

# DAVENTRY DOLPHINS SWIMMING CLUB

## Competitions and External Galas

In conjunction with the Northamptonshire County Development Squad, Daventry Dolphins offer a comprehensive competition plan to meet the needs of **ALL** swimmers. These competitions include:

- Daventry Dolphins and Northampton Swimming Club Development Galas
- Club Championships
- County Championships and competitions
- Midland Regional, ASA National BAGCAT and Youth Events, British Championships
- Inter club galas
- League galas
- Nominated open meets
- Nominated open meets with the Northamptonshire County Development Squad

The competition programme is carefully planned to ensure that swimmers meet their true potential and progressively develop their swimming skills in-line with the guidelines and protocols for **Long Term Athlete Development** produced by British Swimming and the ASA to improve the quality of swimming to meet their aspirations. It ensures the correct competition is targeted to meet the above goals. Also the club ensures that a Club Coach is present at these galas to promote the well being of the club member and offer the appropriate advice through the competition. "As a general rule, swimmers should not compete more than 12 times in a year in events which require them to alter or modify their training programme and all events that include a taper or rest from training should have clear performance targets set by the coach for the individual swimmer." (Grange, J. Gordon, R. 2004)

It is recognised that Club Members may wish to enter other competitions for whatever reason throughout the competitions season. Whilst the club or coaching staff may not approve of swimmers entering these competitions, they recognise the swimmers may freely do so. If the competition or open meet is not approved by the club, the club will not provide any coaching support.

If a swimmer or parent/guardian on behalf of the swimmer wishes to enter a non-targeted competition or open meet under the name of Daventry Dolphins Swimming Club he/she must get the entry form signed by either the Head Coach or an Officer of the club if the Head Coach is not available. On review the Head Coach has the power to approve the competition for the swimmer and will try to find coaching support from another club for that competition. If the procedure is not followed the time will not be considered for club records.

This procedure has been written to clarify the process to be followed if a swimmer or parent/guardian on behalf of the swimmers wishing to enter a non approved competition or open meet. It does not stop the right of the swimmer to enter a competition or open meet under the Daventry Dolphins Swimming Club.

Approved by the Daventry Dolphins Swimming Club Committee

Chairman \_\_\_\_\_

Date \_\_\_\_\_