



ASGARD SC INVITATIONAL SATURDAY SERIES 2023 / 2024 Season

Asgard are delighted to announce our **Saturday Series** for the season 23/24. This will be a series of L1 galas aimed at engaging younger and newer swimmers in a fun environment whilst giving them a forum for learning the skills of a competitive swimmer.

Each event will be held at Coral Leisure Centre, Arklow.

Clubs will score as per the details below and the winning team at the end of the series will be awarded the Saturday Series trophy.

There will be no individual awards, but a participation prize will be given to each swimmer who participates in 4 or more of the Saturday series and any swimmer who participates will be sent a digital certificate of their achievements (to include a list of events and results).

Each Saturday Series will start at 4pm and run no later than 8pm.

There will be a limit of 3 individual swims and 1 relay per swimmer at each of the Saturday Series. A progression from 25m at age 7 to all strokes in 100m for age 8yrs and over and 200IM & 200Free for age 11yrs and over will be on offer across the series. Clubs are asked to only include beginner swimmers.

Each swimmer should be entered in 3 different strokes for their individual events but can choose across the distances for each (eg 50free, 100Back and 50 breast, but not 50Free and 100 free). Any swimmer with limited abilities may choose any of the distances and events suited to their individual abilities. Relays will alternate between free and medley on the different dates, and will only run if time permits.

There will be 6 **Saturday Series** Galas throughout the year and the events at each will rotate.

	25 Meter				50 Meter				100 Meter					200 Meter		Relay		
	Free	Back	Breast	Fly	Free	Back	Breast	Fly	Free	Back	Breast	Fly	IM	Free	IM			
	AGE 7yrs to 9yrs								AGE 8yrs and over as of 31/08/2024							Age 11 and over		
28th Oct	✓	✓	✓		✓	✓	✓		✓	✓	✓			✓		Free Medley Free Medley Free Medley		
2nd Dec	✓		✓	✓	✓		✓	✓	✓		✓	✓	✓		✓			
21st Jan	✓	✓		✓	✓	✓		✓	✓	✓		✓		✓				
24th Feb	✓	✓	✓		✓	✓	✓			✓	✓		✓		✓			
20th Apr	✓		✓	✓	✓		✓	✓	✓		✓	✓		✓				
11th May	✓	✓		✓	✓	✓		✓		✓		✓	✓		✓			

Scoring Explained

At each of the Saturday Series swimmers will earn points for each swim and these points are accumulated for each club, the club with the most points accumulated on the final Saturday Series will be awarded the winning trophy.

Scoring will rank from 1st place to 16th place per the table below. Each club can have a maximum of 4 swimmers scoring per age / per event and 1 relay team only can score.

Swimmers can then see their improvement over the year in their individual report card from the Saturday Series. Showing improvements as their technique, stamina and confidence increases.

The main aim of the Saturday Series is to ensure that all swimmers enjoy themselves and have fun while learning about competitive swimming.

Officials

Officials at the galas will be watching the swimmers to make sure they swim their strokes, their starts and turns and streamlines (Head past the flags on turns) are done correctly. An infraction sheet will list breaches to rules which would result in a disqualification at higher level galas. Clubs and Coaches will be given the infraction sheet at the end of each of the Saturday Series events.

Coaches can then help swimmers with those rules during training and reiterating at the next of the Saturday Series.

Basic rules: (coaches will explain in more detail)

- Starts:** must not move until they hear the whistle/beep
- During the race:** must not touch the floor of the pool or the ropes or the side walls
- Turns:** **Free** – must touch wall with any body part (normally do a tumble) streamline head past flags.
- Finishes:**
- Fly** – must touch wall with 2 hands at the same time (no tumble allowed)
 - Back** – must touch on back or flip to front and do tumble turn
 - Breast** – must touch wall with 2 hands at the same time (no tumble allowed)
- Free** – must touch wall with any body part
- Fly** – must touch wall with 2 hands at the same time
- Back** – must touch on back
- Breast** – must touch wall with 2 hands at the same time
- Stroke Rules:**
- Free** – no rules as its freestyle so can swim any form or stroke they wish
 - Fly** – only fly kick allowed, both hands must move in time with each other
 - Back** – must be on their back
 - Breast** – only breast kick allowed, both hands must move in time with each other

Skills:

These will be explained in more detail by your coach.

Focus on Strokes, Diving Skills, Streamline, push glide, Dive and glide turns and glide. These are key skills which athletes will need to attain throughout the season to allow them to continue along the pathway towards Regional Galas

General Gala Guidelines

Items to bring:

Togs – swimmers are only allowed to wear one togs while competing (some like to wear 2 when training)

Hat – swimmers must wear their club hat

Goggles – it's a good idea to have a spare set in case the straps break, swimmers should have them adjusted correctly before coming to the start of the race

Flip-flops – or crocs because the deck and changing room is slippery and gets dirty and at larger galas swimmers are not allowed on deck without them so it is good practice to start using them now

T-shirt – Swimmer get cold when they are out of the water so they need a t-shirt to wear over their togs, it's a good idea for the t-shirt to be a few sizes too big so that they can get them on and off easily. Club t-shirts where you have them are perfect and should be worn to all galas

Towel – Swimmers should dry off after each race to keep warm before putting on their t-shirt and any swimmer who wants to leave the deck area must be dry before doing so, pools will not allow them in the foyer or galleries if they are wet

Drink – Swimmers should bring plenty to drink with them; we recommend water or diluted juice. Coaches would prefer if swimmers did not use sport or energy drinks

Food – Swimmers should have a good meal before coming to the pool and only need small healthy snacks during a gala.

Arrival & Warm up – Make sure your child checks in with their coach, who will have information about what your child is swimming (event numbers etc). Warm up is very important as it settles nerves and also allows swimmers to get a feel for the pool and diving blocks and is essential to injury prevention later in their swimming career. Please arrive in good time to have your child changed on deck ready to start warm up. If warm up is scheduled for 4pm this means your child should be changed and be with the coach for 3.45pm

During the gala – swimmers should stay with coaches or Team Managers on deck so they will not miss their race. If they need to leave to use the toilet or to sit with their parents etc they should tell their coach. Only coaches and team managers are allowed on deck.

Results – where possible the results will be posted during the event , but may in some instances be emailed after the event within no more than a few days to all clubs.

Timekeeping – volunteers are always needed, it's a very simple job and has the best view of the races!

Officials Training

As your child progresses, they hopefully will attend some larger galas. It is common at these galas for parents to be asked to either be a timekeeper or turn judge

We hope to use the Saturday Series as an opportunity to train parents for these positions and we would encourage parents who are interested to let your clubs know

FEES

We will be charging €20 per swimmer for the Saturday Series so this means your child can swim 3 Individual and 1 relay swim for that.