



COMPETITIONS

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Competition Calendar

This is designed by the Coach and is set up by the Competition Secretary. It is designed such that the Club will be able to fulfil all its commitments.

The calendar is published as early as possible to allow parents to make holiday arrangements taking into account the meets that their swimmer(s) may be involved in. The MOST IMPORTANT meets are the TEAM fixtures. Parents are asked to realise that swimmers are NOT machines and that meets are stressful, yet if treated correctly, enjoyable experiences. It is NOT good practice to compete weekend after weekend as some clubs do (usually the less successful). For this reason BoBSC swimmers should NOT attend Open Meets without knowledge of the Club Coach.

TEAM Effort or BIG TEAM Meets

These meets are Open or County Meets. They are meets where the coaching staff places the most emphasis and BoBSC swimmers who are qualified and are encouraged to attend. These are the meets for which the swimmers have been

prepared by their coaches to swim fast. The swimmers are prepared using training schedules that have been geared for this purpose.

Club championships

Every year BOBSC holds its own Championship Galas, which are designed for every swimmer in the Club to compete in. These are nights when team mates can have FUN racing each other. Novice swimmers are not expected to compete against the competitive squads - they have their own category, and all events are divided into age groups. The Championships are generally spread out over 3 weekends, towards the end of the year, and are held at Dearnside. Trophies and medals won at the Championships are presented at a special Presentation Evening, usually held in December. Other awards are also presented at this evening. There is a disco - a chance for the youngsters (and not so young!) to let their hair down and socialise properly with their swimming club friends.

Open Competitions

These are galas of varying standard held at different venues throughout the year. For these, the swimmer enters as an individual (although always representing the club in the broadest sense) and if he or she does well there may be a trophy or medal as a reward. Even if there is no tangible reward, the swimmer soon learns to compete against him/herself and aim for a "PB" - a personal best. This can be as satisfying to the swimmer and the parents as a win. Keep a record and chart the improvements made in each stroke and distance. After a few galas you may find your son or daughter is beginning to recognise names and faces from other clubs, and so is widening his/her circle of friends and acquaintances. For club supported galas there will be a "Team Manager" at the poolside to help organise the swimmers and very often the Chief Coach will also be there.

Entries to these galas are made via the Competition Secretary with details normally displayed on the notice board at Dearnside, emailed or on the BOBSC website. As these galas are of differing standards it is wise to ask advice from a coach or a committee member. An entry fee is charged for each event entered, and this is paid through the club. Near to the date of the gala you may be given a card for each event, and these cards have to be "posted" at the venue in the special boxes, by a given time on the day of the gala. They are then used by the organisers to check who has actually turned up to swim, and to "heat" the competitors. Note that if you do not "post" the cards on time your child will not be allowed to swim that event. Some events however use the card less meet system, no cards are posted for this and you may just receive a small slip of paper to denote that your entry has been accepted. Don't worry just ask a committee member for advice.

"Open" competitions can last all day, and other parents are always glad to pass on tips about differing venues, for example at which baths you will need a comfortable cushion! Most supporters from Barnsley tend to sit together, and we have gained a

certain reputation for being a well-supported club! You may find that certain pieces of equipment become essential to the regular gala attendees: a cool box, clipboard and pen, a highlighter, throat lozenges, headache tablets, a sense of humour, a good map etc.

So that supporters can see who to cheer, please make sure your child is wearing a Barnsley hat, and that he/she has a club tee shirt to wear if he/she should be awarded a medal. We are proud of our swimmers - let's see them showing they are proud of their club.

Open Meets are open to any swimmer from any club. To compete in these events swimmers must be ASA registered i.e. registered with the governing body as a competitive swimmer.

Other Events: Around Christmas, if a venue is available, we have a fun gala. In recent years it has been held at Hoyland Sports Centre. (A swimming costume and/or spare, dry clothing are strongly recommended!)

Swim Meets

Listed below are some guidelines geared to help you through your first couple of swim meets. It may seem a little overwhelming, but we tried to be as specific and as detailed as we possibly could. If you have any questions, please ask your swimmer's coach.

Arrive at the pool at least 15 minutes before the scheduled warm up time begins. This time will be listed in the meet information handed out to all BOBSC swimmers or on the Notice Board. First and foremost post your entry cards in the box provided (if cards have been issued).

Upon arrival, find the changing rooms. The team usually sits in one place together, so look for some familiar faces.

Swimmers should find the Coach or Manager and let them know they are present then sit down and await instructions.

It is very important for all swimmers to warm-up with the team. Swimmer's bodies are just like cars on a cold day-he/she needs to get the engine going and warmed-up before he/she can go all out.

After warm up, your swimmer will go back to the area where his/her towels are and sit there until their event is called. This is a good time to make sure he/she goes to the toilet if necessary, gets a drink, or just gets settled in. Swimmers should NOT go to find their parents – it is very difficult for a team manager or coach to find the child.

The meet will usually start about 10 minutes after warm-ups are over.

According to ASA rules (because of insurance purposes), parents are not allowed on poolside. Similarly, all questions concerning meet results, an officiating call, or the

conduct of a meet, should be referred to the coaching staff. They, in turn, will pursue the matter through the proper channels, if they think it necessary.

A results sheet is usually available for sale in the lobby or concession (swim shop, snack bar or spectator) area of the pool. The sheet gives the result of the gala. A programme is available, prior to the meet starting, giving the list of competing clubs, a list of competitors per event and their seeding or starting order and/or their entered times, on entry to the building or to the spectators gallery.

What happens if your child has a disappointing swim?

If your child comes up to you and says, "That was a bad race don't tell me it wasn't," there is nothing wrong with a swimmer negatively evaluating a race. The important thing is for the child not to dwell on it. You should move the swimmer on to something good. "All right, you have had a bad race. How do you think you can do better next time?" Immediately start talking about the positive things.

What to take to the Meet (minimum)?

- Most important: BOBSC Cap and goggles (at least two pairs in good condition).
- Baby or talcum powder--To "dust" the inside of swim cap. This helps preserve the cap and makes it easier to put on.
- Towels - Realise your swimmer will be there a while, so pack at least two.
- BoBSC T-shirts, tracksuits, hats etc.
- Food: It is better to bring snacks. They usually have snack bars at the meet, but the queues are long and most of the time they only sell junk food. For suggestions ask your coaches.

Once you have attended one or two meets this will all become every routine. Please do not hesitate to ask any other Barnsley Swimming Club parent for help or information! These meets are a lot of fun for the swimmers! He/she gets to catch up with his/her friends and meet swimmers from other teams. He/she also gets to "race" and see how much he/she has improved from all the hard work he/she has put in at practice.

The club expects all members to maintain a good standard of behavior in the following situations :-

- In training
- In the changing rooms
- On all swimming pool premises
- At competitions

Club members should bear in mind that they are representatives of the club and should not do anything outside the above situations, which brings the club into disrepute

Note to Parents: The pool area is usually very warm. Therefore, you need to make sure you dress appropriately. Nothing is worse than being hot at a gala. It makes the time pass very slowly.

Out of Town Meets

Trips to meets in other cities become an important aspect of a swimmer's career while advancing through the squads. It is important for swimmers to participate in meets. This adds to the growth experience a child can gain from competitive swimming, teamwork, and individual initiative.

Club Records

All times, which are achieved by club members, are registered on a club record file. This file is kept and maintained by the Competition Secretary throughout each member's swimming career. The information is used to assist the selectors to make the fairest possible choice when selecting teams for invitation galas and other competitions. In order that the records are kept up to date any official results sheets from galas will be appreciated and should be passed on to the Competition Secretary.

Log Books

Keeping your own records underlies your commitment to the sport. Your child spends a great deal of time and effort swimming so taking a few extra minutes to record their progress will be very beneficial. You can keep records of all your swimmers hard work and the enjoyment that it generates. There are other benefits in keeping good records. Not only will they be fun to look through in the future but they will help your child with their swimming too.

BOBSC Tracksuits, Hats, T-Shirts

Swimmers should never attend a meet or race without a BoBSC hat, the reason being two-fold:

- the coaches are responsible for many swimmers at a meet and can see our swimmers much more easily and quickly if they are wearing our hat. Swimmers should have at least two hats and take them both to meets (galas) in case one splits or is mislaid.
- an attractive club shirt or tracksuit that swimmers enjoy wearing engenders a sense of team identity, strengthens team spirit and encourages commitment in the swimmers.

The Club Committee tries very hard to procure high quality, smart and hard wearing shirts, tracksuits etc for the team which the swimmers will feel good in whilst negotiating an unbeatable price for the quality.

Thank you for taking the time to read this.

BOBSC Committee