

# CLUB CHAMPIONSHIPS 2017

THE QUAYS, SATURDAY JUNE 10TH 6PM –  
9.00PM

## Swim School Championships - For swimmers in Breaststroke, Butterfly and Turtles classes.

Starting in the water at the shallow end, children will race one length (25m) taking turns to try each stroke. Electronic timing will be used so timing pads will be at the finish to the races, encourage your child to forcefully touch the pads at the end of their race to register their time, times are displayed on a large electronic board at the deep end of the pool. Manual back up times will also be in operation to aid accurate results.

There will normally be more than one race per event. For example, there will be thirteen, seven year old girls. As there are only eight lanes we will have two races for the girls. These are called "heats".

Swimmers are grouped based on age on day of the gala .

We try and group the children in heats against each other in ability groups, with the fastest swimmers in the final "heat". This is based on our knowledge of their swimming. Then the times of all the children in the event are compared and the fastest are awarded medals. Usually these medals go to the first home in the last (fastest) heat, but not always.

### ***Children get confused when they win their heat but not the overall event.***

It can be difficult for the children to understand, but please try to explain – it avoids unnecessary disappointment. Swimmers finishing first, second and third in their **age group** receive additional awards at the presentation which takes later in the month. Depending on sponsorship we may be able to have medals for the first six swimmers.

Children do the strangest things in swimming galas. They naturally try to go fast, with varying degrees of success. We want to encourage them to swim nicely, straight and keep going until they TOUCH the end of the pool.

Make as much noise as you like *once the race* has started and applaud when the last swimmer finishes!

## **Southampton Dolphins S.C. Sprint Championships – For all Dolphin swimmers**

Starting at the deep end swimmers will perform a race dive after the electronic starting signal.

Swimmers will compete in year of birth age grouping to conform to ASA competition rule, for example you are born in September 2005 you will compete against all swimmers in that age group regardless of age on day of gala.

### **Before**

Entry for spectators are available now priced £4.50. Children are free but think twice about bringing siblings, it is a long, hot night for a toddler.

The programmes will be available on Friday night and Saturday morning at Shirley Pool. If you purchase them in advance it will reduce queuing on the night.

Photography is permitted but videos must be registered at the entrance to the spectator gallery where a badge will be issued.

For those of you unfamiliar with the Quays, parking is limited directly outside. You may consider dropping off and using one of the other City Centre car parks.

Children can start changing at 5:45pm. We are aiming to have the first race at 6:00pm.

Swimmers should have with them a small towel; a t-shirt and a still drink in a plastic bottle.

Well fitted goggles that will cope with are essential.

No food or bags on poolside please, they will fit into the lockers which require a padlock that you must supply. I know, a padlock!.

All items should be clearly marked with the child's name.

The children will be grouped by their age group around the pool area while they wait to swim but they will need a little help. Until the first race is over they are always nervous. The Quays has a large pool hall, which can be scary for little ones, especially with 400 spectators. If you are available to be on the pool side please put your name on the list at the pool.

We will also need some Dads on poolside to lift the "towel boxes" from one end to the other.

If your child is a little nervous you are welcome to go through with them, as long as you are correctly dressed, in pool shoes or bare feet, shorts trousers and a light (t) shirt. It is very warm both on the poolside and in the gallery so dress down!

The café is closed but there are vending machines. Your own supply of cold drink is a good idea.

There is bound to be some illness between now and then. Please let us know as soon as possible if your child is unable to swim.

## **During**

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Make as much noise as you like *once the race* has started and applaud when the last swimmer finishes!

## **After**

The event will be finished by 9pm. However, you may leave early once your child has completed their races. Each swimmer receives a small medal at the poolside and sweets on their way out.

Times will be recorded and displayed the following week at Shirley and on the website. So you will need your own stopwatch if you want immediate results!

I hope you enjoy the event, thank you for all your support.

The presentation for the winners will take place at the Scout Hut, Kentish Rd, opposite the pool. Exact timings will be advised, probably 5pm – 7pm.