

Boldmere Junior Invitation Meet 2013

16th February 9.00am - 5.00pm

Stechford Cascades B33 8QN

Checklist / Advice for swimmers and parents

Preparing for the Gala:

- 1) Check your **Costume, Hat**, and (most important) **Goggles** are all OK the day/night before. Most swimmers problems are caused by goggles which are not properly adjusted.
- 2) Pack the above kit - with a **Towels, T- / Polo / Rugby Shirt, Plastic drinks bottle** (water is fine), and **plastic bag(s)** (to put your clothes in during the gala and wet stuff in afterwards).
- 3) Make sure ALL your kit (and Bag) has your **NAME** on it. Don't take any valuables.
- 4) Try and wear **Club Kit** if you have it. It shows that you are proud to be part of **your Club** - and that you are all part of the same team.

Before you leave home:

- 1) Apart from packing the above kit (and making sure it goes with you to Stechford!), the other important thing that you should do is to **"put some fuel in the tank"**. The best fuels (= food) for swimmers are **carbohydrates** which are easily digested. **Pasta** is the best food for this. (There are others - ask the Chef!). **Avoid greasy fry-ups and chocolate or foods with lots of sugar**.
- 2) **Don't** have a large meal within **two hours** of swimming. **Bananas or energy bars** are fine for light snacks to take with you. **Avoid sugary sweets and chocolate**.
- 3) **Pack a light lunch**. A sandwich, fruit and a cereal bar is ideal.
- 4) **Avoid fizzy drinks**. (*"Water is best - or weak squash - ...drink a little and often during the gala/meet ...don't wait until you are thirsty - if you are thirsty - it's too late"* : Bill Furniss 14/02/08")

When you arrive at Stechford (8.30-8.45 for morning events); (12.30-12.45pm for afternoon events):

- 1) Let your Coach(es) know that you are present . . .
. . . and check that you know which events you are swimming.
Go to the Changing Rooms, change into your swimming gear, and put your shirt on...**and poolside trainers/flipflops**.
- 2) **DON'T LEAVE ANYTHING IN THE CHANGING ROOMS.**
LEAVE ALL YOUR VALUABLES AT HOME OR WITH YOUR PARENTS.
- 3) Take your bag containing all your clothes - with towel(s)/ drinks bottle(s)/ energy bar(s) easy to get at, and go to the area which has been allocated as the base for your club. This may be in the in the Spectators' Gallery. If you are based around the small pools, you may find it easier to take your bag for your parents to look after.
- 4) You will probably feel (too) warm. However, you must try and keep warm as you will swim better if your muscles are warm. Watch older Swimmers before their races. You should see them doing warm - up exercises and stretching for about ten minutes before each swim.
- 5) If based in the Spectators' Gallery, always **TAKE YOUR TOWEL and HAVE SOME FOOTWEAR ON** when you leave the Spectator Area to warm-up or swim. Leave your FOOTWEAR & TOWEL near the bottom of the steps. After swimming/warming up you will have to **DRY OFF and PUT YOUR FOOTWEAR BACK ON** before you are allowed back to your seat.
- 6) **LISTEN** to the announcer who will tell you when and where you are to assemble for your race(s).
- 7) Follow the instructions of your coaches and adult helpers who are supervising swimmers on the poolside.

The swimming bit ! :

1) There will be a **30 minute warm-up before each session starting at 9.05am / 1.05pm (est).**

Your club will be allocated to one of the six lanes for about 10 minutes.

Don't go 'flat out'. Start slowly and gradually increase your speed.

KEEP MOVING - Don't stop in the middle of the lane.

When you are told by your lane supervisor, there will be a chance for you to practise your starts, turns (for 50m Events & 100m Individual Medley) and finishes.

2) Competition will **start at 9.45am**. The programme will show which heat and lane that you are swimming in. **(Your coach will have a programme)**. When you are instructed by the announcer, report to the Assembly Area (Leave towel & footwear near the bottom of the steps). Tell the marshals your name and club. The marshals will organise you into your heats, and you will be marshalled toward the start. At the start there will be a timekeeper who will check **your name and club**.

3) At the start of each race, you will hear several **short blasts of a whistle**; this means that the referee and officials (usually in white) are ready to start a race....and it is the signal to tell the swimmers to remove any (non - swimming) clothes.

4) At this point **EVERYONE** should be **QUIET and STILL** so that the swimmers who are about to compete can hear all the instructions clearly.

5) There will then be **ONE LONG BLAST** of the whistle. This informs the swimmers to get to their starting positions **(if you want to start in the water - this is the signal telling you to get in the water)**.

A swimmer's starting position can be**on the blocks**(except the 25m Breast/Fly/Free),

....**on the poolside** (alongside the blocks),

or....**in the water**

If you are starting a Freestyle, Breaststroke or Butterfly event in the water, you must keep hold of the poolside/bar with (at least) ONE HAND until the race has been started.

All events will start at the end where the blocks are....(except the 25m Breast, Fly and Free)....so that races will finish where the Timing Pads are....and your time will appear on the electronic scoreboard.

Don't worry if your time doesn't show on the scoreboard - you haven't done anything wrong - as long as you have touched the end (legally) at the finish (The timekeeper for your lane will make sure that you have a time).

All **Backstroke** events start with all swimmers in the water with **BOTH hands and feet in contact** with the poolside. The **25m Backstroke** events will have to start at the deep end (so swimmers can hold the bar/legs on the blocks) . . .so these events will finish at the shallow end (using manual times recorded by the timekeepers).

6) The Referee will then **hold out an arm**, which is a signal to the Starter that he is happy for the race to start.

7) The Starter will inform the swimmers to **'TAKE YOUR MARK(S)'**..... **ALL SWIMMERS SHOULD NOW STAY PERFECTLY STILL** ...

8) The Starter will start the race with a 'bleep' ...and all spectators can then make as much noise as they like until the start of the next race!

9) If your goggles (or hat) become dislodged while you are swimming, **CARRY ON SWIMMING - DO NOT STOP....OR TRY TO ADJUST THEM.**

You will be disqualified in all events except freestyle if you do this.

10) When you turn or finish in a **Breaststroke or Butterfly** event, make sure you touch with **BOTH HANDS** - and **at the same time**. You will be disqualified in BREAST & FLY EVENTS if you do not **turn and finish** with
. . . **TWO HANDS TOUCHING TOGETHER.**

11) After each swim, **wait in the water - in the corner of your lane** - until the next race is underway. Then leave the pool by **using the steps in lanes 1 and 6**. **Don't try and climb out over the timing pads.**

DO NOT LEAVE THE PREMISES UNLESS YOU ARE WITH YOUR COACH/PARENTS