

CHEDDAR KINGFISHERS SWIMMING CLUB NEW MEMBER GUIDE

ABOUT CHEDDAR KINGFISHERS

Cheddar Kingfishers is a Swim England affiliated swimming club, with SwimMark Essential Club status. We swim at Kings Fitness & Leisure, Cheddar and our swimmers come from Cheddar and the surrounding area. Junior swimmers often join us after completing all levels of swimming lessons at Kings Fitness and Leisure, although anyone is welcome.

If progressing from the swimming lessons, new members will join the Development Squad and then progress through Potential, Performance up to the Elite Squad. Elite squad swimmers will be achieving times that will qualify them to compete at the county and maybe regional championships.

The club also has a combined Social & Masters squad for anyone over the age of 18 who want to swim and follow a session plan for fitness and/or competition.

THE COACHES

Jeff Hill – Head Coach – headcoachcheddarkingfishers@gmail.com

Louisa Slingsby – Coach – coachescheddarkingfishers@outlook.com

Nic Blake – Assistant Coach

Sarah Branton – Assistant Coach

The coaches and poolside team will do all they can to ensure that swimmers enjoy all the activities that the club offers, and they progress in accordance with their ability.

However, if you or your child is unhappy with the training, development, squad progression or you simply have questions you would like to ask the coaching team, please can you arrange to meet them at a mutually convenient time to discuss further.

COMMITTEE

The club is run by volunteers:

Club Chairperson: Richard Forrester – chairmancheddarkingfishers@outlook.com

The Chair is the principal officer for the club and acts as a figurehead both within and outside the club.

Club Secretary: Lynsey Stokes – secretarycheddarkingfishers@gmail.com

The Secretary is key to the smooth running of the club. They provide a main point of contact for the administration, information, and communication.

Club Treasurer: Natasha Wines – treasurercheddarkingfishers@outlook.com

The Treasurer is responsible for producing and managing the club's accounts and finances and will oversee all income and expenditure for the club.

Club Membership Secretary: Louisa Slingsby - membershipcheddarkingfishers@outlook.com

The Membership Secretary is the key link between the club and the Swim England membership team. They look after the day-to-day registration of all club members with Swim England.

Club Fixtures Secretary: – eventscheddarkingfishers@outlook.com

The Fixtures Secretary is responsible for the development and management for the club's competitions calendar.

Club Welfare Officer: Jayne Forrester – welfarecheddarkingfishers@outlook.com

The Welfare Officer is essential in providing a first point contact for children, parents and adults within the club who have a child safeguarding or welfare concern.

Club Press Officer: Sarah Constantin– presscheddarkingfishers@outlook.com

The Press Officer leads and promotes club activities, to increase membership, increase income and raise the profile of the club within the community.

The club also has several volunteers who have trained as 'timekeepers' and 'Judges', if you feel you would like to help in anyway, please contact the club secretary.

WELFARE

Protecting and safeguarding children is of the utmost importance at our club. The club adopts and abides by Swim England's comprehensive policies and procedures for safeguarding in line with current legislation, regulations, and guidance. These are all contained in the Wavepower manual, which can be accessed via the Swim England website or through the club welfare officer.

Our club welfare officer is Jayne Forrester, she can be contacted by:

Email - welfarecheddarkingfishers@outlook.com

Tel – 07758 220025

or, Jayne is usually at the leisure centre on Mondays & Wednesdays 19:50-21:10, & Thursdays 19:20-21:10

You can call the NSPCC Child Protection Helpline direct on 0808 800 5000. This helpline is open 24 hours each day and calls are free of charge.

COMPETITIONS

FOUR SEASONS

A series of competitions against other clubs specifically for swimmers under the age of 12, just to give them a taste of competition. Swimmers compete in individual races according to age which are then scored according to finishing position. All the points won by each club are added together and the club with the highest number of points wins the gala.

Once all the rounds have been completed the club who wins the most galas wins the Four Seasons.

THE COTSWOLD LEAGUE

Run in a similar way to the Four Seasons, but there is no maximum age. Again, swimmers compete against other swimmers of a similar age up to the age of 16 when the open category takes over. Swimmers in the open age group can be any age.

To level the playing field between the larger clubs and smaller clubs “no faster than” times are set. Swimmers who beat these times during the race will be disqualified.

OPEN MEETS

These are competitions run by clubs for swimmers to compete against other swimmers as individuals. The competitions are normally open to all swimmers over the age of 9. Swimmers are seeded based on entry times and placed into heats, so they are racing against swimmers of a similar performance level. The slowest swimmers swim in the first heat and the fastest swimmers swim in the last heat regardless of age. Medals are awarded by age group. Winners can be decided either by taking the fastest swimmers based on their heat times, this is known as heat declared winners. Alternatively, if there are enough swimmers, the fastest swimmers may race again in a final to decide the winner.

Open meets often take place over a weekend with each day split into two or three sessions. Each one will start with a warm-up lasting about 30 minutes.

Be prepared for long waits between events, there are often ten or more heats in a single event. Swimmers will need food and water to survive the day as a minimum. Something to occupy down time would be a good idea. Swimmers will also need something to put on between races to keep warm. Club hoodies and tee-shirts are available! A spare swimming costume or two wouldn't hurt. Don't feel like your swimmer must have a competition swimsuit.

LICENSED OPEN MEET LEVELS

Unlike club gala's swimmers aren't selected to swim as part of a club team. Instead, they qualify based on their personal best times and can choose which events they would like to enter, rather than in galas where they are selected to swim specific events. They still swim as part of the Cheddar Kingfishers Swimming Club team, but they are competing for themselves to gain specific times, rather than to gain points.

Each open meet is ASA licensed to a certain level, so the first part is to get the level of the meet correct so that you are competing at the correct standard: Open Meets are licensed according to the purpose of their competition as Level 1, 2, 3 or 4.

Level 1 is aimed at national and regional qualifiers. These meets take place in 50m pools and have set minimum qualifying time for entry.

Level 2 is also aimed at national and regional qualifiers and swimmers close to regional qualification. These meets take place in 25m pools and have a set minimum standard for entry.

Level 1 and 2 meets are likely to have quite challenging lower limit qualifying times, i.e., a swimmer must have achieved a faster time in that event to enable them to enter.

Level 3 is for club swimmers who are seeking regional and county qualifying times. These meets have qualifying times set at an appropriate level and will provide a program throughout the year to support the requirements of swimmer's below regional level. Level 3

meets might have upper limit times to restrict the standard of swimmer entry. If swimmers have a time faster than the upper limit, then they won't be eligible to enter that event.

Level 4 is for club swimmers and those beginning to enter individual open competitions. Level 4 meets relax the qualification times further. These events can mostly be entered with 'no times', as they are low level meet, and you can use these to start recording personal bests in events you've not entered before.

COUNTY CHAMPIONSHIP

This competition runs in a similar format to open meets but normally spread over a few weekends. As the name suggests this competition decides the fastest swimmers from clubs within the county. To be able to enter the championship swimmers must beat a qualification time based on their age.

Medals are decided on the fastest swimmers from the heats competing in a final.

REGIONAL CHAMPIONSHIP

The same as the county championships but open to all swimmers within the southwest. Qualification times are faster than the county championship qualifying times.

USEFUL WEBSITES AND APPS

Somerset Find us: www.cheddarkingfishers.co.uk

Here you will find, all things Kingfishers including policies, privacy policy, contacts, news, competitions. We are also on Facebook and Twitter.

ASA:

All things swimming in Somerset. somersetasa.org

Swim England:

The website of the governing body of swimming in the England, here you will find lots of useful information. swimming.org

OnDeck:

An app that is an extension of the Kingfishers website. From this app you can enter open meets, see your swimmers' times, update details and more.

Meet Mobile:

A mobile app that gives access to programmes and results for most open meets and county/regional championships. All though there is a free tier you can pay monthly or annually for enhanced functionality.

Where to buy kit:

aquaswimsupplies.co.uk

simplyswim.com

proswimwear.co.uk

swimpath.co.uk