



Edenbridge Piranhas
Guide Book
2020/21

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Introduction



Welcome to Edenbridge Piranhas Swimming Club.

We are a small, but extremely friendly club established over 25 years ago. We are a community club, with our swimmers coming from Edenbridge and the surrounding communities. We are affiliated to Kent County ASA, South East Region ASA and Swim England.

Our aim is to provide a fun and safe environment in which all our swimmers will improve their technique, speed and stamina. A vast majority of our swimmers will go on to represent Piranhas at galas, although we have swimmers who just want to keep fit. We believe that we provide a wonderful and ideal environment for swimmers to improve, have fun and fulfil their potential by achieving their goals, no matter how high they are set.

For a small club we achieve wonderful things. We regularly have a good number of swimmers competing at the Kent County and South East Regional Championships and over the past few years have had representation at National Championships.

I hope that you have an enjoyable and long association with our wonderful, friendly club.

Bruce Robertson

Chair



Committee Members 2020/21

Edenbridge Piranhas Swimming Club is run as a non profit organisation and relies on volunteers to join the committee and run the club. There is a minimum requirement of a chair, secretary, treasurer, membership secretary and two other members in order to run the club. Please do let us know if you can get involved, as many hands make light work.



Chair—Bruce Robertson

Bruce has been Chair of Piranhas since 2015

Bruce is also a qualified starter and stroke judge, and has two daughters at the club

Email: epsccchairman@gmail.com



Secretary— Sueli Bennett

Sueli has been Secretary of Piranhas since 2018

Sueli also has a son at the club

Email: epsccsec@gmail.com



Treasurer— Jenny Christopherson

Jenny joined the committee as Treasurer of Piranhas in 2020. Jenny also has two daughters at the club.

Email: treasurerepscc@gmail.com



Gala / Membership Secretary - Melissa Kay

Melissa Kay has been Gala Secretary of Piranhas since 2019

Melissa also has a son at the club

Email: galasecepscc@gmail.com



Member— Pete Lawrence

Pete is our head coach and has been coach of Piranhas since 2000.

Committee Members 2020/21



Member — Jason Innes

Jason joined the committee as a parent member in 2020 and has two sons at the club. He is currently working towards a Swim England Judge Level 1 qualification.



Member — Paul Hilditch

Member has been Member of Piranhas committee since 2019

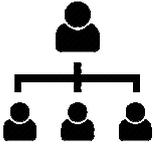
Paul is also a Level 1 Swimming Teacher volunteer coach, is a masters and open water long distance swimmer and has a son at the club also.

If you would like to get involved then do approach any of the committee members or email any of us and we can get you involved. Piranhas is a very small swimming club compared to others in the region so really need volunteers.

Getting Involved

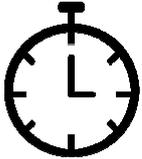
Edenbridge Piranhas Swimming Club is run as a non profit organisation and relies on volunteers to join the committee and run the club. Your son or daughter is being trained to swim at competitive swimming events, all of which need keen volunteers to make them happen. Share the experience with your child by getting involved in swimming, you don't need to be a swimmer or have any past experience as Piranhas will guide you all the way.

Team Manager



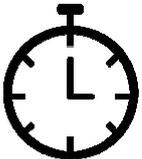
This is a perfect position to get involved in competitive swimming with your child. All of our swimmers (even the older ones!) need directing to their swim. They need to know what they are swimming, what distance and which end they are starting. No formal qualification is needed, just enthusiasm to get involved.

Time Keeper



The majority of galas and open meets that Piranhas are involved with need time keepers. It is very easy to become a qualified time keeper, it is part of the Judge Level 1 (J1) course which can be arranged via the club. It is essential that the club has a number of qualified time keepers in order to compete at the league galas.

Chief Time Keeper



A chief time keeper is required for all the galas and open meets that Piranhas are involved with. It is very easy to become a qualified chief time keeper, it is part of the Judge Level 1 (J1) course which can be arranged via the club, and a natural progression from time keeper.

Stroke Judge



Every gala and open meet that Piranhas are involved with need stroke judges. This position is a natural progression from a time keeper, and requires just a little more training in the rules regarding each of the four swimming strokes.

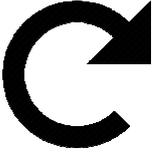
Starter



Every gala and open meet that Piranhas are involved with need a starter. This position is a natural progression from stroke judge, and requires just a little more training.

Getting Involved

Turn Judge



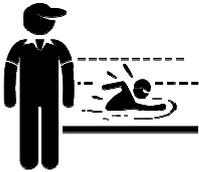
Every gala and open meet that Piranhas are involved with need turn judges. This position is a natural progression from a time keeper, and requires just a little more training in the rules regarding each of the four swimming strokes turn rules. Becoming a turn judge is part of the J1 course, widely available and can be arranged by the club.

Raffle Management



Piranhas host some galas, and we run a raffle to help club funds. We need volunteers to sell tickets and promote the raffle and prizes to all at the gala.

Volunteer Coach



The more coaches we have poolside, the more attention our swimmers get. You don't need to have a history of competitive swimming, just a keen eye and enthusiasm to encourage our swimmers complete the session set by the head coach

Committee Member



Piranhas Swimming Club is run as a non profit organisation. It requires volunteers to fill the essential positions. Help grow and improve the club for your child by getting involved.



Coaching Team 2020/21

Edenbridge Piranhas Swimming Club runs 10 swimming training sessions each week. In order to train our swimmers to compete at County, Regional or Natation level, quality qualified swimming coaching is required. We are lucky to have a fantastic group of professional and volunteer coaches involved with our swimming club ensuring we realise the potential in every swimmer.



Head Coach — Pete Lawrence

Pete has been coaching at the club for 18 years. He is a Swim England LEVEL 3 coach and LEVEL 2 teacher. He is a former club swimmer with East Grinstead. In fact he still does a mean butterfly time and continues to give some of our older members a race for their money!!



Coach — Neil Bourne

Neil has been a coach since 2012, joined from East Grinstead as he loved the atmosphere at Piranhas. Neil is a level 2 qualified teacher and a former swimmer at Beckenham. He is a specialist breaststroke coach and probably the loudest on the poolside, pushing swimmers to improve. 'If you work hard you'll get the benefits, if you don't you'll regret it later!!'



Coach — Paul Hilditch

Paul has been a volunteer coach for Piranhas since 2017. He is a Swim England LEVEL 1 teaching assistant. He is a former national standard swimmer in his youth at Yeovil Swimming Club in Somerset. Paul now swims open water events often swimming 5km—10km events.



Coach — Maarten Graziano

Maarten has been a volunteer coach for Piranhas since 2016 and is often found helping at the later sessions.. He is a Level 1 Swim England Coaching assistant.

Child Safeguarding

Edenbridge Piranhas Swimming Club take your child's safety and well-being very seriously, it is the priority concern at every training session, club gala or open meet. All of our committee members and coaches are CRB registered and also trained in child safety and safeguarding such as the UK Coaching Safeguarding and Protection course.

Piranhas is an affiliated Swim England Swimming Club and therefore adopts their 'Wave Power' policy for safeguarding policy and procedure for affiliated clubs.

You can download the 'Wave Power' document from this link

<https://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/>

Our club safeguarding officer is Julie May and can be contacted via welfarepsc@gmail.com



Welfare Secretary — Julie May

Julie joined the committee as welfare secretary in 2020, she has a son swimming at the club.

Email: welfarepsc@gmail.com



Swimming Squads

Starfish

Younger swimmers join Piranhas Starfish squad once they have learnt to swim and can demonstrate a good willingness to learn more from coaching. Our coaches will develop their technique and introduce starts and turns, as well as discipline in squad training.



Puffin

Swimmers progress to Puffin when they demonstrate progression in their stroke technique and especially applying their coaches instructions. Puffin squad swim twice a week, and so the potential to progress is greatly enhanced.



Penguin

Swimmers progress to Penguin as they further develop technique in all four strokes, as well as starts and turns.



Transition

Swimmers in this squad can swim up to four times as week, and so greater emphasis is made on training and fitness, alongside technique. This squad introduces the concept of 'hard work', applying good technique to challenging sets which also include a combination of swims and poolside exercises.

Squad 1

As the swimmer builds strength and stamina and speed they progress into squad 1.

Squad 2

Swimmers progress into squad 2 as they progress in speed, technique and receptiveness to further technique improvement, especially ironing out any bad habits they may have.

Squad 3

Swimmers in squad 3 have experience in club galas and possibly open meet events. Further emphasis is made on speed development and strength.

Squad 4

Further development is made on fine tuning starts and turns, concentrating on technique transitions to make the most of the turn.

Swimming Squads

Squad 5

As speed increases, so sets become more challenging. Some swimmers may get invited to silver squad sessions on Thursday evening, or long course training on Sundays.

Squad 6

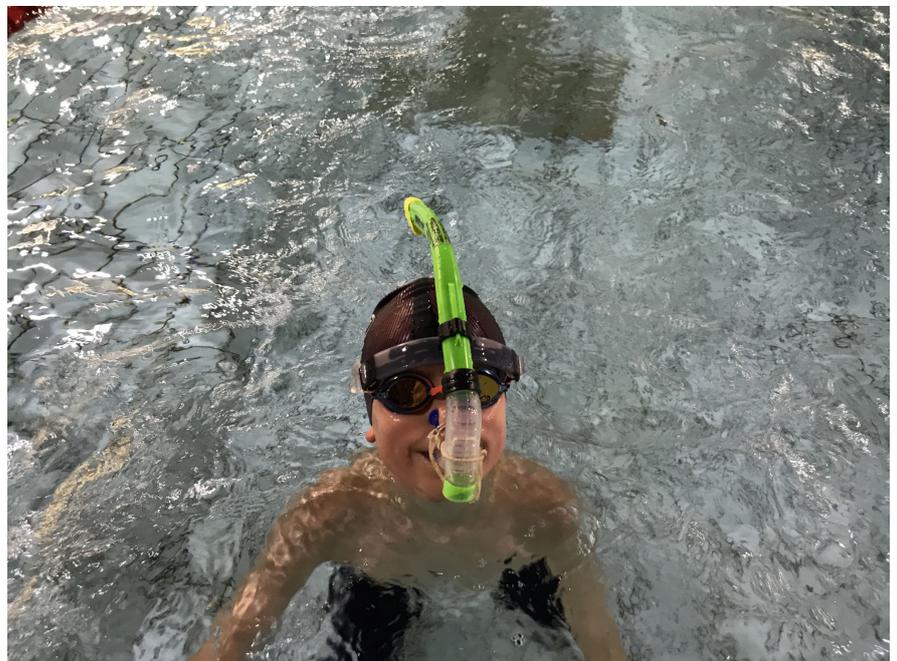
At this point a swimmer should be swimming 5 times a week, and also land training.

Squad 7

Some sessions are later, and so these squads tend to include swimmers 14+

Squad 8

These include the fastest in the club, typically 15+ years



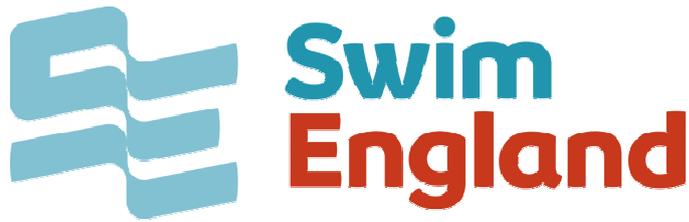
Silver Squad

A swimmer is invited to join the 'Elite' silver squad once they have shown potential to develop to compete at County or higher level. They have demonstrated good competitive ability and also a keen attitude to improvement by following coaches instructions at all times.

Gold Squad

A swimmer is invited to join the 'Elite' gold squad once they have shown development from silver competing at County or higher level. They have generally competed at County + level and looking to progress further. Swimmers in Gold squad are expected to be self disciplined and have an understanding of their goals and how to achieve them.

Fees



Swim England (ASA) Membership

Edenbridge Piranhas Swimming Club is affiliated to Swim England and so all our swimmers are required to pay for Swim England Membership. Membership includes insurance, ability to train with an affiliated club and access to enter club galas and open meets. There are different membership categories, depending on the swimmers squad, type of gala or open meet to be entered or adult membership for masters swimmers, coaching or committee membership. Swim England membership fees are due January annually.

Category 1 membership - £9.20*

This is a basic membership required for starfish, Puffin, Penguin and Masters members. It covers competing in galas of less than 8 clubs, competing in level 4 open meets, club liability insurance, ability to train with affiliated Swim England club.

Category 2 membership - £27.75*

This membership offers a benefit of a structured competitive pathway, at all levels of swimming, synchronised swimming, diving and water polo. It covers competing at National, Regional, and County Championships, competing in Level 1,2 and 3 licenced open meets, access to AquaZone (online magazine for 9-15 year olds),

Category 3 membership - £5.20*

All non swimmers, committee members, other members of club require category 3 Swim England Membership. This allows the member to volunteer for an affiliated Swim England Club, Liability Insurance, act as a club officer.

* excludes region, county and club membership fees. Correct as of January 2020

Fees

Piranhas Squad Fees

The club has many expenses including pool hire, professional coaching costs, equipment, gala entries, Swim England membership etc. Each squad has a set annual or monthly fee as shown below. The club encourages a monthly standing order for the squad that your son or daughter is positioned.



STARFISH - £210 or £17.50 / Month



PUFFIN & PENGUIN - £324 or £27.00 / Month

Transition +

FULL RATE - £510 or £42.50 / Month

Silver

SILVER SQUAD - £660 or £55.00 / Month

Gold

GOLD SQUAD - £660 or £55.00 / Month

Fees are due January each year. Squads are generally reviewed twice a year in January and September. If your son or daughter moves from starfish to Puffin, or Penguin to Transition or invited to Silver squad then you will need to adjust the monthly debit accordingly.

Prices correct as from January 2019



Squad Swimming Session Times—Edenbridge Leisure Centre

Monday

6-7pm	Starfish	Penguin	Squad 1
	Puffin	Transition	
7-8.15pm	Squad 2	Squad 4	Squad 6
	Squad 3	Squad 5	
8.15—9.30pm	Squad 7	Squad 8	Masters

Wednesday

6-7.15pm	Transition	Squad 2	Squad 4
	Squad 1	Squad 3	
7.15-8.30pm	Squad 5	Squad 7	
	Squad 6	Squad 8	

Thursday (Invitation only)

6-7.30pm	Silver Squad
7.30-9pm	Gold Squad

Friday

7-8pm	Puffin	Transition	Squad 2
	Penguin	Squad 1	
8-9.15pm	Squad 3	Squad 5	Squad 7
	Squad 4	Squad 6	Squad 8

Sunday

8-9.30am	Transition	Squad 2	Squad 4
	Squad 1	Squad 3	Squad 5

Long Course Swimming Training—Crawley K2 50m

Once swimmers approach County or regional level standards they start to compete in 50m length swimming pools. There is a big difference swimming long course compared to short course (25m pool), and it is vital that our swimmers have regular experience training in a 50m pool so that they are able to compete and gain the best times possible.

A swimmers time will be slower in long course compared to short course due to the reduced number of turns to complete the distance; extra speed being achieved off each turn. Once your child starts competing in long course events they will begin to have PB in both long and short course.

Piranhas hire a single lane at Crawley K2 leisure centre 50m pool on Sundays once or twice a month. Invitations are given to swimmers once they achieve or aim to achieve County Qualifying Times or higher standards.

Sunday

6.30-8.30pm Invitation Only once or twice a month



Training Equipment

Our coaches will often set training sets and drills that require the use of special swimming training equipment. You do not have to buy everything at once, and equipment is generally used from Transition Squad and above.

Make sure you name each piece of equipment clearly!

Water Bottle



It is essential that each swimmer remains hydrated, a water bottle must be brought by every swimmer in every squad for every swimming session. Diluted squash can also be brought.

Your child may not be able to train if they have not brought a drink

500ml Bottle

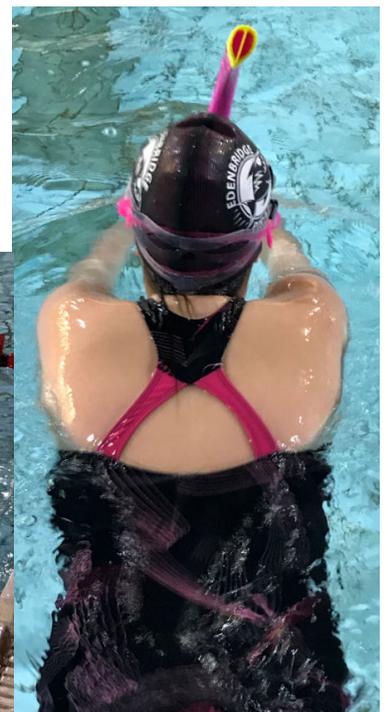
Floats

A kick board and a pull buoy will be required for Transition Squad and above. You can also purchase a kick board for a swimmer in a lower squad if you wish as they will be used occasionally.



Snorkel

A swimming training snorkel will be required for swimmers in Transition Squad and above. Arena or Finis snorkel is available in junior and adult size. It allows a swimmer to glide through the water with no need to lift or turn their head thus focus on their underwater work and rotation



Training Equipment

Nose Clip



This may be needed when using a snorkel, the metal clips are better and cheaper. Tie the clip to the snorkel using string so it is not lost.

Fins



A pair of fins will be required for Transition Squad and above. You can also purchase fins for a swimmer in a lower squad as they could be used occasionally

Make sure you buy swimming training fins (and not diving flippers)

Hand and Finger Paddles

These are used for swimmers in Transition Squad and above. Hand paddles increase resistance against the water making the swimmer work harder strengthening muscle groups. They also help technique, the flatter the paddle stays to the hand the better the technique.



Land Training—Edenbridge Leisure Centre

A competitive swimmer needs to develop muscular strength to build on good swimming technique. The difference between 1st and 2nd place is often won by fitness and strength if both have good technique. Alternatively pure strength, stamina and fitness can often triumph over a less fit swimmer with superior technique (hard work beats talent when talent does not work hard)

Wednesday

6.00pm - 7.00pm

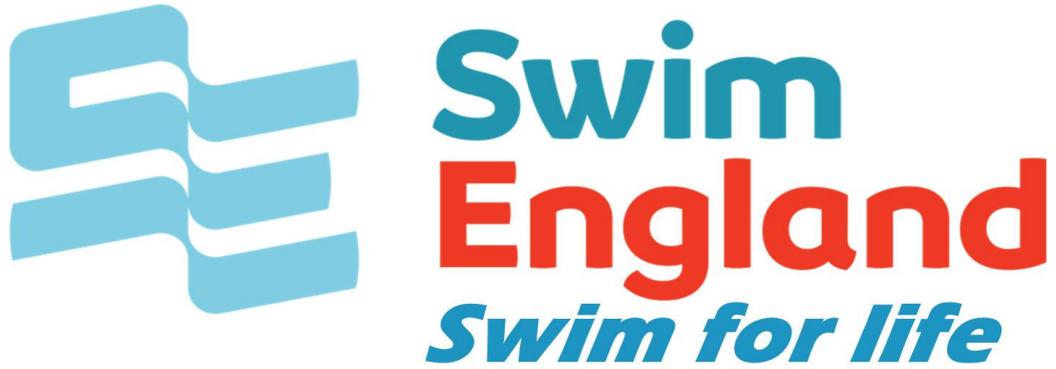


Swimmer Development

Edenbridge Piranhas is a competitive swimming club affiliated to the Kent County Amateur Swimming Association (ASA) and the ASA South East Region. All our coaches in all our squads from starfish to squad 8 are teaching your child to swim fast in a race, in a competitive event.

Each swimmer is different, some progress to compete at County, Regional and sometimes National level, some at club level and some enjoy being part of the club to simply become a better swimmer and make new friends outside of school.





Our most important goal in coaching swimming is called 'swim for life', in that we are giving your child a skill they will retain for life and will use it again and again throughout their life. They may leave competitive swimming when they leave school for a long period of time, but we hope they will remember what they have been taught and pick it up again any time in their future life, be it open water swimming, masters swimming or purely for fitness

Progression from Starfish to Squad 8

From the moment your child joins the Starfish squad swimming just once a week our coaches will develop their skills in swimming to ultimately represent Piranhas at a club swimming gala. Each swimming session will develop their swimming technique, introduce them to a diving start, a turn or just a 'feel' for the water.



Coaching for competitive swimming

Our coaches have a lot of experience in competitive swimming, and more importantly have qualifications in teaching and coaching for competitive swimming.

Starfish, Puffin and Penguin Squads

Our coaches will focus on developing stroke technique together with the introduction to starts and turns. Your child will be introduced to the concept of rules in swimming for each stroke, and what is required to complete a race 'legally', and what could result in a disqualification.

Transition - Squad 4

These swimmers are often given fitness and endurance training sessions mixed with technique development. Our coaches will expect punctuality turning up for each session (warm up is very important), as well as a desire to train well at each session with a desire to progress. Your child will be encouraged to push themselves physically and complete the set session. Often the concept of working physically hard and disciplined technique is new to young swimmers and coached can often review a task with them in order to improve on future sessions.

Squad 6 - Squad 8

As your child gains maturity and experience they will enter these top squads which often include long course training (50m pool) and land training in addition to the standard training sessions at Edenbridge Leisure Centre. Swimmers in these squads are often given challenging training sets in order to continue their progression.



Swim Camps

Occasionally there are some independent swim camps organised locally in our area. These often include a well known British international winning swimmer as a coach, sometime supported by other coaches. Look out on our Facebook page for details if any other member shares this opportunity for your son or daughter to take part, it really can give them a real boost in their technique, as they get to focus on swimming for several hours a day over a couple of days



Piranhas with Chris Walker-Hebborn



Piranhas with James Guy and Michael Jamieson

Piranhas Club Kit

Piranhas is a club with an identity and newly designed logo for 2019, make sure your son or daughter shows that they are proudly part of the club at training and most importantly at gala's and open meets by wearing the club kit.

The kit is available to purchase from <http://www.swimzi.com> twice a year, you will be notified by email when the shop is open, it makes ideal birthday or Christmas presents. There are many items available from swim hats, T-shirts, hoodies, onesie's, shorts and kit bags available in junior and also adult sizes allowing you to get involved in the club.



Club Sprint Championships

Piranhas run a club championships each November, usually spread across three evenings in the month. This event is open to all swimmers, and all should enter as it is a great introduction to competitive swimming for younger ones, and a good opportunity to gain a County Qualifying time for older swimmers.

Piranhas Club Sprint Championships is a Level 4 registered open even. This means that we meet the criteria of providing the number of officials, equipment, results etc. to meet a standard of meet set out by the ASA, Swimmers are able to gain a County Qualifying time, and if met are then able to enter the Kent County Championships the following January and February.

Age Groups

9 & under: The swimmer must be aged 9 years or younger on 31st December. There is no minimum age, so we often have 7 and 8 year olds enter, and we encourage them to do so. There are a number of events specifically for this age group, but 9&u can also enter the other distances if they wish.

25m Freestyle 25m Backstroke
25m Breaststroke 25m Butterfly
100m Individual Medley

10 - 11 Year 12 - 13 Year 14 - 15 Year 16+ Year: From 10 years each swimmer will be grouped into a two year age group, and then the 'open' age group from 16 years. These age groups can enter the following events:

50m Freestyle 50m Backstroke 50m Breaststroke
100m Freestyle 100m Backstroke 100m Breaststroke
50m Butterfly 100m Butterfly 200m Individual Medley



Presentation Evening

The Club Sprint Championship are among a multitude of awards presented at the annual presentation evening, usually every January. This is a social and fund raising event and everyone is welcome to attend, as it gives a good opportunity to meet other parents and club members in an informal social atmosphere.

Awards are given out for the first three places for each event for each age group, as well as the highest scoring boy and girl in each age group.

The presentation evening is a major fund raising event for the club, and relies on donations for a secret auction.

Each ticket includes a cooked meal.



Club Galas, Leagues and Open Meets

Throughout the year Piranhas are involved in a number of inter-club galas, regional swimming leagues and open meets. Look on the noticeboard for a list of club gala dates for the year and put them in your diary. Piranhas is a small swimming club, so if your son or daughter is selected for the team it is important that you try to get them to the event.

The team manager will email everyone the list of swimmers selected for the event two weeks prior. Each swimmer is placed in their age group category for boys and girls. Please do respond as soon as possible so that the manager can then put together a final team from those able to swim. The final team is emailed one week prior to the event and will also include details on the event venue and arrival time.

Gala Age Groups and Races

Club galas can vary in what races are included and also the age groups that they use, so you may see your son or daughter selected in different age group categories for different gala's

AGE GROUPS:

These can be age on the day of the gala, and put into single or multiple years such as:

9years, 11 years, 13 years, 15 years, Open (Open being swimmer 16+)

OR

10 / 11 years, 12 / 13 years, 14 / 15 years, Open

Sometimes age refers to their age on 31st December that year, so a swimmer turning 12 in October would be placed in the 12 year age group throughout the calendar year, even in the months prior to their birthday (January babies having a bit of an advantage here)

Sometime age refers to their age on the last gala date in the league, this is used for Octopus league which finishes in October. So a swimmer turning 12 in November will still be able to swim in the 11 year age group for these, but one turning 12 in June will be placed in the 12 year age group

RACES:

Galas have individual and relays races, but there are some dedicated relay galas.

There will be individual events for the four strokes, Butterfly, backstroke, breaststroke and freestyle (front crawl as it is the fastest but freestyle refers to one of any recognised stroke). Younger swimmers may swim a distance of 25 meters or one length, older swimmers swim 50m or 100m.

There can also be Individual Medley races for older swimmers, they swim a set distance for each of the four strokes, butterfly, backstroke, breaststroke and freestyle

Gala Age Groups and Races

RELAY RACES:

A mixed event gala will generally include relays for all age groups as well as squadron relays. A dedicated relay gala will include a larger variety:

Freestyle age group relay will have four swimmers from an age group, sometimes separate races for boys and girls, sometimes a single mixed relay with two boys and two girls.

Freestyle squadron relay will have a boy and a girl from each age group, so can have 8 swimmers or more, the younger swimmers usually go first.

Team Medley age group relay will have four swimmers, each swimming a dedicated stroke in the order backstroke, butterfly, breaststroke and the freestyle.

Breaststroke or Butterfly age group relay is often seen in relay galas, four swimming the requires stroke.

Tandem squadron relays involve swimmers from each age group, all swimming together with the younger swimmers at the front, oldest at the back. The youngest starts with a dive from the starter and then each swimmer jumps in behind one at a time to swim the first length. After the first length the front swimmer leaves the tandem, the others continue. After each successive length the leading swimmer drops out until there is only one swimmer left, who finishes the last length alone.



Friendly Club Galas

Your son or daughter's first experience of competitive swimming may be at an invitation inter-club gala. These are single events hosted by a club that invites other regional clubs to the gala. They generally have a friendly atmosphere and is a great introduction to competitive swimming.

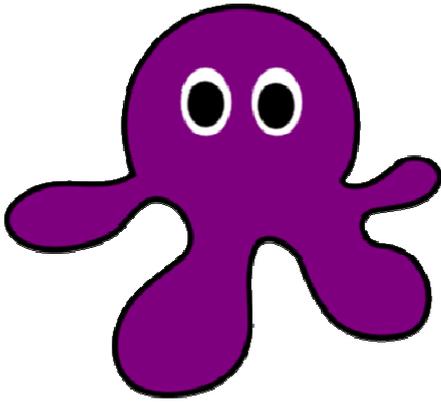
Some of these have a combination of individual and team relay events, some are dedicated relay galas that would include both squadron and sometimes the tandem relays.

Piranhas host their own invitation club relay gala in September at Beckenham Spa. If possible, we like to enter two teams for this so most swimmers get to swim. We are a small club, so can only enter two teams if the majority of swimmers can attend.

Other examples include Sevenoaks Maritime in June, Dorking Robins Relay gala in May, East Grinstead in June and another Sevenoaks gala in March.



Octopus League



The Octopus League comprises of 8 regional swimming teams competing against each other across 6 galas at Beckenham Spa. Octopus League was set up to encourage up and coming or new competitive swimmers by setting an upper time limit on all events, swimmers faster than this time should not be entered. This upper time limit means that swimmers who may not make a squad for Arena or Kent Junior League galas get their chance to swim competitively gaining experience and a time for the event.

Whilst the coach will select a swimmer whose current personal best (PB) time is within the limit, it is often possible for the swimmer to swim a great PB on the night and swim faster than the time limit. On these occasions

the club will not gain any points for that event, but the coach and swimmer will be happy anyway to have made so much progress.

Neil Bourne is the Octopus League coach and will put together the squad for each of the 6 galas throughout the year from February until October. The swimmers age group is the age they are at on the last gala, usually at the end of September or early October.

The Octopus galas have the following events:

Breastroke squadron relay - one boy and one girl from each age group swimming 25m

Freestyle squadron relay - one boy and one girl from each age group swimming 25m

Age group freestyle medley relays

Individual age group all strokes. 9/10 year swim 25m, all others 50m



Kent Junior League (KJL)



The Kent Junior League comprises of all Kent County swimming clubs competing against each other across 3 galas at different County pools. The clubs competing at the galas depend on their points and position achieved on the previous galas, a bit like the football league. An improving club can come 1st in their galas one year and so compete against bigger and faster clubs the following etc.

The Kent Junior League galas are classed as 'Important' by Piranhas and so it is essential that we are able to put together the best team possible. Please look at the annual gala dates on the notice board and especially note the KJL dates.

Pete Lawrence is the Kent Junior League coach and will put together the squad for each of the 3 galas throughout the season from June until November. The swimmers age group is the age they will be on 31st December, the maximum age group is 13 years (hence junior league). Unlike Octopus League, the venues for the KJL galas change on each gala within the Kent County, so could be as far as Margate or Dover.

There is no upper time limit for KJL, the fastest swimmer or team comes first which makes it simple and exciting to watch.

The Kent Junior League galas have the following events:

Freestyle squadron relay - one boy and one girl from each age group swimming 25m

Age group freestyle and medley relays

Individual all strokes 10 and 11 year swim 50m, 12 and 13 year swim 100m

100m Individual Medley for 13 years only

KENT JUNIOR LEAGUE



Arena League

The Arena league is a national league grouped into regions, Edenbridge being in the South region which covers Kent, Sussex and parts of Surrey. Like the KJL it works a bit like the football league where clubs can go up or down a league based on past results. There are 3 galas each year from October to December and the venue changes depending on the league position, but within the South region. All clubs in the whole country are swimming on the same gala dates.

Arena League galas are classed as 'Important' by Piranhas and so it is essential that we are able to put together the best team possible. Please look at the annual gala dates on the notice board and especially note the Arena league dates.

Pete Lawrence is the Arena League coach and will put together the squad for each of the 3 galas throughout the season from October until December. The swimmers age group is the age they will be on 31st December.

There is no upper time limit for Arena League, the fastest swimmer or team comes first which makes it simple and exciting to watch.

Arena League galas have the following events:

Freestyle men's and ladies open relay - 6 of the fastest swimmers in the club, separate men's and ladies relays.

Age group freestyle and medley relays

Individual all strokes 10/11 year swim 50m, all others swim 100m

200m Individual Medley for open age group only



Open Meets, County, Regional and National Championships

Open Meets

Open meets are usually organised by a Swim England club, where swimmers enter individually for events they wish to enter. There is a fee per event and usually an admin fee to cover the cost of a coaches pass for the club. Piranhas email entry forms and conditions for those open meets that are local and recommended. Some open meets have an upper time limit (the swimmer must not be faster than the time), and some have a lower time limit (the swimmer must be equal or faster than the time).

Open Meets, County, Regional and National Championships

There are different levels of open meet:

Level 1: Long course 50m pool, National, Regional and County events. Swimmers can obtain Regional or County qualifying times by being equal or faster.

Level 2: Short course 25m, Regional and County events. Swimmers can obtain Regional and County qualifying times in short course, by being equal or faster.

Level 3: Long or short course, Regional and County events.

Level 4: Long and short course. Piranhas club championships,, other regional events. These are good opportunities to swim outside the club.



County Championships

Edenbridge Piranhas is based in Kent, so the majority of our swimmers aim to obtain a Kent County qualifying time. A swimmer must obtain the qualifying time before a cut off date. The Kent County championships are usually held in late January and early February at Crystal Palace or London Aquatics Centre.



South East Regional Championships

Being in Kent Piranhas swimmers could qualify for the South East regional championships in May. A swimmer must obtain the qualifying time before a cut off date, in late April. The South East Regional championships are usually held in early May at Crawley K2 for 14 and under or Wycombe for 15+ years and team events.



National Age Group Championships

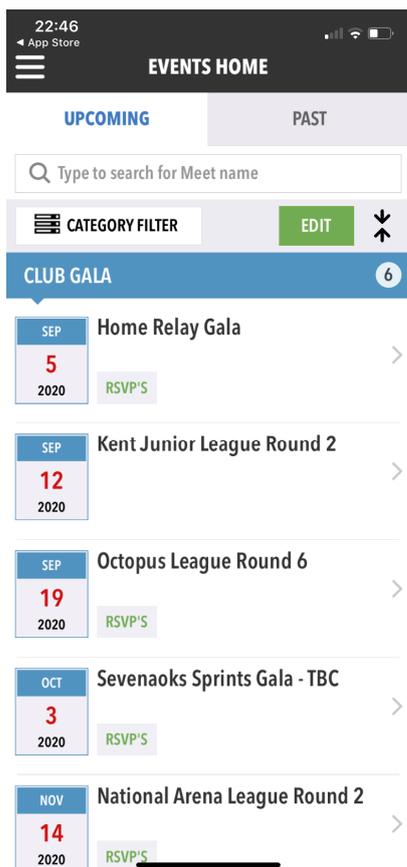
A swimmer must be ranked in the top 24 in the country in order to qualify to compete at the National championships. Every time a swimmer swims in a registered level open meet, County or Regional event, their time is submitted into the Swim England database. Those swimmers in the top 10 prior to the National championships in July are invited to compete. Competing at this event is the ultimate achievement, swimming against the very best in the whole country.

OnDeck App



When you join the club you will be invited to register an account with the OnDeck App. Edenbridge Piranhas Swimming Club strongly advise that you install this app and register, as we will use this app time and time again for all sorts of swimming activities as well as allowing you to keep track on your swimmers progress.

It will keep a record of personal best times, all swimming gala and open meet results as well as all training sessions. It can also be used by the club to make contact with you, in addition to email notifications.



CLUB EVENTS

The OnDeck App will list all upcoming events including club galas, open meets and any club social events so that you can keep up to date with everything going on.

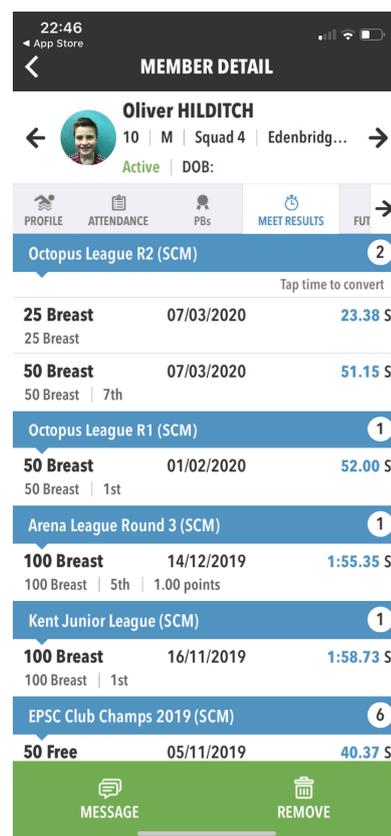
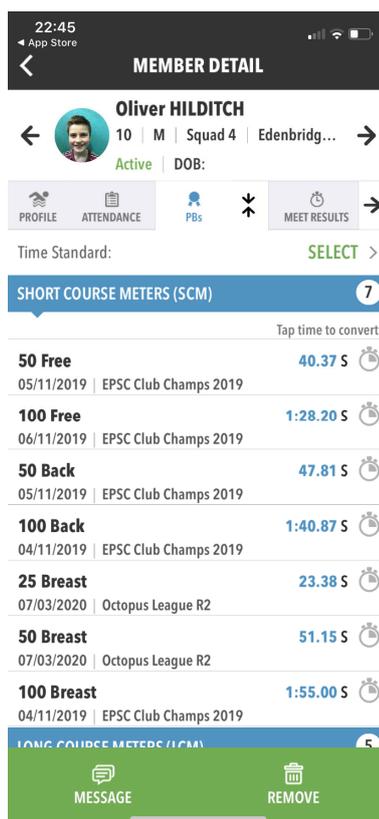
Edenbridge Piranhas is a very small club and so rely on our swimmers being available to compete at each club gala in order to gain the best result that our club is capable of.

PERSONAL BESTS (PB)

This is a really important feature of OnDeck. As your swimmer progresses into competitive swimming and starts to enter the club championships and then open meets, you will need to submit their current PB time for each event. OnDeck makes this really simple, as your swimmers PB is automatically updated after every club gala or open meet that they swim in.

MEET AND GALA RESULTS

The OnDeck App will list all gala and open meet results in chronological order, making it very easy and convenient to look up past results and times



TeamUnify Website

Edenbridge Piranhas Swimming Club uses a fantastic dedicated web service provided by TeamUnify, which not only provides us with the website, but also the OnDeck App together with all the services that come with that. TeamUnify specialise in providing swimming clubs with cutting edge web and cloud based services for committee members, coaches, parents and swimmers. It is essential that you register with the website and create a login to access all the features of the website, and also very essential so you receive important notifications from the club.



We are a very friendly swimming club established over 25 years ago. Based in Edenbridge, we are affiliated to Kent County ASA and the ASA South East Region.

We welcome swimmers of all ages (including Masters). We have a fantastic team of coaches who strive to improve our swimmers technique, strength and endurance. We have swimmers who train with us just to keep fit, all the way through to swimmers competing at National Championships.

Our squads train up to 5 times a week at Edenbridge and twice a month at K2, Crawley, and land training once a week at Edenbridge.

The club competes in National Arena League, Arena Junior League, Kent Junior League, Octopus league as well as other local and regional inter club galas and open swim meets, providing plenty of opportunity for all our swimmers to get involved in competitive swimming.



Once you create an account and login in, you will have access to all member only information such as club calendar and entry to upcoming swimming open meets.

All the club records are also published on the website, something for your young swimmer to aim for in the near future!

The website is also a vital place for new members to find out about the club and register for a trial to join.



Note: Only a WebMaster+ Admin can change any of the records

Pick a Record: Short Course Records (SCM)

Gender: Distance: Stroke: I/R:

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	Event	Record Holder(s)	Date Set	Time Set	LSC-Team
1	Male 8 & Under 25 Free	MADDEN, C	01/10/14	18.04	LD-EPSC
2	Male 8 & Under 50 Free	BUSSENSCHUTT, A	01/10/17	43.24	LD-EPSC
3	Male 8 & Under 100 Free	MURRAY, C	01/10/14	1:36.90	LD-EPSC
4	Male 8 & Under 200 Free	MURRAY, C	01/10/14	3:45.38	LD-EPSC
5	Male 8 & Under 25 Back	MADDEN, C	01/10/14	20.57	LD-EPSC
6	Male 8 & Under 50 Back	MADDEN, C	01/10/14	48.19	LD-EPSC
7	Male 8 & Under 100 Back	MADDEN, C	01/10/14	1:46.58	LD-EPSC
8	Male 8 & Under 25 Breast	GARRETT, Freddie	30/12/19	24.79	LD-EPSC
9	Male 8 & Under 50 Breast	MADDEN, C	01/10/14	57.27	LD-EPSC
10	Male 8 & Under 100 Breast	MURRAY, C	01/10/14	2:08.67	LD-EPSC
11	Male 8 & Under 200 Breast	HAWKINS, Harvey	01/10/12	4:45.56	LD-EPSC
12	Male 8 & Under 25 Fly	MADDEN, C	01/10/14	21.46	LD-EPSC

Open Water Swimming

Whilst Edenbridge Piranhas Swimming Club train in a swimming pool with lanes, and compete in team galas and open meets in swimming pools with lanes, there is another aspect of the sport that competes in open water.

Open water swimming is very different to sprint swimming in a pool:

There are no lanes!

You usually swim a longer distance

You may sometime swim in a wetsuit

The water can be a bit murky

There is usually only one stroke = front crawl

Most event are held in the summer

There is County Open water championships

There is South East County Championships

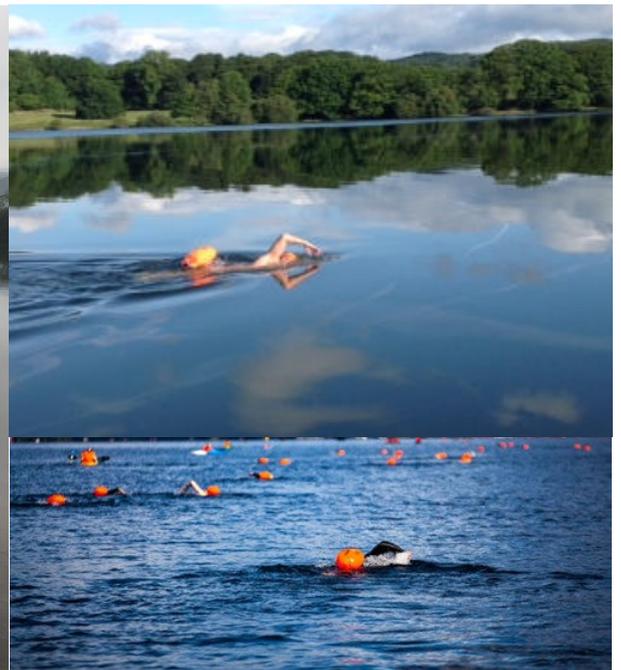
Kent County Age Groups start at 12 years - 2km distance (80 lengths Edenbridge pool)

5km and 10km distance events available (200 or 400 lengths Edenbridge pool)

Swim the length of a lake!

Ditch the lanes!

Coach Paul Hilditch has a lot of experience in open water swimming, so grab him when you can if you thing you son or daughter swimmer may be interested in this exciting and increasingly popular aspect of swimming.



Ingredients For Success

What makes a champion swimmer?

What makes a successful competitor at any sport, pursuit or occupation? A combination of natural ability, fundamentals well learned and practised, sustained hours of dedicated training and a true competitor's spirit and ambition, which makes them dissatisfied with second best and imperfection.

Look back into the development of any successful sportsman or sportswoman and you are sure to find a history of gradual improvement, with often perhaps, only moderate success along the way, and certainly with numerous setbacks and frustrations.

Many world class swimmers never won an age-group title but had the determination to endure many defeats and disappointments and carry on to higher goals. Progress is a slow, often invisible evolution of learning and maturing. It cannot be unnaturally pushed or hurried; often it just happens abruptly and unexpectedly out of the blue; sometimes it drags its feet ponderously as if it wants to hide. The coach, the swimmers, and the parents should remember the relevance of this fact.

In the development of the young swimmer, progress can best be assessed by comparing a whole year's performance to those of the previous year. Excessive importance on short term improvement can only lead to undue pressure and anxiety on the swimmer. Preference should be given to a regular training programme with racing acting as a guide to the swimmer's physical and technical progress and only a selected few "major meets" during the year given the priority of tapering, and the expectation of improved times. Mental alertness and the ability to concentrate are decreased by too many tapers which not only cut down work in the pool but cause the loss of the physical and mental sharpness essential in winning big races.

For any would be champions the following are important factors along the road to success:

1. PSYCHOLOGY

Much is written and spoken about the importance of psychological factors in sport. My view is that the mental strength of an individual athlete is developed by the building of strong, positive training and racing attitudes. Each day the swimmers should aim for improvement, no matter how small.

The improvement can be in technique, physical conditioning or attitude. Over a period of time the sum total of small daily improvements is significant progress. The personal knowledge that he or she is now physically ready and prepared for an event greatly enhances the positive mental attitude needed to perform well in a pressure situation. It takes hard work to succeed in competitive swimming. There is nothing new about this and no other way.

The confidence of swimmers in themselves and their coach is all important. Good coaches are also good teachers, explaining to their swimmers why certain training is undertaken, the basic physics of fast swimming, the strategy of racing, the importance of good nutrition, etc. The easy communication of information from coach to swimmer and back again ensures continued progression. Unfortunately, some parents undermine their child's improvement by criticism of coach and/or swimmer, excessively exciting the swimmer before competition and being over-influenced by the advice of the ever-present grandstand expert, whose own sporting achievements are often obscure.

Competitive swimming should be an enjoyable experience for all involved and common-sense attitudes will give all swimmers the chance to fulfil their individual potential.

Ingredients For Success

2. PHYSIOLOGY

In age group swimming the great variation in natural strength and size development of teenagers is an important factor in early stages. Girls develop much earlier than boys and often swim faster up to the age of thirteen or fourteen, when boys' natural strength-improvement is several times greater, and the girls often come up against problems of weight and shape changes. There are also significant differences in the natural strength, endurance, flexibility and co-ordination capabilities of individuals which affect strokes and events. A well balanced daily diet, sufficient sleep and healthy, moderate living habits are also essential. Smoking, drinking and late nights do not have a place in the life style of the aspiring champion.

3. EFFORT

Hours spent in the pool do not necessarily imply work achieved. The key to success lies in the swimmers' own spirit and attitude to training. If he or she conscientiously pushes themselves hard during each work-out with concentration also on stroke skills the benefit will be great.

Too much talking, joking and socialising results in too little effort and improvement. Swimmers must have fun and enjoyment but at the right time. The coach's most reliable forecast of approaching good times is by a swimmer's efforts during training. Swimmers must be encouraged to push themselves beyond their own imagined, but often restricted, limits to new levels of training performance. Improved speed in training leads to improved speed in racing.

4. EXPERIENCE

Experience is vital to the competitive progress of each individual swimmer. Gradual exposure to higher levels of competition and competitors builds confidence and enables swimmers to become more relaxed and composed in demanding race situations. This is essential if the individual is to give of their best and not "tighten up" through a negative mental attitude.

Positive competition characteristics of concentration, drive and confidence are learned only through experience. Experience is the key factor in learning how to compete to be best of your ability. Even Mark Spitz went to the 1968 Mexico Olympics as a multi-world record holder yet failed to win an individual gold medal against more experienced and determined opponents. Thus the enormously talented eighteen year old had to wait and learn for a further four years until his seven gold medal triumph at Munich in 1972.

What makes a Champion Swimmer?

Facilities	Mature training programme
Sports Science back up	Experienced Coaches
Finance	Supportive Parents
Supportive team mates	Personal ability
Desire	Commitment
Flexibility	Strength
Determination	Intelligence
Perseverance	Confidence
Self motivation	Self discipline
Self awareness	Goal orientation

Ingredients For Success

5. TECHNIQUE

Constant stroke and style work together with starting and turning skills are an integral part of any effective swimming programme, especially with the developing your swimmers. Technical skills must be practised and grooved into a swimmer's style by constant concentration until they become second nature. Efficient stroke technique must be effected in the preparation of young swimmers before advanced training is intensified. The ultimate test is for the swimmer to maintain good technique throughout and especially during the closing stages of a closely fought contest.

6. TRAINING

Success at competitive swimming comes from faithfully attended and conscientiously worked hours, weeks, months and years in the pool. Swimmers (and parents) who rationalise absences or late arrivals as normal or justifiable only have to count up the total number of missed training hours in a whole year to see how much they have cheated themselves out of improved times and performances.

Training must be regular, disciplined and demanding and any ambitious swimmer unwilling to put in the necessary work should not expect to be anything more than an average competitor no matter how much talent they have, *success does not come easily, nor does it come by short cuts.*

7. SUPPORT

Competitive swimming has become more than just a sport. Support of a successful swimming programme requires the unselfish sacrifice of time, effort and money by parents, club administrators and helpers, coaches and teachers, fund raisers, officials and indirectly many others. Then there are the swimmers themselves around whom all this activity is centred. For the younger swimmers, it is great fun just to be involved, especially the early galas and journeys to "away" competitions, but for the older teenagers and senior swimmers the training has to be programmed into their school work and home life, and many social pleasures sacrificed.

8. STIMULUS

Participation in a demanding sport aimed at individual self improvement through hard work and sacrifice; the stimulus of competition against others of comparative talent and ability; the gradual progression through levels of competition towards national and international standard; the trips and social association with other swimmers are all motivating factors. Selection to represent the club, the school, the district and finally the country are goals along the way to the highest honour of competing against the world's best in Olympic competition.

Of course, not all swimmers have the potential to be champions. Of the thousands of youngsters involved in this country there can only be a handful who emerge at the top. However, success must also be evaluated at school, club, county and district level as well as those who reach national and international class. They can all go along the same path and enjoy the same satisfaction of progression and development. They can enjoy the same delights of winning and achieving personal best times. They will also have the same opportunities for travel, making lasting friendships, the same advantages of physical fitness and good living habits. They will grow into adulthood with the experience and knowledge of the dedication and application required for success at the highest level.

Pete

Peter Lawrence

Head Coach

Personal Best (PB) Times

It is important that each swimmer maintains a record of their personal best (PB) times. These times are often used in training when swimming a set of sprints, the coach asking the swimmer to swim each distance at PB +10% or +20%, the swimmer will need to know their PB. You can help by updating a log book as shown below and talking about your son or daughters PB after each gala or open meet. A swimmer is always working hard each session to swim faster and achievement can only be recognised if they are aware a PB has been obtained.

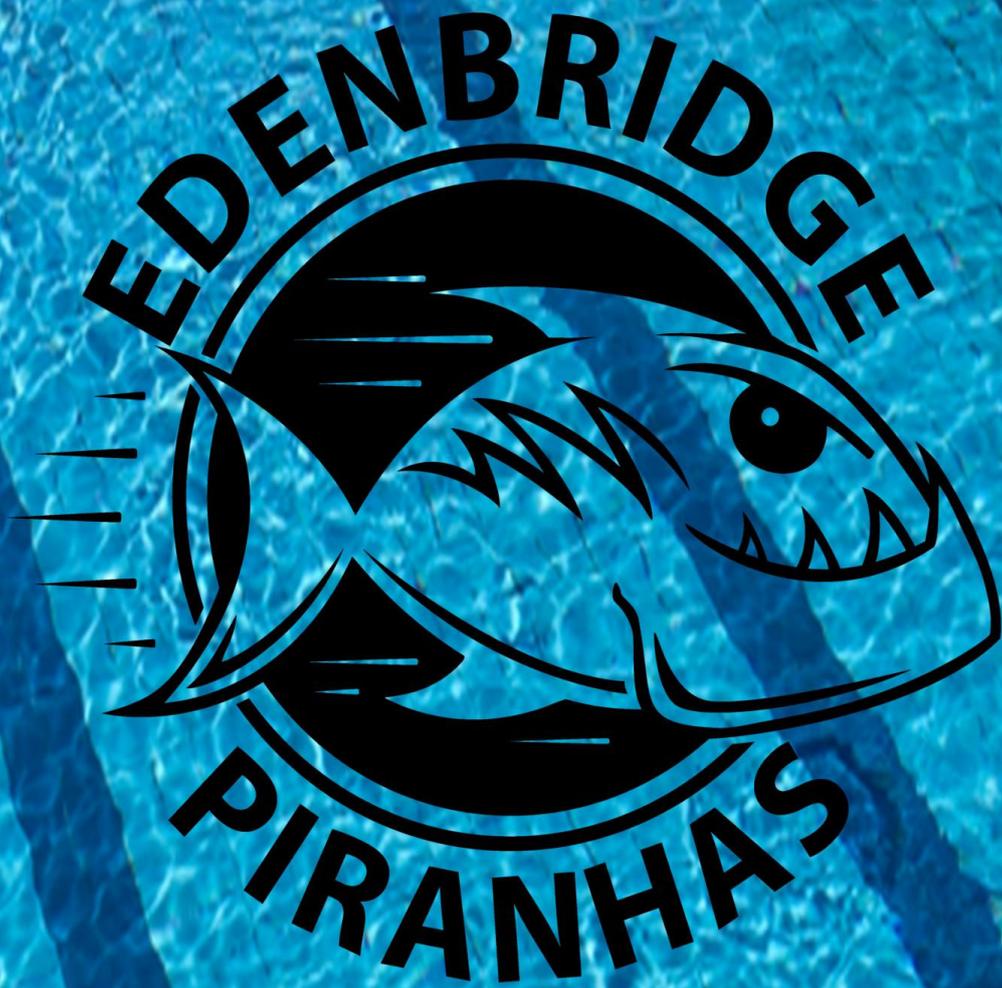
Each time your son or daughter swims at a club gala or open meet the Club will issue a results sheet which shows their time, and also indicating if a PB has been obtained, or even a club record! It also indicates the time achievement in the Swim England Bronze, Silver, Gold or Platinum category, you should check this and purchase the badge if a time has been achieved, to be proudly displayed on a club t-bag shirt! There are also Piranhas Platinum Club times for open Men and Ladies.

Opposite is an example PB log that you can keep for your child's development, ensure you keep a part of their swimming progression by producing your own and keeping it up to date. Most importantly, make sure they know that a PB has been obtained, praise them, let them know what the time is, and know what their goal is (it could be a County, regional or national qualifying time or a club record, or simply a faster time). The freestyle distances go up to 10km as there are age group events for open water swimming 2km - 10km depending on age, swimming pool events are up to 1500m.

	Swim England				Piranhas Platinum Club	
	Bronze	Silver	Gold	Platinum	Men	Ladies
Backstroke						
25m	24.70	21.50	19.60			
50m	54.40	47.50	43.00			
100m	1:56.00	1:41.40	1:32.00	1:25.50	1:10.30	1:17.80
Breaststroke						
25m	27.20	23.80	21.70			
50m	1:00.40	52.70	48.00			
100m	2:12.00	1:55.40	1:48.80	1:37.30	1:18.80	1:27.50
Butterfly						
25m	23.20	20.30	18.50			
50m	52.40	45.70	41.50			
100m	1:53.80	1:39.40	1:30.40	1:23.90	1:08.30	1:16.00
Freestyle						
25m	21.00	18.30	16.70			
50m	47.00	41.00	37.20			
100m	1:44.30	1:31.00	1:22.80	1:16.90	1:02.40	1:09.40
Individual Medley						
100m	1:58.60	1:42.60	1:34.10			
200m	4:17.20	3:44.60	3:24.10	3:09.50	2:32.00	2:47.00

Personal Best (PB) Times

	Time	Date								
Freestyle										
25m										
50m										
100m										
200m										
400m										
800m										
1500m										
2000m										
3000m										
5000m										
10000m										
Backstroke										
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100m										
200m										
Butterfly										
25m										
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100m										
200m										
400m										



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**Piranhas Guide
Book**

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