

Hi All,

We are currently in a very busy period of the competition calendar and we have just entered the months during which the Diddy League galas take place. I just wanted to send out an email to explain how things work as I know we have lots of swimmers and parents who are new to the competition side of the club.

The club are part of the Leicester Diddy League and are lucky enough to be able to enter 2 teams.

The league consists of approximately 30 (give or take) clubs across the Leicestershire/Derbyshire/Nottinghamshire/Northamptonshire regions. This means that the competition does include clubs from large towns and cities.

Swimmers will swim in events according to their age: 9, 10, 11 & 12. Swimmers' age is determined by how old they are at June 30<sup>th</sup> this year. Swimmers who are under 9 years of age at June 17<sup>th</sup> cannot take part. Swimmers are able to compete in a maximum of 2 individual events in their own age group and 1 in a higher age group. There is no limit to the amount of relays a swimmer can swim in. Each gala will finish with a 'Cannon' relay which is 1 boy and 1 girl from each age group doing frontcrawl.

The first round is a random draw from all the teams in the league. The 2<sup>nd</sup> and 3<sup>rd</sup> rounds are organised according to the clubs' position in the league. This means that the 1<sup>st</sup> round galas may not have an even mix of clubs but the 2<sup>nd</sup> & 3<sup>rd</sup> should be more reflective and equal in terms of the clubs' current standings in the league. There will be 3 or 4 galas taking part on the same evening and clubs are given points depending on where they finished at their particular gala (e.g. 6 points for winning, 5<sup>th</sup> for 2<sup>nd</sup> etc). Afterwards all the clubs' points are collated and the league standings worked out.

We pick the teams and events based on swimmers' times. Invites are sent out to the email address(es) supplied by yourselves so please do ensure you provide us with an up to date account that is monitored regularly. We do require prompt replies as organising 2 teams to swim on the same night is a complicated and time consuming task. If we need to replace swimmers the earlier we know the better. We understand that certain things can happen that are out of your control (e.g. illness) but it is much easier to confirm the team before we get to a pool than whilst we are there trying to organise the swimmers for warm ups etc.

We do have to submit a team sheet during the week of the gala and therefore have to submit any changes to the host team once we arrive. A reminder email will be sent out during the week before a gala to confirm venues/times etc. We have also been subject to venue changes as of late so please do ensure you check any emails coming through relating to galas your child(ren) may be swimming in. We also put this information on our Facebook page so please do search for us and request to join if you are on Facebook. We will also now be putting the venue and time details on the noticeboard.

Please ensure that your child(ren) arrives in plenty of time prior to warm up in order for them to change and be ready to enter the water as soon as we are allowed. We have 1 lane and 30 minutes for warm-up so with 30+ swimmers this needs to be as efficient as possible to ensure all have time to warm up appropriately. Again, we understand that traffic issues are out of your control but if you are running late please do let someone know ASAP.

Swimmers need to have appropriate swim wear (no bikinis for girls, no wetsuit style costumes etc), hat, goggles, drink, small snacks if desired and a spare towel and clothing for poolside. We do sell the majority of these items so please speak to Carol on our kit table on a Sunday & Monday at Kettering Pool during our Junior sessions for more information.

Swimmers must inform a member of the poolside team if they are leaving poolside for any reason.

We decided to re-introduce a B team several years ago in order to give more swimmers the opportunity to compete for the club. It is a great experience and the earlier swimmers can learn and practice these skills the better. It is great to see the swimmers develop and build confidence as they get more and more galas under their belt. I do run a session (during normal session times) in the run up to a gala in order for swimmers to have a quick practice at dives, relay take-overs, finishes etc. As swimmers progress through the Academy and into the Development squads they have more opportunities to learn and practice these competitive skills.

I was very proud of all the swimmers who swam on a Saturday night and I hope they and yourselves enjoyed the galas. It is great to see so many new faces. There were lots of nerves but they all swam brilliantly and supported each other. Thankyou for your support in bringing your children along to the galas.

If you have any other queries please do not hesitate to contact me.

Many Thanks,

Claire Simms

KASC Assistant Junior Head Coach