

A Guide to Open Meets for the Junior Section

Introduction

CoStA is a competitive swimming club and as such it encourages all swimmers to enter selected competitions each season. The competitive aspect of swimming, the meet, can seem like a daunting and confusing prospect for those swimmers and parents new to the sport and to CoStA. However, once you've experienced a couple you will quickly get into the swing of things, and there is always help at hand. Your coach is the definitive point of reference for matters relating to meets, and as with every other aspect of the club's activities, there are plenty of people within the club who have been involved in competitive swimming for many years who will be happy to advise you.

The Fixtures Calendar

The meet/fixtures calendar for the season is published on the club website, and is posted and updated on a regular basis. It may be subject to change throughout the course of the season but members will be kept informed. Not all meets are relevant for all squads or all swimmers and it is the **coach's decision** as to who is entered for a particular meet.

No open meets outside of the published calendar on the website should be entered.

During the course of the season there will be league galas, open meets, club championships, county, regional & national championships all of which are taken into account when the coaching team design the annual training programme. Over racing and under training can have a detrimental affect on a swimmers long term development and as a club we follow closely and are guided by the Long Term Athlete Development plan.

Coach's will provide clear guidance on what events should be entered.

In some instances we may restrict the number of events a swimmer can enter at a particular meet to avoid our entries as a club being rejected, please respect this rule as failure to adhere may lead to your individual entry being withdrawn.