oversubscribed. No refunds will be made if a swimmer elects to withdraw from an event after the closing date for entries.
- 5.4 Jewellery, including body piercing, shall not be worn by any swimmer in Club sessions or Galas, excepting medical alert bracelets and studs for newly pierced ears (in which case hats must be worn).
- 4.3 The minimum monthly fee payable for Senior and Junior Squad members (ASA Cat 2) shall be the current rate of 2 sessions per week. The minimum monthly fee payable for Senior and Junior Squad members (ASA Cat 1) shall be the current rate of 1 session per week. This is subject to space availability and preference will always be given to ASA Cat 2 swimmers.