



# Brighton Swimming Club

England's Oldest Swimming Club Founded 1860



## Introduction to Competing

New swimmers are always being brought into the competitive side of the club and we need to expand a bit on how it all works when it comes to training and competing in general. All swimmers who train at any session other than Friday nights are only invited to do so because the club coach feels they have a talent which will enable them to progress towards competitive swimming and they then automatically become part of the club Squad system. What follows here is a short explanation which should help.

**Any member of any swimming club in the UK must be registered with the ASA**

### **Non-competitive registration Cat 1**

This is paid by the club from the club membership fee and allows all swimmers to be members of and insured by the ASA through their club but not to compete at a level higher than club championships.

### **Competitive registration Cat 2**

This also is paid by the club from the club membership fee and allows the swimmer to compete for the club at open meets, county meets etc against members of other swimming clubs.

### **Officials/coaches/teachers etc Cat3**

The club also has to pay the ASA a fee for all of these helpers and this is paid from club funds. All registrations and fees are renewed annually, this is how the ASA & British swimming are funded.

Due to the constraints on pool time and the costs involved the club operates a training policy which means that all those 9 & over attending squad training session must compete in the club championships plus 2 further licensed meets relative to their ability each year. All times recorded at galas, Time Trials & training are published on the club website [www.brightonsc.co.uk](http://www.brightonsc.co.uk) and are updated regularly.

Individual times sheets are downloadable & printable from the club website, showing each swimmers targets for their age for the coming year and we have found these to be a great help to all our swimmers.

The club also attends a number of team galas each year and squad swimmers are expected to be available to swim if selected.

### **Licensed meets. levels 1, 2, 3, 4 a brief explanation**

A licensed meet is one that will have its results included in the national rankings so that everyone will be able to see where they are ranked by age, stroke & distance, in club, county, region or nationally. Licensed meet times are always required to enter County, Regional Zonal & National Championships.

This link <http://www.swimmingresults.org> will take to this quite sophisticated filtering system on the ASA website.

### **Club championships (Level 4)**

These are held every year and are only open to members of the club. These are subject to certain restrictions, Entry is free & methods of entry are explained when the forms are published.

### **Level 3 meets**

These are the development level meets and always have a speed restriction to prevent top swimmers from entering these events. These speeds are set by the organisers of the gala and there are generally 10 or more meets at this level held throughout Sussex every year. Most, though not all of them, will be held between September and December. Level 3 can be held as Long Course 50m Pool or short course 25m pool and Entry fees are generally between £4 & £4.50 per event. These are the entry level galas for all new competitive swimmers and include the County Development gala.

**Level 2 meets**

These are the higher level of short course competitions and will always have minimum speed requirements but no maximum. There are a number of meets at this level throughout the year including the "Tom Handley" Brighton Open in January, county championships and some schools championships.

**Level 1 meets**

These are the top level of competition throughout the swimming world and are always held long course with tough minimum speed requirements. They include some elements of County championships, Region championships, National championships and all international meets.

When the club adds a meet to its calendar then the details of that meet, no matter what the level, are emailed to all squad members. Obviously not everyone will be eligible to enter all these meets as they may be too fast or too slow. The information pack on the website will have everything you need to know including Venue, dates, programme of events, age eligibility, qualifying times and costs.

This is where your PB sheet comes in handy as a look through the QTs sheet should help you decide which meet applies to you but if unsure then ask Nigel who as head coach must then check and sign all entry forms before they are given to Brian with the entry fees.

A list of entries is then issued for checking before being submitted to the gala organiser. If the meet is oversubscribed there will be rejections, generally of the slowest swimmers, to bring the length of the gala within the allowed time. In general a maximum of 3.5 hours per session up to a maximum of 7.5 hours per day.

Once you have the final acceptance list then it is turn up on the day in good time, swim well, get PBs and sometimes even trophies.

Training is the key to success and 3 times a week for the youngest is ok but as the swimmer gets a bit older & better and progresses through the levels then there is no substitute for time in the water with good quality coaching and eventually a bare minimum of 5 sessions per week becomes a necessity for success. Morning training is also very important as the body needs to get used to competing in the morning as well as evenings.

This is a very short introduction to swimming training and competing and I hope this helps you to understand the system a bit better but, as ever, if you need more information do not hesitate to ask