

## Guide to Tavistock Swimming Club "SPRINT Club Championships"

### **What are the SPRINT Club Championships?**

This is where all swimmers in the club have a chance to put recent training into practice to make sure that what is being coached is working. It gives swimmers an opportunity to have a go at a small 'gala' in their own pool to gain experience in starting, turning and finishing and can be a stepping stone to their first official gala. Tavistock swimmers compete against each other starting from the slowest swimmer to the fastest so you will only be in a 'heat' with swimmers of a similar pace to you.

A referee will start each race, parent officials will time the swimmers and watch stroke technique and turns just as they would ordinarily do.

It can be a daunting experience for new swimmers (and parents) but please be assured there will be an experienced team poolside to help young/nervous swimmers as well as their coaches and assistants.

### **Is it really worth swimming in the Club Championships?**

Absolutely yes. It is a real chance to gain racing experience for our younger swimmers and as it is a licensed meet, as long as we are fully staffed with the required number of officials, results will be sent to British Rankings and they can be used as entry times to other meets. There is also the chance to pick up a medal in your age group and even a trophy at our end of year presentation.

### **Who should enter?**

Everybody!! James and his coaching team encourage ALL club members to take part. The 50m events (and 100IM) are purposely timetabled on Sundays so all swimmers can do those events as it is our Club night. If you would like to have a go at the additional 100m events these will be swum on Friday evenings.

### **How do I enter?**

We encourage EVERY swimmer to complete an entry form as this helps us sort all the swimmers into their heats on the computer system. We then know who will be here on the Friday evenings (and who is not here on a Sunday) and it can save us space and pool time. Entry forms are available on the Sunday desk or can be downloaded from our website <https://uk.teamunify.com/swtsc/>

### **What time should I arrive?**

It is really important to sign-in at the desk on arrival with one of our Team Managers - **before** you go into the changing rooms - to help our planning and smooth running of the event. If you know you are unable to make one of the days as you are away or if you are ill, please let us know as soon as possible ([taviswimclubcompetitions@gmail.com](mailto:taviswimclubcompetitions@gmail.com)) as this will save time on the evening.

Fridays - The additional 100m events are swum on these evenings. Arrive at 6.45pm to register if you are entered for these. There will be a short warm up at @7pm before the start of the events.

Sundays - The 50m events and 100IM will be swum on these evenings. All swimmers should arrive at 4pm to register. There will be a short warm up at @4.15pm before the start of the events.

### **What time can I expect it to finish?**

Finish times can be a little tricky to estimate as it really does depend on the number of swimmers turning up on each evening. It will definitely be longer than your child's normal swim session time so please come prepared with enough drink and snacks to keep them (and you) going.

### **What should I bring?**

- 2 x towels (one poolside, one dry in a locker)
- Club t-shirt (labelled) if you have one, otherwise any t-shirt will do
- swimsuit
- 2 x hats
- 2 x goggles
- water bottle
- snacks e.g. popcorn, jaffa cakes, fruit - no sweets or crisps please

### **Where can we sit?**

Swimmers are expected to be on poolside so they are ready for their event when called up but as you are aware, space is limited so please could we ask that large bags are left in lockers (not cubicles). A small bag can be taken onto poolside but please remind your swimmers that it is their responsibility to look after their own belongings.

Parents, it is not the ideal set-up at Meadowlands for viewing an event now as the window/seating area in the café is quite limited and you are behind glass, but please do try to stay off poolside unless you are helping.

### **Finally**

Remember, swimming is supposed to be fun and this is a great opportunity to gain new times/improve on old times and have a bit of a chat with your friends while you wait! Hopefully there will be cakes and refreshments available in the café area too. Hope to see you all there and if anybody would like to help out at all, do let us know.

Hazel Walker  
TSC Competition Secretary