



SWIMMING CLUB

Membership Pack



THAME SWIMMING CLUB (TSC)

Welcome to Thame Swimming Club, formed in April 2009. The club aims to provide swimmers with a structured development for their sport with regular competition. The club has a partnership with Lord Williams's School in Thame which benefits the development of swimming for the local community. The club offers a wide range of swimming training at Thame Leisure Centre and Risborough Springs. We are providing swim training that allows swimmers to develop their skills and technique following on from swim classes, and for those who wish to enter galas and perhaps even compete at district and county level events. The club is affiliated to the ASA South East Region through the Oxfordshire & North Buckinghamshire area.

This is an information pack that has been put together by the committee and is designed to help parents and swimmers, learn about the club and some of the swimming activities so the transition into it can be as easy as possible. It is intended that it will answer as many queries as possible and explain club rules, regulations and policies. If you have any further queries, please do not hesitate to ask any member of the committee or indeed any other parents within the club.

WHERE DO I TRAIN?

"Home" is Thame Leisure Centre in Thame and this is where the majority of the training sessions take place. (See Appendix A for times). Training also takes place at Risborough Springs in Princes Risborough to provide a route into competitive swimming for Princes Risborough and the surrounding area. Land Training sessions also take place at Thame Leisure Centre. Special sessions are also held in conjunction with other local clubs, check the website for notices, Also, from time to time we may hire the use of other facilities for galas and dedicated training sessions.

HOW DOES A SWIMMER PROGRESS THROUGH THE CLUB?

The ASA National Swim Plan swim school system, operated at Thame & Princes Risborough Leisure Centres, covers most ages. Once swimmers reach ASA Level 8 and they want to develop their swimming, they could be ready to join the swimming club. We recommend that swimmers at ASA L10-L12 who want to join contact the club to book a trial session. The Head Coach will assess their swimming and hence suitability to join and discuss it with the parents. If you decide to join the secretary will send you the membership details and you can start training to start competitive swimming. Initially the swimmer will typically join the Development & Training group. The emphasis at this level is still on technique but where development of stamina and speed commences. The swimmer then progresses through the higher level groups. Finally the swimmer will move to the County & District group. Transition from one group to another, increasing the training time with each move, is through assessment based on the development of the swimmer and their times, assessed using time trials and on their commitment to competition and training. County times for the Oxfordshire and North Buckinghamshire area are used to guide entry to the County & District squad. Movement between groups is governed by the Swimmer-Group Movement Process, available on the club website.

You don't have to compete at the lower levels of the club but we hope you will get involved in the competitive side of the club and bring yourself home some medals as well. Most of the swimmers chosen to swim in competitive events will be selected from across the training groups dependent on the age and entry time criteria for the gala. Don't worry about competitions, you will get the training you need on starts and turns and the club atmosphere is such that if you're new, the older swimmers will look after you and show you the ropes. Novice galas are set up by clubs in the area to provide an entry level for swimmers to competitive swimming. The Head Coach and Team Manager will select swimmers for these fun events, normally held on a weekend evening.

HOW MANY TRAINING SESSIONS DO THE SWIMMERS GENERALLY ATTEND?

Thame Swimming Club has four training groups at Thame pool which have their own training schedule.

- Group 1: DEVELOPER & TRAINING - 2 hours per week
- Group 2: COMPETITOR - 2 hours per week + 1 hour land training
- Group 3: PERFORMANCE - 4.5 hours per week + 1 hour land training
- Group 4: COUNTY & DISTRICT - 6.5 hours per week + 1 hour land training
- MASTERS - 1 or 2 hours per week

There are two groups at Princes Risborough

- Group 1R: DEVELOPER & TRAINING - 1 hour per week
- Group 2R: COMPETITOR - 1 hour per week + 1 hour land training

Most new members will start in Group 1/1R, having entered from the ASA teaching levels but others may enter directly to the higher groups if their swimming standard meets that of the particular group. Training times are shown in Appendix A. Movement between groups is governed by the Swimmer-Group Movement Process, available on the club website.

IS THERE ANYWHERE FOR A SWIMMER TO RECORD WHAT THEY ARE DOING?

A log is recommended, certainly for the swimmers in the PERFORMANCE and COUNTY & DISTRICT Groups. It's a good habit to get into for the other children as well. We suggest an A4 sized hardback note book where the swimmers can record:

- Personal information, (e.g. Name, ASA Number etc)
- Training information. (sets done on what date and their thoughts on those sets)
- Competition information including target times
- Targets or goals

At times, agreed with the coach, the information will be reviewed.

WHAT KIT DO THE SWIMMERS NEED?

Swimmers will need a non transparent **one-piece swimming costume/trunks** and **goggles** (spares are a good idea as they are often mislaid, to reappear a couple of weeks later!). Please do not wear fun swim shorts as they are baggy and impede training.

A Thame Swimming Club Hat will be needed and ideally a Thame Swimming Club shirt and kit bag for competitions. These can be found on the club shop link on the website.

The swimmers will also need basic training equipment:

- Kick Board
- Pull-Buoy
- Fins
- Hand Paddles
- Wet Bag
- Drinks Bottle

The PERFORMANCE and COUNTY & DISTRICT groups should be using the shorter training fins. Please remember that fins need to be checked for fit as often as you would check their shoes.

Swimmers will not be allowed to swim if they do not have a drink with them. This is due to the dehydrating effects of training. The wet bag allows you to carry the kit to poolside and, as the name implies, is a bag that can get wet and carry wet kit.

Please **NAME** all your kit as it will be removed from the wet bag and placed poolside with all the other swimmers kit during training – things do get muddled.

Other equipment will be required as the swimmers progress through the groups, such as training snorkels, your coach will advise when this equipment is necessary.

WHERE CAN I BUY TRAINING EQUIPMENT & CLUB KIT?

Thame Swimming Club have a link to www.swimshop.co.uk on the TSC website, (www.thameswimmingclub.co.uk). Training equipment can be purchased from that link. Swim shop are reasonably priced and by purchasing from them you will be helping TSC to keep our costs down.

Club kit, swimming hats, shirts and bags can also be purchased at the Thame Swimming Club website. All swimmers must use a Thame Swimming Club hat and for competitions we like the swimmers to wear the club shirts to develop the squad identity and spirit.

WHO ARE THE COMMITTEE?

The committee is currently made up of a chairman, secretary, treasurer and many other roles which are shown on the club website. Committee members are generally, parents of swimmers or ex-swimmers. The committee is elected annually at the A.G.M. The date will be advised to all members and parents of members in advance. All the committee members are voluntary and have their own roles and responsibilities within the club. The list of current committee members and their roles is displayed on the notice board at the Thame pool and also on the website (www.thameswimmingclub.co.uk). If you would like to join the committee or become involved as a time keeper, judge, coach or poolside helper please have a word with one of the committee and we will give you more details.

Club Marketing & PR

From time to time the club will place articles in the local paper to stimulate membership and to showcase the swimmers achievements to the local population. These articles will also appear on the club website. Photographs may be taken of the children to help with these promotions and for the website. Please refer to the club constitution regarding our policy on photographs of the children. A photography permission form will be included in your membership pack, please fill this out and return to the club with your other membership forms.

Lord Williams's School Partnership

The Thame Swimming Club has set up a partnership with Lord Williams's school in Thame. The club benefits from school facilities, such as for Land Training, whilst the school, as a sports college, is able to explore swimming development with its pupils. The school swimming team, the "Bills" take part in inter-school swimming competitions and in the England School Swimming Association (ESSA) competitions. School swim team pupils are generally members of Thame Swimming Club and benefit from the training offered by the club. The contact at Lord Williams's School is the Director of Sport.

WHAT ARE THE CLUB AND POOL RULES?

The club rules or the constitution can be found on the Thame Swimming Club Website. In terms of pool rules the following is expected.

- Get changed and place all your belongings into a locker or pass to a parent
- Take your wet bag with training equipment poolside with your drink
- Go to poolside ideally no more than 5 minutes before your training session is due to start.
- No outdoor shoes to be worn on poolside. Please change into pool shoes or go barefoot.
- No food on poolside
- Swimmers must have a drink with them for training sessions
- In the case of absence due to holidays or ill health please advise the Head Coach as soon as possible
- Any messages for coaches should be given before or after the training session.
- Parents on poolside are asked not to distract swimmers/coaches and to keep control of other children in their company.

DOES THE CLUB HAVE ANY CHILD PROTECTION POLICIES?

The club adheres to the ASA Child Welfare in Swimming Policy.

DOES THE CLUB HAVE ANY EQUITY POLICIES?

The club has adopted the ASA Swim21 Equity policy and has attained ASA Swim 21 accreditation for Skill Development.

HOW DO I FIND OUT WHAT'S GOING ON?

The first place to look for news about the club is the club website www.thameswimmingclub.co.uk. In addition, key news will also be communicated via e-mail so please keep an eye on your e-mail. In addition, there is a notice board at the pool, where information is posted, so please check it when you are at the pool.

WHAT TYPES OF COMPETITIONS ARE THERE?

There are a variety of competitions that Thame Swimming Club are involved with.

League Gala's

Within swimming there are a number of leagues that each club can join. Usually membership of a league means that a club will swim in three competitive events called galas. Points are awarded for each race within each gala – 6 for the winner, 5 for second etc. When deciding which league's to join a club will consider a number of different factors:

- **Timing:** Gala's within each league will be held within a 3 - 4 month period.
- **Grade:** Within swimming there are 3 grades of gala. There is normally a time limit that a swimmer should not be quicker than. This should provide all swimmers with an opportunity to swim competitively.
- **Age:** Some galas have age restrictions. The club coach will decide which swimmers will be included in the team for each gala.

Please check your e-mail and the website regularly to see if you have been selected to swim. Currently TSC are members of 2 leagues, the Milton Keynes Junior League and the Chilterns Swimming League.

'Friendly' Gala's

'Friendly' galas are organised by individual clubs throughout the year. The organising club will invite other clubs in the area to send a team to compete. There is usually a trophy presented to the winning club. When deciding which gala to attend there are the same considerations as those detailed in the League section. The club coach will decide which gala's to attend and which swimmers will be included in the team for each gala. Please check your e-mail and the website regularly to see if you have been selected to swim.

THAME SWIMMING CLUB Club Championships

The club championships are held in the autumn. The events may be held at Thame pool and take place on a Friday and Sunday evening or the club may elect to hire another larger facility, in which you will be told via the website and e-mail. All members are eligible to enter. Various trophies and medals can be won. A presentation evening will be held in January for trophies and medals to be presented.

Open Gala's

Open galas are organised by individual clubs throughout the year. The organising club will invite other clubs in the area to send 'individual' swimmers' to compete. The club coach will decide which open events to attend following the same considerations as detailed in the League section. Assuming they meet the entry requirements, all squad swimmers will be given the opportunity to enter as individuals, representing the club rather than as a team.

Most Open galas award trophies or medals to the top 3 or sometimes 6 swimmers in each age group and stroke, although this varies from gala to gala. There will be awards for both boys and girls.

At some of these gala's there may be relay races. If the club coach wishes to enter any teams he will select the swimmers and inform the swimmers via e-mail and the website with the notice board as a back-up.

County Championships

The Oxfordshire and North Buckinghamshire County Championships are held over a number of weekends in February and March each year. In total there are 18 gala's held in Milton Keynes, Aylesbury and Oxford. Entrance to the Championships is through qualifying times. All squad swimmers can start competing at County level from the age of 9, as long as they have gained the qualifying standard.

There are a number of relay races held throughout the competition. If the club coach wishes to enter any teams he will either notify swimmers of the 'selection' dates or select the swimmers and notify them via e-mail and post the teams on the website with the notice board as a back-up.

WHAT DOES MY CHILD NEED TO TAKE TO GALAS?

A swimmer needs to have the basic 'tools of the trade' - Trunks/costume, towel, goggles, (inc Spare pair) and TSC hat together with TSC T-shirt and plenty to drink (not fizzy). It is also advisable to take some food, as children tend to become hungry quickly. Energy giving food such as bananas and malt loaf are good for sustaining energy. More ideas can be found in the nutrition sheet on the gala section of the website and in this pack. Swimmers are not allowed to leave the poolside without footwear, so flip-flops or pool shoes can be useful. Some swimmers also like to have shorts to wear poolside - these are optional.

HOW OFTEN ARE THE GALAS?

There are galas happening most weekends, although with approaching 100 swimmers, we try to give everyone a chance to swim. Due to the differing entry restrictions different swimmers will be able to swim in different events. A diary containing details of galas is available on the website.

HOW MUCH WILL ALL THIS COST?

You will be charged an Annual Membership Fee to belong to the Club. This is to register and meet some of the insurance requirements. For insurance purposes we must insist that all parents staying on poolside as helpers during training sessions are also members of Thame Swimming Club and Category 3 members of the ASA. You will also need to be CRB checked by the club welfare officer. Please contact the secretary for details of how to join as a volunteer helper. The committee sets the Membership Fees annually.

Each squad swimmer will also be charged the ASA and regional membership fees. This is to register and provide full insurance cover for the swimmer while in the pool. Please ensure that you have completed the blue ASA registration form, available from the club secretary.

The club year runs from January to December. Group fees are paid monthly by standing order. Initially, you can pay your group fees by cheque, having received an invoice in the post from the club secretary. We have introduced standing order facilities and your fees will need to be paid via this method. Group fees are listed on the website.

At galas a small fee is charged for adult spectators – this is to cover the cost of pool hire, trophies etc. If swimmers enter Open galas, the Club Championships or the County Championships there is a charge for each race that the swimmer competes in within the sessions of the gala. This is usually between £2.00 and £5, set by the organising club.

IS MY CHILD INSURED?

Through membership of the ASA your child has personal accident insurance. (See the ASA web site for details).

HEALTH ISSUES

If your child has any medical conditions, such as asthma, allergies (e.g. nut,), eczema or hay fever, or is taking any medication, please inform ensure you have provided details of this on your membership

application form and please inform our coaches, so that the child welfare officer can discuss the situation with you. Coaches need to be aware of children with medical conditions, in case of any poolside difficulties. Also, as a member of the A.S.A. a health declaration form needs to be completed and returned to the association.

THERE SEEMS TO BE A LOT OF JARGON?

Initially this seems to be the case but it won't take long to understand it all. Included in an appendix to this document is a useful glossary.

CAN I VOLUNTEER?

We are always looking for volunteers to help poolside, join the committee, help with galas or train as officials. If you are interested please speak to a coach or contact the club secretary via e-mail (secretary@thameswimmingclub.co.uk) For insurance purposes we must insist that all volunteers are also members of Thame Swimming Club and Category 3 members of the ASA. You will also need to be CRB checked by the club welfare officer. As a volunteer you will be registered with the ASA as a voluntary helper, (category 3 member). This means you will have personal accident and liability insurance

WHAT IS SWIM21?

The Amateur Swimming Association (ASA), swimmer Development Programme for the 21st century. Swim 21 is the ASA's club development model - a planning tool, enabling clubs to help swimmers, coaches and administrators achieve their full potential. It is centred on the needs of the swimmers - striving to provide them with the best possible environment. It is regarded as the back bone of the ASA's development programme and the more a club puts into the process, the more it will get out of it

IS Thame Swimming Club INVOLVED IN SWIM21?

The club has achieved Swim 21 accreditation to the Skill Development level.

We have a Swim21 coordinator on the committee who handles all Swim 21 issues. It is the Swim 21 coordinators role to:

- Put all the relevant documentation in place.
- Develop and improve any procedures that need it.
- Make sure everybody is aware of the procedures



THAME SWIMMING CLUB (TSC)

APPENDIX A - TRAINING TIMES

<p>Thame Swimming Club Training Calendar. Unless otherwise stated, all sessions are at Thame Leisure Centre Effective from 5/6/2011</p>		
<p>Group 1: Development & Training</p>		
Day	AM	PM
Friday		7-8 pm
Sunday		5-6 pm
<p>Group 2: Competitor</p>		
Day	AM	PM
Wednesday		5:30 - 6:30 pm Land Training
Friday		8-9 pm
Sunday		6-7 pm
<p>Group 3: Performance</p>		
Day	AM	PM
Monday		7-8pm
Tuesday		6-8pm Headington Girls School
Wednesday		5:30 - 6:30 pm Land Training
Thursday	6-7:30am	
Sunday		7-8 pm
<p>Group 4: County & District</p>		
Day	AM	PM
Monday		7-8pm
Tuesday		6-8pm Headington Girls School
Wednesday	6-7:30am	5:30 - 6:30 pm Land Training
Friday	6-7:30am	
Sunday	7-8:30am	7-8 pm
<p>Group: MASTERS</p>		
Day	AM	PM
Tuesday	6-7:30am	
Sunday		8-9:30pm
<p>Group 1R & 2R: Princes Risborough</p>		
Day	AM	PM
Sunday		6-8:00pm Risborough Springs

Note: Swimming will continue during the school holidays apart from 2 weeks during the summer and 1 week at Christmas. Land Training does not run during the school Easter, Christmas or Half-Term holidays. Please confirm the details with your coach and check the website for details.



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APPENDIX B – Membership Regulations

The club rules are shown in the club constitution, the following augments those rules along with the Parents and Carers code of conduct shown in Appendix D

What the Club expects from all swimmers

- All swimmers should attend the training sessions regularly, and be ready to enter the water at the time their session starts.
- Swimmers should be at the pool a minimum of 10 minutes before the start, to allow time to change, get on poolside and to get ready.
- All swimmers should be properly equipped for training and galas as appropriate to their progression through the Club.
- When swimming in galas or open meets for the club, swimmers must wear team hats and shirts. These can be obtained from the Club Shop – please see the club website.
- All swimmers must behave responsibly at all times on poolside and respect the rules and regulations of the swimming pools.
- All swimmers are to put the required effort into each training session, and try to achieve the relevant targets set by their coaches.
- If swimmers have to get out of the pool early for any reason (eg. Illness or early finish for personal reasons) they must inform the coach and then get changed and stay on poolside until you are collected or the session ends.
- Swimmers are expected to attend galas if they have agreed to, after being chosen by the head coach, unless there are mitigating circumstances, in which case you should inform the coach as soon as possible.

What the Club expects from the parents/guardians/Carers

- **Fees must be paid promptly and in full, regardless of whether the swimmers attend or not.**
- **Fees, which are overdue, will receive a polite reminder from the Club. If not paid within 2 weeks of this they will be referred to the committee for further action which may lead to suspension from the club.**

The Club **MUST** be informed of any changes in the general health of a swimmer. Where a swimmer is ill, or unable to attend for a considerable period of time, a letter should be sent in to the coach & the committee explaining the circumstances and the probable absence period. The committee will then consider any adjustment, or postponement of the fees due. It is the parent/carers responsibility to ensure the swimmer is fit to swim before they return to swimming.

As most swimmers are reliant on parents to get them to the pool, please ensure that they arrive at least 10 minutes before the session starts. Some time trial sessions will require an earlier arrival, the coach will inform the swimmers of this. It is a Club requirement that every swimmer must be a member of the club. If on poolside at anytime, please obey the rules and regulations of the swimming pool. Please refrain from talking to the swimmers and coaches during the training session. Any discussion you may wish to have should be conducted at the end of the session.

What swimmers and parents can expect from the Club

- To expect instruction by qualified coaches, relevant to the ability of the swimmer.
- A planned programme of training for all swimmers to progress through the Club, to achieve full potential.
- To be consulted about any proposed changes to training times/days and group movements.
- Swimmers will, subject to ability and agreement, represent the Club in galas through the year that are appropriate to their standard. Where there are no appropriate swims available, or their age group is over represented, then the swimmers can expect support and encouragement to select and attend open meets that are appropriate to their standard.



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APPENDIX C – NUTRITION SHEET

Competition/Training Nutrition Plan

Since swim meets can last ALL day (County Age Groups), or ALL week (ASA Nationals), swimmers need to be aware of what they are eating and drinking either before, during or after they race.

Timing of the Pre-Event Meal

The type of food swimmers eat may influence how they perform in the water. Fatty foods take a long time to digest. The following foods are examples of fatty foods:

- Crisps
- Chips
- Doughnuts
- Danish Pastries

Protein foods that also contain fat take the longest time to digest. For example:

- Peanut Butter
- Chicken
- Pork
- Beef
- Fish

If the swimmer consumes these types of food just before they compete, the blood rushes to the stomach to try to digest the food. Unfortunately the muscles required for swimming competitively also require the maximum blood supply. Something has to give, the body cannot do both at the same time, and it may result in a poor performance and probably stomach ache.

Carbohydrates

Your body needs glucose for energy. The main source of glucose is the carbohydrate – sugars and starches – in your diet. If you do not have sufficient carbohydrates in your diet you will not be able to train as hard or as long and fatigue (tiredness) will set in. Any foods consisting of Carbohydrates can be digested quicker than foods mentioned above.

Here are some examples:

- Pasta
- Cereals
- Bagels
- Malt Loaf
- Wholemeal Bread
- Fruit
- Vegetables
- Rice
- Breakfast Bars
- Jaffa Cakes
- Baked Potato
- Many swimmers also like to munch of jelly cubes as well!

These foods can be out of the stomach in approximately 2 hours therefore; the pre-event meal should be composed of primarily carbohydrates. It also appears that carbohydrates digested up to 3 hours before exercise may improve performance.

As you can see there is quite a selection. So, which carbohydrate is best? Well it depends on how quickly the body converts the carbohydrate to glucose. Try to eat High-speed foods just before, during and immediately after exercise.

Remember; eat at least 2 hours before exercise then about 30 minutes before exercise have a 50g snack, steer away from bulky snacks as these could cause stomach pains. Experiment with different snacks from the list.

If you train for longer than an hour, you will need to consume carbohydrates to avoid fatigue. Use an 'Isotonic' sports drink, as this will give you the carbohydrate as well as the fluid (see fluids). The best time to refuel and restock those depleted glucose stores ready for the next work out is immediately after exercise.

Eating at All Day Competitions

The same principle used to time pre-event meals also applies to all day competitions. If a swimmer races at 10:00 and again 2 hours later, a meal high in fat and protein will more than likely be in the swimmers stomach when they get ready to race. This will lead to a possible reduced level of performance and a stomach ache.

Guidelines

Time to Next Event

Food/Drink 1 hour or less The swimmer should stick to carbohydrate foods and juices. E.g. orange juice, bananas, plain toast or a diluted carbohydrate sports drink. Swimmers should limit the amount of food taken.

2 to 4 hours Swimmers should add more carbohydrate foods and juices. E.g. bagels, hot cereals and muffins along with some type of pure fruit juice.

4 hours or more Swimmers can add more protein with carbohydrate foods. E.g. a light spread of peanut butter on a muffin or bagel or a chicken sandwich on two slices of bread with pure fruit juice.

It is also vitally important that swimmers should drink fluids, (from their OWN BOTTLE and NOT fizzy drinks), as they can quickly become dehydrated on the hot poolside. Waiting until the swimmer is thirsty is **TOO LATE**.

Replacing Fluids

During exercise our muscles use energy. However, the muscles only use 25% of the energy the other 75% is released as heat – which is why exercise makes us hot! We need to get rid of the excess heat otherwise we would overheat – so, the main way to keep our bodies cool is sweating. Heat from working muscles is transferred to the blood. Blood flow to the skin is increased, and the heat is lost via evaporation – sweating. Sweat comes from the water in your blood so you have to replace the lost water otherwise, you will become dehydrated and suffer.

How Much?

The more you sweat, the more fluid you lose and therefore, the more you need to drink. Approximately 1 litre of fluid is lost for each hour of exercise. The easiest method of finding out how much fluid you lose is to weigh yourself before and after exercise. Each kg of body weight lost is equal to 1 litre of fluid loss. Another way is to check the colour of your urine – if it's pale and plentiful you're well hydrated, but if it's dark and in short supply you'd better start drinking. **Another consideration is that for every 1% drop in body weight there is a 5% drop in performance, the difference between coming first or last!**

When to Drink

As always, prevention is better than cure – start exercise well hydrated. Try to drink between 300 – 500ml (good-sized glass of water) in the 15 minutes before you start exercising. Drink during exercise, but do it in between exercise sets when your coach is talking. It's extremely unlikely that you will drink too much water, but if you are doing excessive amounts of exercise in extreme temperatures you may need an 'Isotonic' sports drink – 5 – 8% carbohydrate in solution, with sodium (salts) similar to the concentration of blood, this is quickly absorbed by the body. When exercising it is worth remembering the following:

- Less than an hour - ordinary water will do.
- More than an hour and in extreme temperatures, use an 'Isotonic' sports drink.

REMEMBER – don't wait until you are thirsty, that's too late, you're already dehydrated.



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APPENDIX D – Code of Conduct for Parents & Carers

Parents and carers are key to supporting and developing the swimmers as they progress with Thame Swimming Club

- Encourage your child to learn the rules and play within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play and applauding the good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.



THAME SWIMMING CLUB (TSC)

APPENDIX E – Glossary

Aerobic - Longer distance energy system (see Energy).

Age for competitors - Generally age-determined events rely on the age a swimmer will be on 31 December of the year of the competition.

Age group - Swimmer/competition for U16.

Anaerobic - Sprint energy systems (see Energy).

ASA - Amateur Swimming Association.

ASA number - A unique reference comprising supplied by the ASA. Has to be applied for on a form available from the Membership Secretary.

BAG points - The ASA's British Age Group (BAG) points system. This is based on a statistical analysis of lower age group times. It provides factors to correct for the differences in difficulty of the events within a given year of birth but not between years.

Boxes - At opens and County championships the place where entry cards must be handed in before the start of the warm-up.

Cards - Entry cards. At opens and County championships a card is sent to each competitor for each event entered. This shows the entry time, the start time of the gala and competitor number. These cards must be checked when they arrive, taken to the gala and handed in before the start of the warm-up.

Competitive Development Continuum (CDC) - The ASA's regime introduced in 1999/2000 for age group swimmers to breed future Olympians.

Designated gala - A gala designated by the ASA for national and district qualifying times.

District - The level of competition between County and National. TSC is part of the South Eastern Counties District.

DQ - Disqualified. For all sorts of reasons - false start, not touching the wall properly, incorrect technique and others.

Energy - The cardio-vascular system provides energy. The body has three complementary energy systems. The first two are anaerobic, which instantly provide energy and do not use oxygen, but will only produce energy for 45-55 seconds. The third system is aerobic and needs a constant supply of oxygen. It is a slower and more economical system of energy production. The anaerobic systems are the major provider for 25m and 50m sprints whilst the 200m events, and longer, are mainly served by the aerobic system.

Entry time - The time on the entry form, the best time achieved within a given period of the closing date for entries.

Form stroke - Backstroke, Breaststroke or Butterfly.

Heat declared winner (HDW) - Only heats are swum, not heats and finals. Several events are swum together, usually different ages of the same stroke and distance. Swimmers are graded by entry time. The winner is the swimmer in the relevant category, usually age, with the fastest time, not the winner of a particular heat. A nightmare for spectators wanting to know the result because you have to identify all the swimmers in a particular age category and note all their times before you know how well your swimmer has done (barring disqualifications).

Individual Medley - A race in which all 4 strokes are combined in the order - Butterfly, Backstroke, Breaststroke, Freestyle. [When swum in a relay, the order is Backstroke, Breaststroke, Butterfly, Freestyle - so as to avoid a takeover to backstroke.]

Kick - A legs-only set.

Kick board - The flat float for some legs only drills.

Lane order - The lane order for finals is decided from times in the heats or semi-finals. The fastest qualifier will swim in lane 4, second fastest in lane 5, third in lane 3, fourth in lane 6, fifth in lane 2, sixth in lane 7, seventh in lane 1 and eighth in lane 8. Theoretically, this creates spearhead format in the race.

Lollipop gala - A friendly (or not so) gala between local clubs.

Long course - Races in a 50-metre pool.

Masters - Swimmers 25 or over.

Medley relay - A relay where each swimmer swims a different stroke in the order - Backstroke, Breaststroke, Butterfly, Freestyle.

Notice Board - The Club Notice Board which is near the Learner pool

TSC - Thame Swimming Club

NQT - National Qualifying Time, must be obtained in an ASA designated event.

Off X seconds/ minutes - The interval between the start of one set and the next. Any spare time is rest.

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

Open event - A race in which swimmers of any age may compete.

Open gala - A gala open to swimmers from any club, but usually of a specific age.

Over the Top start - Swimmers from the last race remain in the water until the next race has started.

PB - Personal Best, the best time ever swum by that person over that distance for that stroke.

Pull - An arms only set.

Pull-buoy - The keyhole shaped float that keeps your left afloat in an arms only drill.

Rest Interval/RI - Rest period at the end of a set.

Senior - Swimmer aged 17 years and over (25+ year olds are also Masters).

Session - A training period.

Set - A series of training routines.

Short course - Races in a 25-metre pool.

Slide and glide - A front crawl drill.

Spearhead - The lane order for finals is decided from times in the heats or semi-finals. The fastest qualifier will swim in lane 4, second fastest in lane 5, third in lane 3, fourth in lane 6, fifth in lane 2, sixth in lane 7, seventh in lane 1 and eighth in lane 8. Theoretically, this creates spearhead format in the race.

Splits - The time at each 25/50m turn. Swimmers will monitor these to check how they paced a race.

Squadron - freestyle relay of usually 10 swimmers in each team, arranged boy/girl in each age group, oldest last.

Streamlining - Reducing the cross sectional area of the body to the minimum to make faster progress through the water as a result of less drag.

Swim down - A gentle set to relax the muscles after training or competition to reduce lactate build up.

Taper - Prior to any big competition, a swimmer will 'taper'. All this really means is that they rest. They will cut back the amount of training they do and decrease the intensity.

Warm up - A gentle set at the beginning of a session or gala to acclimatise the muscles for what is to come.