



Gala Information – for swimmers and parents

For all club gala's a team sheet will be put on the notice board at Shirley Pool usually at least a month upfront. Swimmers will need to tick or cross their name to indicate if they are going to attend.

If you don't tick your name you will not be selected for any races.

Every swimmer who takes part in a gala for Dolphins will always get at least two swims.

Chris will select the races in which you will swim either on the Thursday or Friday before the gala due to swimmers dropping out through illness etc. If you can't make the gala after this please let Chris know as soon as possible either by e-mail or txt. Chris is unlikely to get a message that is left at the pool.

Parents play an important role as help is required on poolside. There are many roles such as timekeeping, lane marshal and poolside whips (looking after swimmers on poolside and sending them up for races).

A list is placed on the notice board under the team sheet for parents to volunteer. All regular volunteers and club officials are DBS checked through the ASA and receive a Dolphins polo shirt to wear poolside.

Swimmers need to bring the following on poolside:

Drink of at least 500ml

Towel

Club t-shirt, t-bag or tracksuit to wear between races

Club Swim Hat (ideally bring a spare)

Goggles + spare pair

Please note there is not much room on poolside at many galas so a good suggestion is to put the things you need to race in a small draw string bag and bring that on poolside. All large bags with clothes etc should be left in lockers or with parents.

It's very important for swimmers to remain on poolside with the team till the end of the gala even if they have finished racing. At the end of most gala's club captains lead the "Dolphins Chant" which is great fun and good for team spirit. It's also respectful to wait to hear the final results at the end of a gala irrespective of who has won.

If swimmers do need to leave early please let the coach on the day know prior to the start of the gala.

All swimmers taking part in club gala's need to be registered with the ASA (Amateur Swimming Association) under Category 1 membership. The current cost for 2016 is £13.70 for the year.

Novice League

The Novice League is a five round competition between Christchurch Seagulls, Ringwood Seals, Wildern Waves, Romsey and Totton S.C., City of Southampton S.C. and our selves.

All the rounds are held at Two Rivers Meet Leisure Centre Christchurch 6-9pm.

Each club takes a turn at hosting the gala and all pool costs are shared between the competing clubs.

The Novice league age groups are from 9-14yrs (age on day) although swimmers younger can take part if they meet the appropriate standard. Individual races are either 25m or 50m, relays are 4 X25m and a 10 X25m Cannon.

The majority of the races are time limited which means if a swimmer exceeds the time limit for the race they are given a “speeding ticket” and their team doesn’t receive any points for that race. This is done as the competition is for novice level swimmers and this makes it a fair competition for all teams.

The gala usually starts at 6.00pm warm up and the first race is usually 6.20pm but due to limited spectator room it’s advisable to arrive around 5.30pm for parents to queue.

Dolphins Novice League History

2012 – Winners

2013 – 2nd

2014 – 3rd

2015 – 2nd

Winchester Novice Gala's

We usually attend two gala's a year at River Park Leisure Centre Winchester, hosted by Winchester City Penguins S.C. The gala's are usually in January and September and are for 6-10/11 year olds.

There are no winners or losers and no points scored in this competition, it's very much for fun and a great way of introducing younger swimmers to gala's and racing. There are always some "fun" events like float racing, swimming with a ring on your head and kick relays.

Jean Hillman Trophy

This is an annual gala hosted by Fareham Nomads swimming club in June. This gala is for swimmer aged 9-12yrs old but swimmers younger can swim if they meet the appropriate standards. In this gala we swim our fastest team to compete against Fareham Nomads, Hamble Aquatics, Locks Heath Swim Squad and a variety of teams from the local area. In our first outing in 2011 we were runners up, in 2012, 2013, 2014 and 2015 we were winners and receive The Jean Hillman Trophy (a large bowl trophy which can be seen in reception).



Club Championships

Dolphin swimmers currently take part in the Shirley Swimming Pool Club Championships which takes place at the Quays every year. Races are over 50m on each stroke and 100m freestyle. This is a fun event where swimmers can write their name in the club's history by aiming for club records and personal best.

Licensed Open Meets – For County and Performance Squads

Unlike club gala's swimmers aren't selected to swim as part of a club team. Instead they qualify based on their personal best times and can choose which events they would like to enter, rather than in galas where they are selected to swim specific events. They still swim as part of the Southampton Dolphins team but they are competing for themselves to gain specific times, rather than to gain points.

Each open meet is ASA licensed to a certain level, so the first part is to get the level of the meet correct so that you are competing at the correct standard:-

Open Meets are licensed according to the purpose of their competition as Level 1, 2, 3 or 4.

Level 1 is aimed at national qualifiers and swimmers close to national qualification looking for opportunities to achieve national qualifying times. These meets take place in 50m pools and have set minimum qualifying times for entry.

Level 2 is also aimed at national and regional qualifiers and swimmers close to regional qualification. These meets take place in 25m pools and also have a set minimum standard for entry.

Level 1 and 2 events are likely to have quite challenging lower limit QTs, i.e. a swimmer must have achieved a faster time in that

particular event to enable them to enter. So to be clear you cannot achieve a National QT at a Level 3 or 4 meet, Regional QTs cannot be obtained at a Level 4 meet.

Level 3 is for club swimmers who are seeking regional and county qualifying times. These meets have qualifying times and upper limit times set at an appropriate level and will provide a programme throughout the year to support the requirements of swimmers below regional level.

Level 3 meets might have upper limit times to restrict the standard of swimmer entry. If your swimmer has a time faster than the upper limit time then they won't be eligible to enter that event.

Level 4 is for club swimmers and those beginning to enter individual open competition. National qualifying times will be accepted from meets licensed at Levels 1 and 2. Regional qualifying times will be accepted from meets licensed at Level 1, 2 and 3.

Level 4 meets relax the qualification times further. These events can mostly be entered with 'no times', as they are low level meet and you can use these to start recording personal bests in events you not entered before.

The swimmers age tends to be as of the last day of the meet for County, Regional and National Championships swimmers compete in year of birth age groupings. Events can vary depending on the swimmers age group. For example the youngest swimmers are not eligible to compete in 100m events (this is because the 100m is considered a sprint and swimmers of this age do not have the physiological development to compete effectively over this distance).

Target Meets

Throughout the year the Head Coach will select specific open meets that the club will attend. These are target meets. Each open meet is selected by Chris to fit in with the gala fixture list and have different

aims. Some open meets will be to gain qualifying times (e.g. county, regional and national) and others to gain experience and personal best times. When a target open meet is selected by Chris he will e-mail all the eligible swimmers with details on the meet and how to enter.

All swimmers taking part in open meets / county championships need to be registered with the ASA (Amateur Swimming Association) under Category 2 membership. The current cost for 2016 is £30.50 for the year.

Swimmers need to bring the following on poolside for open meets:

Drink of at least 1000ml per session

Food – please refer to diet and nutrition guide

Towel / shammy

Club t-shirt, t-bag or tracksuit to wear between races

Club Swim Hat (ideally bring a spare)

Race goggles + spare pair

Race Costume

Music system and/or entertainment between races