

REDDITCH SWIMMING CLUB CHAMPIONSHIPS 2017

FREQUENTLY ASKED QUESTIONS

What are the Club Championships?

The Redditch “Club Champs” are our own, internal competition for RSC swimmers – held annually in September and October. They provide a chance to swim against the clock, and compete for medals and trophies, in all four strokes over different distances. All events are included, from 25 metre sprints for our youngest swimmers (8 and under) to the 800 and 1500 metre freestyle.



When are the Club Champs on this year?

The championships will be held over 7 sessions in September (15th/16th/18th/22nd/25th/29th) and October (8th) with different races in each session.

Where are they held?

All sessions are at the Abbey Stadium.

Who can enter?

Any swimmer who has been a member of RSC for at least 3 months. Swimmers in all of the Development (Bronze, Silver and Gold), Competition and Performance squads, and swimmers who are in the ‘Lengths’ groups at Kingsley are strongly encouraged to enter.

Why should we enter?

To have fun! Everyone has to start somewhere! Once you have a personal best (PB) you can strive to beat it next time. Chris also uses times to help him pick teams for galas and it is useful to have a ‘time’ if you choose to enter open meets (competitions against swimmers from other clubs).

How do I know which races to enter?

You can enter as many or as few events as you wish. However, it is wise to take into account which stroke(s) your child is strongest in and their experience with racing.

Please note that all events will be swum according to ASA (Swim England) rules – meaning that ‘illegal’ swims will result in disqualification. Please ensure, therefore, that you know the rules and that you are capable of completing each entered event legally. This particularly applies to younger and less experienced swimmers entering breaststroke and butterfly events (or individual medleys). If in doubt, please speak to your coach!

Having said that, please don’t be afraid to enter some new events, including a few that might be a bit outside of your “comfort zone”. This is a great opportunity to try something new and to gain your first PBs in a couple of more “challenging” events. We would encourage you to be brave and to enter a wide range of events.

How do I enter?

You can download an entry form and other information about the Club Championships from our website - here: <http://www.redditchswim.org.uk/Content/files/RSCCINFOPACK%202017%20v1.pdf>

Will my child be swimming against children the same age?

Heats at the Club Championships will be seeded so that swimmers compete against others (regardless of age) who have a similar entry time. Those without an entry time will be seeded in the first few heats, usually with others of a similar age.

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For the purpose of awarding medals, which go to the fastest three swimmers in each event, the results will be collated into age groups. For most events, these age groups are 9/10 years, 11/12 years, 13/14 years and 15/over. There are no finals, so medals are decided on times swum in the heats for each event (known as "heat declared winner"). All age groups are based on 'age at 31st December' 2017 – so, yes, this does mean that, for example, a swimmer who is still 10 during or throughout the Club Championships but will be 11 before the 31st December would be competing in the 11/12 years age group. This might appear slightly unfair, but several others will be similarly affected and age at 31st December is now the standard system used by Swim England (formerly the ASA) for County, Regional and National competitions - although some galas and open meets will be 'age on day'.

Do they have to be able to dive/ dive off the blocks?

If children are not confident to dive off the blocks then they can dive off the side or start in the water and they will be given support to do this if needed. If a swimmer cannot safely dive from the blocks they should not attempt to do so – but please ask one of the coaches or poolside stewards to let the referee know before their heat that they will be diving from the side or starting in the water.

The coaches will be doing plenty of practice starts in training sessions prior to the club champs, to help swimmers reach the standard required.

What do we need to bring?

A t-shirt to wear on poolside (which should be worn, to keep warm in between races), two towels (one to use poolside), a water bottle (with water or weak squash) and swim kit (including spare goggles if possible – in case of emergency!).

What will happen?

The first 30 minutes of each session will be spent with a 'warm up' in the pool. This will usually be split into younger and then older swimmers, or according to squad. There will be plenty of helpers on poolside to direct and help the swimmers.

If my child is swimming do I have to help?

No, you are free to just watch from the spectator area (although a small admission fee will be payable at the door). However, we do rely heavily on large numbers of volunteers to ensure that every gala runs smoothly.

Up to 23 Officials are needed for every session of the Club Champs - two referees, one starter, six judges, two chief timekeepers and 12 timekeepers (to back up the automated timing system). On top of this we need a further nine volunteers to fill the jobs of announcer, recorders (2), poolside stewards (4) and helpers at the door (2).

This large number of volunteers for every gala is needed to ensure that we can meet the requirements of our Swim England licence – which in turn ensures that our swimmers' times will be added to the national database of swim times and that times will be potentially eligible as entry times for the 2018 Worcester County Championships.

We are very lucky and grateful to have a group of parents who have qualified at various levels to officiate, but we always warmly welcome new parents to this team. There is no obligation, but if you are keen to find out more please speak to our Workforce Coordinator, Paul Hartland.

If you are still not sure, then why not come along to watch, so that next time you can have a go!