

# Broadway Swimming Club

## Parents Guide 2016



## Introduction to Broadway Swimming Club

Broadway Swimming Club was founded with a handful of swimmers. Since then the club has continued to grow and has now got a substantial membership. Our major strength comes from children who have progressed through a carefully planned teaching and coaching program.

Broadway has qualified swimming teachers and coaches to help develop stroke technique, stamina and speed to ensure every swimmer reaches their potential.

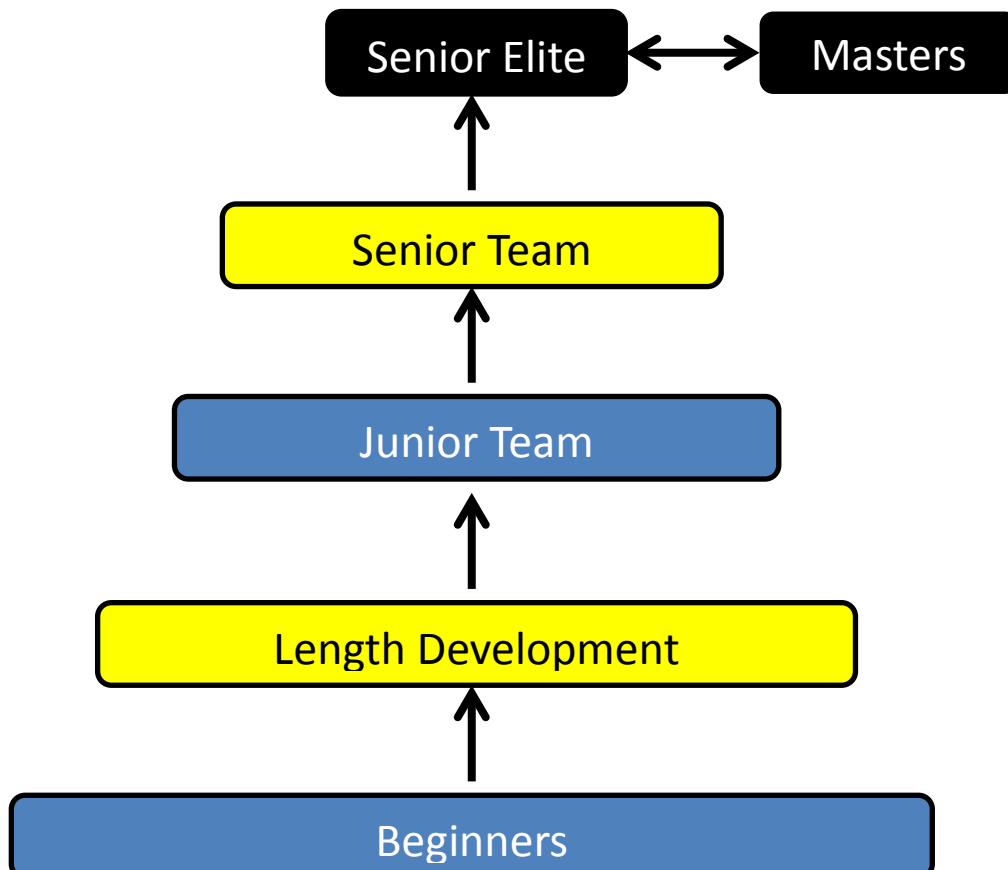
The club holds sessions 6 days a week either at Barr Beacon Leisure Centre or the Walsall campus of the University of Wolverhampton.

Broadway is a successful club with many of the swimmers achieving Staffordshire County and Midland and District qualifying times. The elite achieve National qualifying times.

The club regularly has swimmers that represent the county all over the country.

## Broadway Swimming Structure

Swimmers are assessed by the coaching staff when they join Broadway and based on the swimmers age and ability they are assigned to the appropriate swimming level. During their membership of Broadway swimmers progress will be assessed by the coaches and they will be moved into different squads in accordance with their individual ability and personal goals. As a member of Broadway, swimmers are expected to attend all training sessions as advised by the coaching staff. Failure to do so may prevent your swimmer reaching their full potential, slow progression up the squad hierarchy and could jeopardise your swimmers place in their squad.



## The Beginner

For the beginner usually aged between 4 years and 7 years. We hold several sessions a week both at Barr Beacon Community Centre and Walsall Campus of the University of Wolverhampton. At a very early age, children are expected to become familiar with water and to feel at ease in their surroundings. No more than half an hour is needed and very young children cannot be expected to co-ordinate proper swimming skills, so play is the theme at first. When they are ready (this depends on the individual, some take time, some adapt more quickly) the first stages of learning swimming skills begins. From then on, as ability increases, more teaching is applied and we can then accommodate children who wish to take more than one lesson a week.

## Beginners: Stroke development/Improvers

<b>Monday</b>	6:00pm – 6:30pm	Barr Beacon Leisure Centre
<b>Tuesday</b>	5:30pm – 6:00pm	University of Wolverhampton, Walsall Campus
<b>Wednesday</b>	5:30pm – 6:00pm	University of Wolverhampton, Walsall Campus
<b>Thursday</b>	6:00pm – 6:30pm	Barr Beacon Leisure Centre
<b>Friday</b>	5:30pm – 6:00pm	University of Wolverhampton, Walsall Campus
<b>Sunday</b>	2:00pm – 3:00pm	University of Wolverhampton , Walsall Campus

## The Junior Swimmer

For the junior swimmer (usually aged between 7 years – 10 years) children make the transition from widths to lengths gradually by attending one of their sessions in lengths at first. Again as ability increases a child can quite easily adapt to more junior sessions. The focus is on teaching and implementing correct skills in all sessions. Providing regular training is maintained children should be competitive swimmers by the age of 9- 10 years.

The club provides ample water time for junior coaching, a maximum of 6 sessions per week are available. All staff are ASA qualified and are always on hand to give advice that might be needed.

### Lengths: Junior Swimmers

<b>Monday</b>	6:30pm-7:00pm	Barr Beacon Leisure Centre
<b>Tuesday</b>	6:00pm – 6:45pm	University of Wolverhampton, Walsall Campus
<b>Wednesday</b>	6:00pm – 6:30pm	University of Wolverhampton, Walsall Campus
<b>Thursday</b>	6:30pm – 7:30pm	Barr Beacon Leisure Centre
<b>Friday</b>	6:00pm – 6:45pm	University of Wolverhampton, Walsall Campus
<b>Sunday</b>	2:30pm – 3:30pm	University of Wolverhampton, Walsall Campus

## Senior Elite Squad

For the senior swimmers (aged 11 years upwards) first class facilities are provided. A season’s training begins in September and is aimed at County success and Midland and National qualifying times.

### Lengths: Seniors

<b>Monday</b>	7:00pm-8:00pm	Barr Beacon
<b>Tuesday</b>	6:45pm – 8:30pm	University of Wolverhampton, Walsall Campus
<b>Wednesday</b>	6:30pm – 7:30pm	University of Wolverhampton, Walsall Campus
<b>Thursday</b>	7:30pm – 9:00pm	Barr Beacon
<b>Friday</b>	6:45pm – 8:30pm	University of Wolverhampton, Walsall Campus
<b>Sunday</b>	3:00pm – 4:30pm	University of Wolverhampton , Walsall Campus



## Masters

Masters swimming is basically swimming for adults. It encompasses the whole range of ability from casual fitness swimming to highly organised competitive swimming. Masters swimming welcomes everyone, no matter what your reason is for swimming. How far you go with the Masters Swimming system is up to you. The broad objectives of better health, better fitness, and friendship between swimmers are paramount. There is no compulsion on swimmers to compete - a major survey of British Masters swimmers showed that the majority of them rarely do!

## General advice

Swimmers who have not yet reached their ninth birthday are only (under ASA rules) able to participate in internal events. However it is important to get on the first 'rung' with an officially-recorded personal best (PB) time.

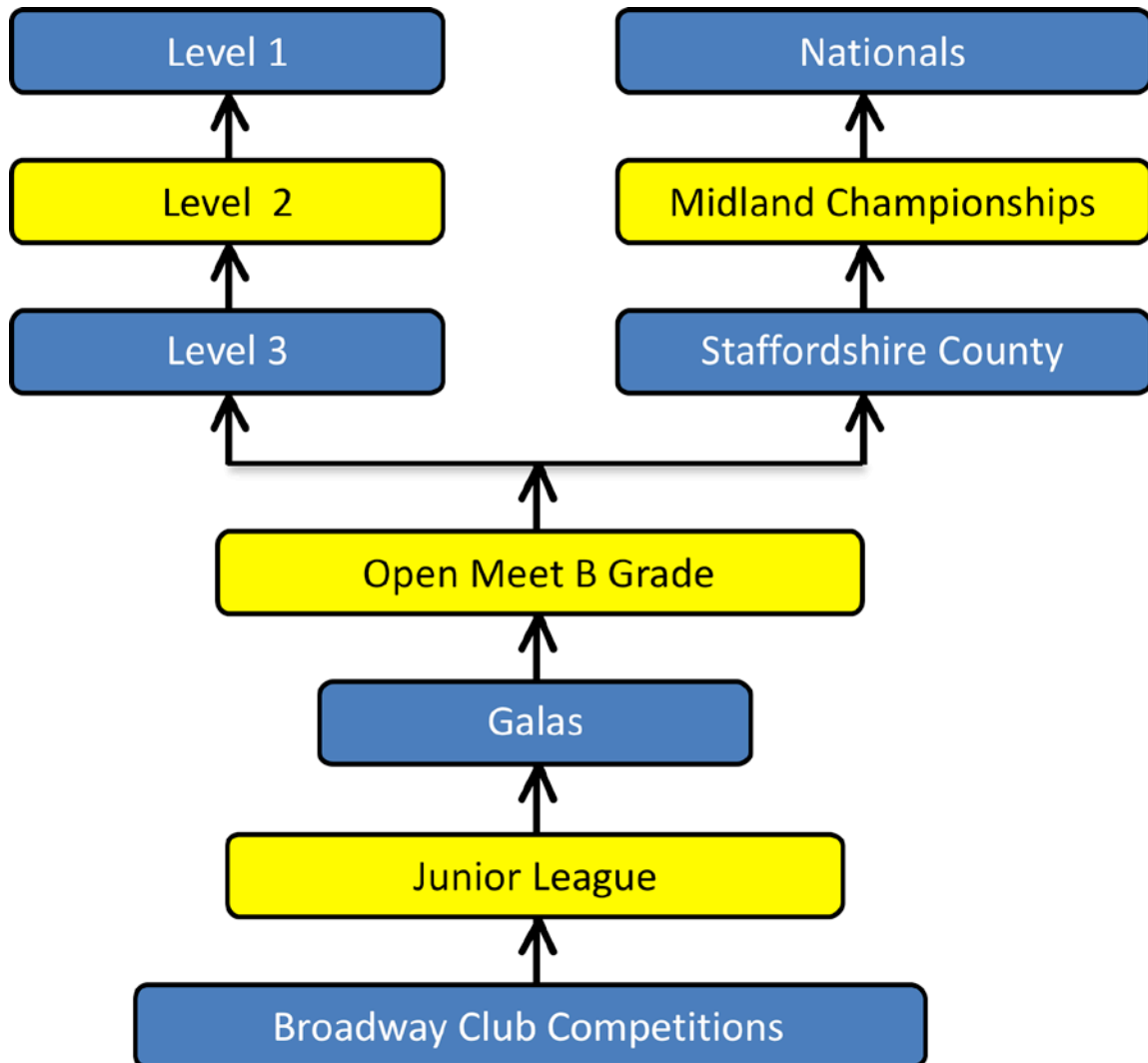
As a general rule, young swimmers start by competing over 25m and 50m distances, the 200m in all strokes and 100m individual medley are then added. At 10 years the 400m freestyle is added and generally only once you are 10 (girls) or 11 (boys) can you compete over 100m distances.

The Club will usually try to put your swimmer in a relay race for their first experience of a Gala competition - this helps to control the inevitable 'first race nerves'.

For most events there are no heats or finals, just races (Heat Declared Winners or HDW). Swimmers race against swimmers with similar qualifying times but not necessarily the same age. The times are then recorded for each race and the winner is the quickest swimmer in that age group. Disqualifications are inevitable especially for the younger swimmer and for the more technical strokes. Your swimmer will be disappointed if they are disqualified but they should be praised for their race effort. In the long run it is better for them to be disqualified in the early stages of their career as they will quickly learn how to avoid disqualification and be competitive. They will have plenty of other opportunities to race again!

## Types of Swimming Events

See Diary Section of our Website for all fixture dates





## Club Competitions

Once a year, Broadway runs its club competition. This is usually held on a weekend day at Cheslyn Hay Leisure Centre.

There is an entry fee to cover costs such as medals, the timing system, and to contribute to the cost of the hiring of the pool. Entry forms are given out and should be returned with payment to your session coach.

The races are within age groups, which enables coaches to compare times across the club. Results are posted after all ages have swum the stroke/distance. Medals are awarded to all competitors with trophies awarded for the first place swimmer for each stroke in each age group. Points are achieved for places 1 to 6 in each race and are accumulated over the course of the whole club championships to determine the "Top Boy" and "Top Girl" winners in each age group.





## Junior League

The Nuneaton and District Junior Swimming league is held between April and June with the final held in September (depending on qualification).

This is for age groups 9, 10/u, 11/u and 12/u ages at 10th September.

## Distances of Swims

Each length is 25m

Swimmers aged 9 years will swim 1 length each in individual swims.

Swimmers aged 10 years will swim 2 lengths (1 length butterfly) in individual swims.

11 and 12 years age groups will swim 2 lengths in all strokes

Points are awarded as follows

1st	= 6 points
2nd	= 5 points
3rd	= 4 points
4th	= 3 points
5th	= 2 points
6th	= 1 points

## Limitation of Swims

9, 10 and 11 year olds are limited to 2 swims in own age group, plus 1 age group up in individual swims.

12 years will swim 2 in their own age group only.

There is no restriction in team events.

It is important that as many of the selected swimmers attend to make the team as strong as possible.

Please keep dates free as soon as you are notified.

## Open Meets (B Grade, Level3, Level 2)

- Open meets are swimming events for all ages from 9 up.
- The swimmer must be able to achieve the entry qualifying time to be entered.
- Which age group is determined by the age of the swimmer on the day of the event.
- Events are over distances of 50, 100 and 200m for all strokes.
- Each swimmer will be racing against the clock, rather than the other swimmers in the pool.
- Times are then compared for each age group, with Gold, Silver or Bronze awarded to the top 3 swimmers in each age group for each event.
- Please note it is possible for swimmers to be competing against others that are nearly 1 year older, depending on how birthdays fall. However this should not detract from the swimmers target, which is to achieve personal best times in each event they compete.

After competing in their first Open competition the swimmer will have been given a reference number, which can be viewed along with all events, and results.

[www.swimmingresults.org](http://www.swimmingresults.org)

Goto either the results by event and scroll through to the event, or enter your family name into the rankings / individual ranking section.

## Staffordshire County Championship

- These events are the next levels for swimmers who achieve the necessary times.
- All events are on a qualification basis taken from event times.

## Level 1 Open Meet

- This event is similar to the Level 2 open meet but is held at 50m pool venues.

## Midland Championships

- Held at either Coventry or Corby (50m pools).
- Qualifying times are on a par with Level 1 meets but participants must be a member of a club within the midlands area.

## Nationals

- The ultimate gala for competitive swimmers is the National. When swimming at this level the dream is to be picked to represent your country.

## On the day of the Open meet

Warm up is 30 minutes to an hour before the event starts and is usually separate for boys / girls and, depending on numbers; the older swimmers will often warm up after the younger ones. There is no diving initially during the warm up but towards the end of each warm up session, listen for the announcement, some lanes will be dedicated as sprint lanes where swimmers can dive in and sprint one length, getting out at the other end and walking back. The Coach may give your swimmer advice on how much warm up to do and what thing to concentrate on depending on the event they are swimming that day.

When the event starts, announcements will be made calling each event in turn. When the announcement is made for the relevant events your swimmer will be called by the Coach for a last minute talk and then sent down to the Marshalling or "Whipping" area.

Swimmers will be lined up in the Marshalling area in heat order and then asked to go forward and stand behind the relevant lane. The timekeeper for the lane will ask your swimmer to confirm their name.

Depending on how many competitors there are in an event there can be a lot of heats and it can take absolutely ages! However your swimmers race will be over pretty quickly so be sure you don't miss it by an inappropriate moment for the loo, coffee or a snooze.

After your swimmers last event they may go home. Although it is advisable to tell the Coach, so he/she knows who is still on the poolside, your swimmer does not have to wait for the end of the event unless the Coach advises otherwise.

## Results

When the races have been swum, the times of each swimmer are recorded on the computer system which produces the final result sheet after all the races for a particular event have been swum. Results sheets are displayed around the poolside for the swimmers and around the spectator area for you to read as soon as it is possible to do so.

## Speeding Tickets

For some lower graded open meets there are a set of upper cut-off times (usually UQT or UQT plus a few seconds), which swimming faster than these times earns a 'speeding-ticket'. Check the small print in the gala conditions, usually found on the host clubs website, to see if there will be speeding tickets and if so whether the cut of times are UQT or above. Getting a speeding ticket means that the swimmer is not eligible for medals but it is a very positive indicator of a 'good time' for that race, in that age group. So your swimmer should be reassured that a speeding-ticket is a good thing just as is a win or a placing or personal-best.

## Medals

Generally medals are awarded for the top three in each stroke/age group. These can be collected at the event any time after the results are published.

## Galas

Throughout the year the club enters teams in galas and leagues at different standards of competition. Swimmers will be selected by the club to swim in these and there are no entry fees or forms to fill in. Not participating in a Gala for which your swimmer has been chosen may jeopardise their squad place. The age groups are (usually but not always) determined as age on the day of that Gala so your swimmer will be swimming against other swimmers of a similar age who may be faster or slower rather than swimming against other swimmers with similar times regardless of age as at Open galas. Swimmers will be told which event they will be swimming once they have arrived at poolside.

You must read the notice board each time you come training and regularly check the website. If you are selected to swim in a gala you must follow the instructions given on the team selection notice.

## At the Gala / League Meeting

Club transport is sometimes provided (at a charge) for further afield league galas but when it isn't you may want to share lifts or ask someone else to transport your swimmer if you cannot take them. Arrive at the host pool around 15 minutes before the warmup (although you may want to get there earlier if requiring spectator seats). The requested arrival time allows for confirmation of arrival to the Coach, changing and warm up. Once on poolside (although sometimes after warm up) a team sheet will be available and your swimmer will be able to read this to see which events they are swimming. Swimmers swim the stroke and distance allocated to them. There is no discussion about this as in the weeks prior to the competition a great deal of thought has gone into what stroke each swimmer should do. Relays are always swum in the order stated. The club will usually put a swimmer in just a relay race for their first experience of competition as this helps to control the inevitable 'first race nerves'. So do not be disappointed if your swimmer only does one length in the Junior league meeting - it is an honour to be chosen to swim for their club.

All swimmers are expected to stay until the end of the event and to support their team mates and to congratulate the winning club and the other participating clubs.

## Swimmers Q&A

### How should we prepare?

In the week before the meet, and at the end of each day of the meet, ensure that your swimmer refuels on top quality athlete's food containing complex carbohydrates. They should also be drinking plenty of fluids, to ensure their body's cells are fully hydrated.

It can add to the nerves before a race if a swimmer is worrying about a new pair of goggles that have just been bought because their usual ones broke. Where possible swimmers should refrain from trying out new goggles for the first time in a race. It is best for new items to be "experienced" during a training session so that any problems can be resolved ahead of the competition.

### What equipment will be needed?

Swimmers usually take their bag with equipment on to pool side. However at large events many items end up in lost property or go missing so ensure everything is well marked and encourage your swimmer to put everything away in their bag when not using it especially during warm up and races. This will also have the advantage that they can find their goggles/hat quickly when they are needed for the race! To enable identification of swimmers and to have a "team" look, all swimmers are expected to wear a Broadway Swimming Club hat when representing the club in events. It is a good idea to bring several swimming costumes to a long meet so your swimmer can get changed after a race (if there is time) and stay warm. They should also have a spare pair of goggles or spare straps and clips.

Your swimmer will be in and out of the water all day, so make sure you bring more than one towel. You might find it useful to get a swimmer's chamois. It allows the swimmer to dry off most of the moisture without soaking their usual towel, and saves your laundry basket!

### What clothing will be needed?

Some pools can be draughty and it is important to keep warm between events, so bring plenty of warm clothes. Club kit – Broadway Swimming Club T-Shirts must be worn, this does not include any of the variety of event specific shirts or polo shirts. Don't forget a pair of pool shoes, or flip-flops or *clean* trainers & socks, as a lot of heat can be lost through bare feet on a cold poolside. Some shorts or jogging bottoms are also useful to keep warm between events. Don't forget, if they arrive in their poolside clothes, to make sure they have a dry set to go home in! It can also be useful to have a spare plastic bag for regular clothes and other belongings to keep them dry while the swim bag is on poolside.

## What should the swimmer do when not swimming?

Swimmers are expected to stay on poolside during the meet. They must not leave the poolside without a coach's express permission. Coaches need to speak to swimmers during the day for either race strategy advice or to send them up for marshalling to get ready for their race. If your swimmer wants to leave poolside, even if it's just to go to the toilet, they *must* let the Coach know to ensure that they don't miss their race. The Coach has a whole team to keep track of, which can be very difficult if swimmers keep "disappearing" at crucial moments. If a swimmer leaves poolside to spend some time with parents they must get back in plenty of time for their next race, and let the Coach know they are back. After their swim it is vital that your swimmer sees the Coach, to discuss their race. Swimmers should be tidy and pick up all their litter. There are usually plenty of rubbish bags and bins at meets so do encourage your swimmer to use them.

Although swimmers are encouraged to support their team-mates it can be helpful, especially for open meets, for them to bring something, such as a book, magazine or computer game, to keep them occupied during quieter moments. Do be aware that neither the club nor the venue can be held responsible for loss or damage to property so your swimmer should not bring valuables or things that can be damaged by being in a damp atmosphere.

Note that if swimmers do leave poolside, they should always dry themselves and put on shoes before visiting spectators, shops or other areas.

## What should the swimmer eat and drink?

On the day of the meet your swimmer may be on poolside for the whole day, so they need to be kept well stocked with small, easily digestible snacks, rather than having large meals. It is just as important to stay well hydrated, so provide plenty of fluids and encourage your swimmer to sip often at their drink during the day. Although some venues have excellent catering facilities it is best not to rely on them, so bring a selection of food to keep your swimmer in top form throughout the day. For younger swimmers it is best to hand the food to them in small “doses” to avoid them eating it all within the first hour! To keep perishable food fresh we suggest you use a cool bag with an ice pack.

### Food suggestions

Complex carbohydrates for “grazing” throughout the day, e.g. small portions of:

- Pasta/Rice salad
- Muffins (sweet or savoury)
- Bread, Pitta bread, Bagels
- Pizza (but be careful of fatty toppings)
- Rice cakes
- Breakfast cereals or Cereal bars
- Bananas
- Popcorn
- Jacket potatoes are also suitable if available at the venue’s catering outlet.

### Drinks suggestions

- Water
- Sports drinks
- Weak squash

## What do I need to do?

You have to make sure that your swimmer gets an early night before the gala and arrives at the pool in plenty of time. In the rush to get your swimmer ready it can be easy to forget your own needs, so don’t forget to pack items for yourself. You might want to bring a comfortable cushion (some venues have very hard spectator seating), something to read, a pen or pencil to mark up your programme, and a separate picnic with plenty to drink. Some parents also like to bring a stopwatch but this is not essential as many venues have electronic time board and results will be printed and displayed at the venue during the sessions. It is worth noting your swimmers times for each event as DQ’s will not get an official time recorded but praise for a PB, even with a disqualification, will help the disappointment. It is a good idea to keep times in a notebook, so you can keep a record of their progress.

## How can we see the Results?

Each time the swimmer swims the results will be fed back to the Club and Broadway swimmers times will be available on our web-site under the Results area or on the Broadway notice boards. Full results of external meets will be posted on the relevant hosting clubs/championship web site. This can take a few weeks so keep checking!



## **Are there trophies or medals?**

The medal system and their quality will vary from event to event. Please see advice on individual events for guidance on awards.

## **What/Where are my Personal Bests?**

When the swimmer achieves a time that is better than their existing time for that stroke/distance it is recorded on the clubs PB database.

These PBs should be used to check against qualifying times for Open Meets and Championships. PBs achieved in events where your swimmer is not representing Broadway i.e. schools galas, can be emailed to the coach for inclusion in the PB database.

## **What are BAGCATS?**

British Age Group Categories or BAGCat points are system of points which are awarded for different swims. When a swimmer competes in a BAGCat event, their time is converted into points that take into account a swimmer's age and sex. A swimmer can take part in as many events in a season as they choose to, but only their highest points score in each swimming category will count towards their final BAGCat total. For an event the overall position of a swimmer is the sum of the BEST point score in each of the 5 categories (50m events, 100m, FORM, Distance and IM (100IM for 9-11year olds and 200-400IM for older swimmers). It is therefore advisable to enter every category in the Age Groups if you can achieve the qualifying times. (N.B boys 11 and below and girls 10 and below don't swim the 100m individual events).



## COMMON TERMS

- **Consideration or Qualification time** - the slowest entry time for a particular event that the organisers of a gala will consider.
- **DQ'd and disq.** - Abbreviation for disqualified on result sheets and time cards ( See reason codes below)
- **Entry time** - The time submitted by the Club for a swimmer being entered in a gala. If entries are made well in advance, the entry time may not be the swimmers current PB
- **Form Stroke** - One of the three strokes having specific requirements (ie. 200M, Breaststroke, Butterfly or Backstroke). Freestyle is not a Form Stroke but is used for distance events, such as 200/400/800 or 1500m depending on the swimmers age and sex.
- **Heat Declared Winner (HDW)** - When no final is swum and the winner is declared on the times swum in the heats
- **Individual Medley (IM)**. The competitor swims all four strokes in the following order: - butterfly, backstroke, breaststroke and freestyle.
- **Licensed Meets**: These are the only meets via which you can qualify for County, Regional and National competitions (see section on Licenced Meets)
- **Long Course (LC)**- Events held in a 50 m pool
- **Lower Qualification Time (LQT)**. The slowest entry time for a particular event that the organisers of a gala will consider.
- **Medley Relay** - Four swimmers each swim a different stroke. The order is always backstroke, breaststroke, butterfly and freestyle.
- **Personal Best (PB)** - A swimmer's personal best time for a given event.
- **Upper Qualification Time (UQT)**. The fastest entry time for a particular event that the organisers of a gala will consider.
- **Short Course (SC)** - Events held in a 25m pool
- **Squadron Relay** – Usually the last race of a gala. A freestyle relay consisting of one swimmer from each age group or one swimmer of each sex from each age group.

## Your Child's First Gala

Firstly remember to get there on time, being late will make your child stressed, so aim to arrive at least 15 minutes before warm up commences.

If this is a gala where your child has been selected to swim for the Club remember they are there to swim for the team. Confirm as early as possible to the team coach that your child is or is not available to swim. If later your child cannot make the gala, let the team coach know as soon as possible. Dropping out at the last minute lets the whole team down. Sometimes your child may only be selected for relays - that is part of being a team.

## What should your child bring with them?

Remember galas usually last 90 minutes or longer.

- They will need a drink, ideally half a litre per hour. 2 parts water mixed with 1 part fruit juice is ideal, you don't need to waste money on expensive energy drinks.
- Something to nibble on; an energy bar, jelly babies, fruit gums or jelly cubes are ideal - not chocolate.
- Broadway Club T-shirt or Hoodie
- Shorts
- Flip flops, crocs or similar to put on your feet.
- Costumes, 2 pairs of goggles and Broadway swimming hat
- 2 towels.
- Cards, book or something else to do poolside, because it can be a long wait between races.

## What should you bring with you?

- A drink and something to nibble on - it gets hot in swimming pools and catering facilities can be non-existent.
- A pen to write down your child's result and possibly a stop watch to time them - most mobile phones have a stop watch function.
- Something to do/read, as stated earlier galas can be long and dull.
- Lots of positive energy and sympathy - always look for something positive to say to your child, sometimes this is hard but with practice it can be done.

## Galas for Parents of more advanced swimmers.

As your children progresses they will need more kit poolside.

- Warm up costume.
- 2 racing suits.
- 2 pairs of goggles and 2 hats, which they should take with them up to the starting blocks - goggles always snap just before a race, it is universal law.
- Shorts, tracksuits and woolly hats because some pools are colder than others.
- iPod / MP3 player to concentrate the mind before a swim.
- Trainers and socks because flip flops aren't good if you need to do a land warm up.
- Something more substantial to eat, more energy bars, bananas, dried fruit, energy gels.

## Get involved

- Why not volunteer and get a poolside role.
- It makes the day go quicker.
- All of the officials and other helpers are unpaid and the gala wouldn't run without them. The children of many of the officials stopped swimming 20 or 30 years ago!
- Get involved in supporting gala's in different ways, providing refreshments, manning the raffle, helping at the signing in desk etc.
- If you can help with marshalling on poolside talk to the Head Coach and have a CRB check, as you cannot help poolside without it
- Assisting is enjoyable and it makes the day go quicker.
- You will still get to see your child swim, often from a more favourable position on poolside!