

CALLIGO TIGERS SWIMMING CLUB

HANDBOOK

2021/22 Season

Contents

INTRODUCTION FROM THE PRESIDENT	3
INTRODUCTION FROM THE HEAD COACH	4
OUR COACHING TEAM.....	5
A BASIC INTRODUCTION TO THE SPORT OF SWIMMING.....	7
THE STROKES.....	7
RULES.....	7
COURSE.....	7
COMPETITION	7
OFFICIALS	7
THE STRUCTURE OF NATIONAL AND ISLAND SWIMMING	8
LEARN TO SWIM.....	8
SQUAD SWIMMING	9
COMPETITIVE SWIMMING	9
SQUAD FRAMEWORK 2021-2022 SEASON.....	10
WHAT LEVEL OF COMMITMENT IS REQUIRED?.....	11
ATTENDANCE AT TRAINING	11
SWIMMER DEVELOPMENT.....	11
OPTIMUM AGE LIMITS	12
PHYSICAL FLEXIBILITY	13
TRAINING SESSION RULES	14
SQUAD EXPECTATIONS AND KIT.....	15
SQUAD FEES	17
OTHER COSTS.....	18
ENTERING YOUR CHILD FOR COMPETITIVE EVENTS.....	18
ATTENDING A SWIM MEET	19
BEFORE THE MEET STARTS.....	19
DURING THE MEET	19
WHEN YOUR CHILD TRAVELS	20
ARE YOU A PRESSURE PARENT?	21
BECOMING AN OFFICIAL	22
VOLUNTEERING	22
CLUB POLICIES.....	22
SUMMARY.....	23

INTRODUCTION FROM THE PRESIDENT

Tigers Swimming Club continue to deliver the most comprehensive swimming programme in Jersey. Our Club runs from early years Learn to Swim right through to some of the top talent in age group swimming and national representation. We are proud of our swimmer's achievements at all levels of competition, even more so of the solid platform used to deliver this including:

1. A professional coaching set-up led by Head Coach, Nathan Jegou and assisted by Sian Silvester.
2. The best Learn to Swim teaching ratio available in the Island led by Holly Gillan.
3. An effective committee and volunteer effort.
4. Our continued commitment to meeting Swim England Swim 21 accreditation and the Jersey ClubMark criteria.
5. Excellent financial support from our sponsors Calligo.

In the 2020/21 season, despite the challenges, we gained many swimmers into our Learn to Swim numbers, our Bronze, Silver, Club and Masters squads. The strength of our Learn to Swim programme and progression into squad swimming has helped us to significantly widen the base of our swimming pyramid in recent years.

Looking forward to the 2021/2022 season, our popular Open Meet will be happening in October, and we will hopefully have a busy year ahead after Christmas and other major events will take place as scheduled. Off Island trips are definitely going to be taken in a different format going forward due to the world pandemic. Open Water swimming coaching is also a goal for us to achieve next year.

I am delighted to see the Club continue to receive the sponsorship support of Calligo, a leading international IT firm with a strong community focus. We have signed up to another 3-year contract from September 2020 where as well as financial support the Club will continue to have some social media, website and technical development advice available. On behalf of the Club, I express sincere thanks to Calligo for their support. This funding helps us to invest in the coaching programme with confidence. We have also invested in new technology: GoPro 8 (will do swim analysis & livestream), GoPro 8 Waterproof case, GoPro pole, additional Polar HRM's, Bluetooth Projector and 2 x mini-iPads.

We have updated the honours boards at Haute Vallee recently and we are proud of our swimmers who competed in the Olympic Trials and more recently in Glasgow.

As President, I must take this opportunity to thank all the admin and coaching staff for all their hard work during the past year. I would like to thank every volunteer who helps poolside, officiating or organising all our local swimming competitions. Without them, our swimmers quite simply would not achieve the enjoyment and the success they get from swimming.

Finally, my personal thanks must go to my fellow Committee Members, without their commitment, time and hard work the Club simply could not operate at the level it does.

Lindsey Woodward
President

INTRODUCTION FROM THE HEAD COACH

As we head into the 2021-2022 season, we are grateful to all of you who have returned for another twelve months and welcome those who are joining us on this journey for the first time! It is exciting to look forward to what this new season has to offer, and we hope everyone gets what they want out of the Club.

The Coaches and all the staff associated with the Club have worked hard to ensure we continue to offer the best swim program and Club experience possible. As we head into swimming life post C-19 we will adapt and continue to offer a safe place to all our members as we learn to move forward in a post Covid world.

We will continually strive to improve our coaching and swim program that is on offer to all our members and also endeavor to offer a full race program where possible, especially locally.

One thing that has been made clear the past 18 months is we cannot take anything for granted, so having so many of you sign up again and support the Club makes us realise how lucky we are.

If you have any questions, you need answering about the up-and-coming season please do ask.

We look forward to seeing everyone on deck,

Nathan Jegou
Head Coach

OUR COACHING TEAM

Nathan Jegou

I joined Tigers in 1998 as a competitive swimmer. During my swimming career I competed at British National and Island Games standard collecting records and medals along the way. Being a swimmer and now a coach I feel that I can relate to the challenges of competitive swimming and the personal disciplines needed to be successful at any standard of competition.

My first coach, Roy Horsfall, taught me what it means to be a good athlete, to be a strong competitor but gracious in victory or defeat and to be passionate about my sport. I was then fortunate to be coached by Tigers founding coach, Paul Du Feu. Paul helped me to fulfil my potential and I know that I would not be doing the job that I so love today without Paul's sound advice and support.

I had many sporting heroes when I was younger. Locally, it was Simon Militis who represented Britain at the Olympic Games in Sydney and who won Bronze in the 2002 Commonwealth Games. Simon never made British National competitive standard until the age of 18 and is a great role model who demonstrates that hard work means you can achieve anything.

My coaching experience dates back to 2002 when I started out helping at the Club. Since then I have taught and coached across a range of skill levels from Learn to Swim through to performance coaching including a stint in Australia as Head Junior Coach at TSS.

In 2010 I became the Club's Head Coach. Since then the Club has grown considerable, and have had success both Nationally and Internationally, most notably winning Top Club Award at British Nationals, having Two British National Age group titles and two full time Junior International call ups. I am lucky to have been Head Coach for both the 2014 and 2018 Commonwealth Games for Jersey Swim Team.

Sian Silvester, Junior Coach

I was born in Jersey and swam from an early age. Whilst at school, I competed for Tigers and was selected for the 2003 Jersey Island Games team. I was selected to be the girl's team captain, made 2 finals and gained a relay gold medal. I also swam for Great Britain Catholic schools team for three consecutive years, which took me to France, Hungary and Malta. I had the privilege of being selected as swimming team captain and placed on the podium numerous times.

I studied fashion design at Bristol (University of the West of England.) I completed the course with a 2:1 degree and a sportswear collection I was proud of!

I began working for Tigers in 2009. Since then, my role has developed from 5 hours per week to over 20. The Junior program has moved from strength to strength with the clubs Learn2swim program producing lots of confident young swimmers. When I started back in 2009 there was just one junior squad, now we have four.

I have had the pleasure of being Jersey's Assistant swim Coach at the Island Games on three occasions and Head Coach in 2017 for the Gotland games.

When I am not on poolside, I enjoy keeping fit through running, cycling and swimming. I enjoy running half marathons and most recently completed 'Breca Jersey'.

My husband and I have 2 young girls and expecting our 3rd baby in November 2021. We are looking forward to meeting our newest Tiger cub.

Andy Godden, Part Time Coach

Day Job - Site Manager for a local Construction Company.
Married with one daughter.

Became involved with swimming through daughter who is an active squad swimmer within Tigers. I started as a lane helper then progressed to assisting Coaches at 3 sessions a week over a 2 year period. I also became involved in Judging and got invited to attend trips as a chaperone, at first, then as assistant coach and Team Manager and also to officiate off Island.

My experience of Competition includes: British National's- Sheffield. Scottish National's- Aberdeen. Southern Counties- Crawley. 3day Easter Meet- Portsmouth. Junior Meet- Guernsey.

I have Team Managed at:

Jeux Des Iles 2013- Corsica. Island Games 2015- Jersey. Island Games 2017- Gotland, Island Games 2019 - Gibraltar

Current Training:

Level 1 Coach.

Level 2 Judge & Qualified Judge 2 Starter.

Trainee Meet Referee

Level 2 Team Manager.

NRASTC Trained for LifeSaving.

Inspired by watching an interview with the GB Women's Hockey Development Officer prior to their Gold winning final at Rio Olympics and by the results from Adam Peaty at the same Games!

The biggest rewards for me, from doing what I do, is to help the athletes achieve their goals and get their rewards from their results!!

Holly Gillan, Learn2Swim Coordinator

I have been swimming from a young age, with lessons starting in Scotland, moving into a Fitness Squad in the Isle of Man and then Dubai. When I moved to the island 13 years ago, I began volunteering with Tigers as part of my Duke of Edinburgh award.

Whilst studying for my A Levels at Jersey College for Girls, I completed and passed my Level 1 Teaching Course and taught on a part-time in Tigers Learn2Swim Programme. I continued teaching on a part time basis for Tigers whilst studying for my BA Honours Degree in Childhood Studies. During this period, I also completed my Level 2 Teacher and Level 1 Coach qualifications.

I have been teaching with Tigers for over 11 years now and, 2 years ago, was delighted to take on the role of the Club's Learn2Swim Coordinator. I liaise closely with Sian, our Junior Coach to try and help swimmers move from our teaching to squad programme. I am aware that moving to a squad can sometimes be a challenge/daunting experience for some of our younger swimmers and I am certain that the make up our programme helps alleviate those fears and make the transition much easier. I am so pleased to be able to play an important role in this stage of a swimmers' development.

I love being part of the Tigers Team and am really excited to see what the future holds.

A BASIC INTRODUCTION TO THE SPORT OF SWIMMING

THE STROKES

The four competitive swimming strokes are freestyle, backstroke, breaststroke and butterfly. The combination of all four strokes is called individual medley.

In freestyle events, the competitor may swim any stroke. The stroke most commonly used is sometimes called the crawl, which is characterized by the alternate stroking of the arms over the surface of the water surface and an alternating (up-and-down) flutter kick.

Backstroke consists of an alternating motion of the arms with a flutter kick while on the back. On turns, swimmers may rotate to the stomach and perform a flip turn and some part of the swimmer must touch the wall. The swimmer must finish on the back.

The breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pressed out from in front of the breast in a heart shaped pattern and recovered under or on the surface of the water. The kick is a simultaneous somewhat circular motion similar to the action of a frog. On turns and at the finish, the swimmer must touch the wall with both hands simultaneously at, above or below the water surface. Some consider the butterfly to be the most beautiful of the strokes. It features a simultaneous recovery of the arms over the water combined with an undulating dolphin kick. In the kick, the swimmer must keep both legs together and may not flutter, scissors or use the breaststroke kick. Both hands must touch the wall simultaneously on the turns and the finish.

The individual medley, commonly referred to as the I.M., features all four strokes. In the IM, the swimmer completes the first segment with the butterfly, then changes to backstroke, breaststroke and finally freestyle.

RULES

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer.

COURSE

Competition pools may be short course (25metres), or long course (50metres). The international standard (as used in the Olympics) is 50metres. World records can be accomplished in both 25 and 50metre pools.

COMPETITION

Organisers of each swim meet set their own criteria based upon the type of swimmers they would like to attract as competitors. Swimmers will usually compete in age groups or bands although usually seeded for races based upon entry time rather than age. You should read the meet conditions and qualifying time documents carefully ahead of entering your child for a meet.

OFFICIALS

Officials are present at all competitions to enforce the technical rules of swimming, so the competition is fair and equitable. Officials attend clinics, pass a written test and are supervised at before being certified. All parents are encouraged to get involved with some form of officiating.

More information on becoming a Swim England Licensed Official can be found [here](#)

THE STRUCTURE OF NATIONAL AND ISLAND SWIMMING

The sport is governed by Swim England. Their website <https://www.swimming.org/swimengland/> provides useful information about the sport, joining a Club and competing within the sport. Swim England has sister organisations including:

- British Swimming
- Institute of Swimming
- Scottish Swimming
- Welsh Swimming

When joining a Swim England affiliated club (such as Calligo Tigers) your child must also register with Swim England. Children within the Development Squad will be registered as Category 1 members whilst all competitive squad swimmers will be registered as Category 2.

The Club is affiliated to Hampshire County ASA, South East England ASA and these provide support, competition and development opportunities at County and Regional level respectively. Swimmers from other home nations can elect to be affiliated to those countries through dual registration.

The Club also holds membership of the Jersey Amateur Swimming Association (“JASA”). JASA provides governance of Island representative events such as Commonwealth Games, Commonwealth Youth Games, Island Games and Jeux des Isles. JASA also organises local and pan-CI competitive events such as Island Championships and Channel Island Championships.

LEARN TO SWIM

The Club offers a comprehensive Learn to Swim programme at Haute Vallee. Our full programme follows the Swim England Learn to Swim Pathway to ensure your child can develop their stroke and skills in a safe, well-structured and fun environment with an aim of ensuring a high level of adult to child ratio at each level.

Holly Gillan leads our program, with a brilliant team of young teachers and lifeguards. We have had to adapt the program with Covid 19 measure in place, but the team have still been able to deliver successful lessons and great results.

For more information please contact Holly Gillan learn2swim@jerseytigers.co.uk

SQUAD SWIMMING

Swimming ambitions are diverse ranging from being safe around water right through swimming for health and onwards to competitive swimming. The Club tries to cover as much ground as possible within the limitations that we work to e.g. pool-time availability.

When swimmers graduate our Learn2swim program they can either move into Bronze B squad or Club B Squad. Swimmers will be selected for the group appropriate to their age, ability and whether they want to compete or not. Further progression paths are available into either Bronze A or Club A.

Swimmers moving into Bronze A and Club A squads have a range of swim meets to choose from during the typical season. These are typically held within the Channel Islands.

The Coach for each session will stream the swimmers into lanes based upon the session plan and swimmer abilities to complete the plan.

COMPETITIVE SWIMMING

The Club is without equal in the Channel Islands for the number of swimmers we have competing at County, Regional and National standard. For many years we have provided the majority of swimmers for Island representative events, such as Island Games, Junior Commonwealth Games and beyond. This season we will also include the open water pathway for the first time

Squad swimmers have a wide range of events to choose from and develop into during the typical season. Although we want to celebrate progress and success at all levels, it is also useful to understand the standard of competition that exists off-Island. As a Club, we are keen to expose swimmers to appropriate levels of off-Island competition as this assists an athlete's development. The competitive ladder looks like this:

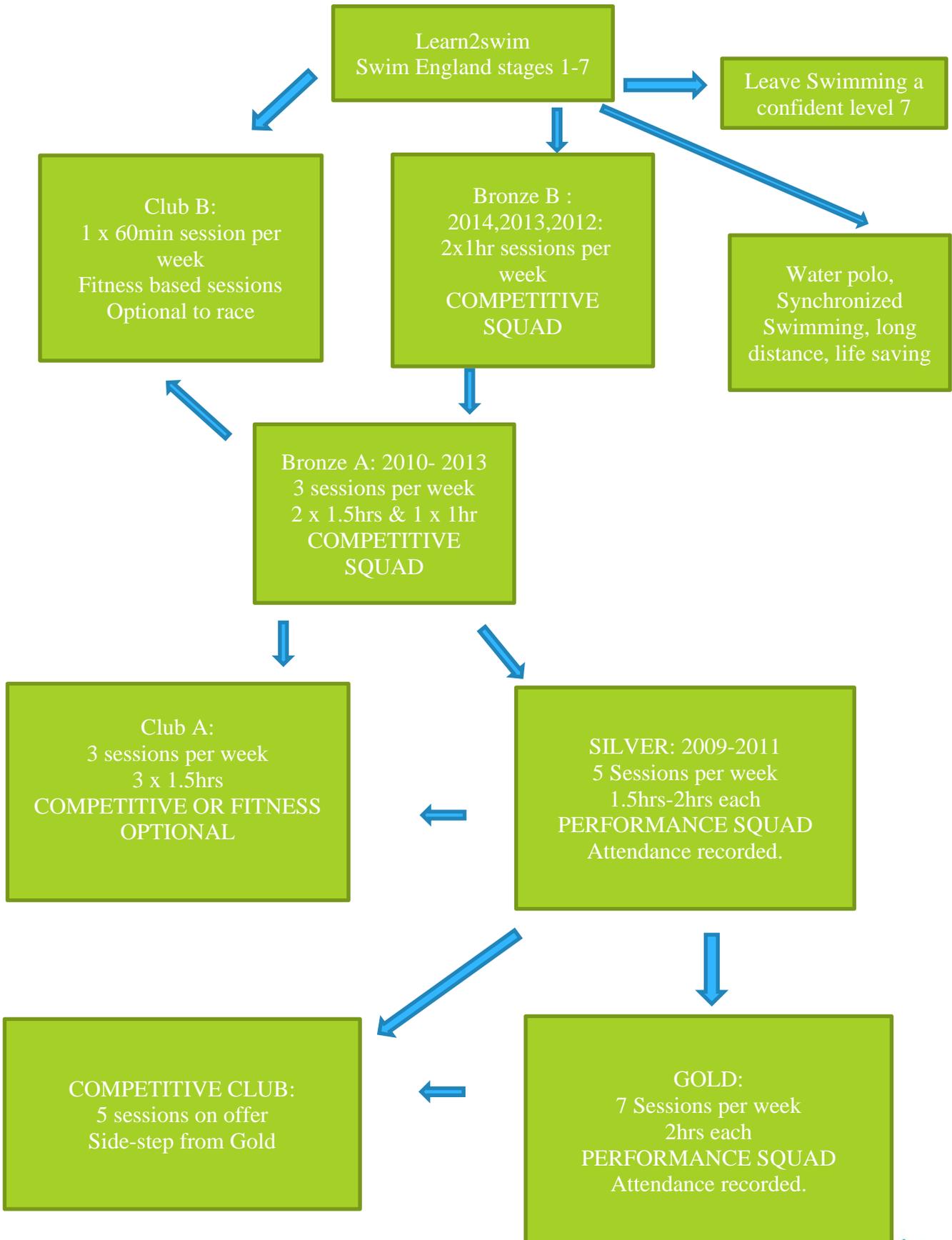


The meet programme is spread across the year allowing swimmers to build towards improved times and qualification into higher standard events. It is important that swimmers consider their goals for the season and actively work towards these through diligent training, a healthy lifestyle and participation in sufficient competitive events to build experience and improve entry times.

Club staff will be in touch with you during the season with information on upcoming events suitable for your child. Our meet calendar is also updated regularly on the Club website and Facebook page.

Our coaching staff will be happy to talk you through the season in more detail and to offer advice on appropriate competition entries for your son or daughter.

CALLIGO TIGERS FRAMEWORK: SEASON 2021 - 2022



WHAT LEVEL OF COMMITMENT IS REQUIRED?

Children are often faced with a wide range of sports and hobbies as they are growing up although few require quite so much dedication as competitive swimming. Whilst there are many benefits to being a swimmer, there is also a need to:-

- Get early nights and rest well;
- Choose nutritional whole foods rather than convenience food;
- Work on flexibility through stretching at home;
- Plan schoolwork effectively and ensure this gets completed on time;
- Limit time on social messaging and electronic games so that you can do all of the above;
- Be positive!

ATTENDANCE AT TRAINING

"I swam the race like I trained to swim it. It is not mathematical. I just let my body do it. It is a lot easier if you let your body do what it is trained for."

Ian Thorpe

There is no doubt that the most impactful way of improving performance is to train. There is a significant correlation between high performance and full attendance at the agreed training sessions. Your child's Coach will determine the most suitable squad and training timetable for them to develop within the Club. It is inevitable that swimmers may on occasion miss workouts for one reason or another. Our position is that everyone in every squad must be aiming for 100% attendance at the prescribed sessions. Swimmers consistently falling below expectations for training commitments will be challenged and will be asked to improve in order to retain their place in the current squad.

SWIMMER DEVELOPMENT

As a Swim21 Accredited Club, we follow the Long-Term Athlete Development programme as set out by Swim England. This ensures that swimmer development, squad participation and commitment is suitably paced to other factors, such as physical and emotional development. When we initially determine or subsequently change the squad that your child is in, we will have taken account of the following:-

- **Maturity vs Age**

We have all observed instances where a swimmer is ahead of others in maturational age, allowing their racing performance and their ability to cope with the training demands in advance of their peers. These swimmers' long term development may not be best served by promoting them as their social and emotional development will be quite normal for their age and from this perspective it is important that they are able to continue to engage and mix with swimmers of their own peer group and take part at a level they are comfortable with.

- **Emotional Age**

Whilst some swimmers may well be physically capable of taking part in a very challenging training regime, these same swimmers may not have the required level of self-discipline, application and resolve to cope with the training. We have to be certain that swimmers have the correct level of maturity in this respect for them to benefit from being promoted.

- **Aptitude and Potential**

The coaching staff have a wealth of experience and knowledge in the sport of swimming cultivated over many years of coaching at every level of the sport. This gives them a unique appreciation of the potential of swimmers that is based on the above variables and most importantly personal observations and instincts. From time to time therefore, some swimmers may be fast tracked in spite of the normal promotions protocol. This may seem unfair but is in the best interest of the individual.

- **Training Performance**

Training performance is paramount when considering swimmers for promotion. The coaches have to be satisfied that the swimmers have the necessary skills, physical strength, application and resolve to benefit from joining the next stage of the scheme and to be able to cope with the increased demand. Promoting a swimmer when they are not ready or equipped for the demand can have a negative effect on performance and motivation.

There may also be instances when we promote younger swimmers ahead of older swimmers if we believe it would be in their interest and they show particular ability and potential. This is not a reflection on the older swimmers, but a recognition that all swimmers develop at different rates.

- **Competition Performance**

Racing performance is the normal benchmark applied by swimmers and parents when making judgments with respect to their place in the squads, this is understandable. At face value this seems the best method but is not necessarily the most important, particularly at the early stages of development. For instance, some very naturally gifted swimmers are able to swim very fast in competition, but do not cope with the physical demands of the daily training regime.

We do recognise the motivational value in setting out some objective training and competitive performance standards for the swimmers to achieve. Therefore we have created a series of requirements for each of the squads which, if completed, will qualify you for consideration for promotion to the next squad. In the majority of cases promotion or membership will almost certainly be achieved, but it does not give you automatic qualification.

- **Attitude**

A good attitude is a characteristic common to all accomplished sportsmen and sportswomen. It tends to embrace concepts such as a positive outlook, an eager and energetic approach to training, a sound work ethic, good timekeeping, fair play, team work and a willingness to cooperate and engage with their team mates and the coaching staff. Having a good attitude will become an increasingly important consideration factor for promotion as they progress through the squads.

OPTIMUM AGE LIMITS

The Club squads are structured to ensure each level of the Long-Term Athlete Development programme is catered for. Squad membership is designed to reflect this and allocation to a squad is based on the principles outlined in the previous section.

Our programme is sequential i.e. the standards, level of commitment and demands of the programme will increase as swimmers are promoted through the squads. Every athlete will, at some time hit boundaries of talent, desire, dedication attitude and are challenged to break through these as they arise. However, there may come a point when swimmer performance plateaus or tails off and depending on pressure within the overall swim programme, your child may be asked to relinquish their position in a squad. The coach will discuss these situations with the swimmer and the Club is committed to offering alternative squads with less competitive focus.

PHYSICAL FLEXIBILITY

Good flexibility is an essential requirement for anyone who participates in competitive sports.

One of the causes of poor performance in swimming is often due to lack of flexibility, the limitation of range of movement in the joints, in particular the shoulder and ankle joints. It restricts the extent to which a limb can be placed in the water to give maximum effect for efficient stroke technique; hence the speed and endurance of a swimmer will suffer. Where there is stiffness in a joint the muscles have to work harder to overcome this stiffness and the body is using up valuable energy which could otherwise be used to swim faster.

By increasing the range of movement in the shoulder, spine and ankle joints, vital energy is saved, technique improves and the swimmer is able to swim faster, harder and longer. It also prevents injury like torn muscles and aching shoulder joints, which is very common amongst swimmers with poor flexibility.

As one gets older, flexibility becomes less, even with regular training in the water. It is therefore important that swimmers do flexing and stretching exercises regularly. For young swimmers, especially those who are just starting to train, it is even more important to exercise because a marked loss of flexibility occurs between the ages of 11 and 13 years, to maintain their natural flexibility throughout their swimming life.

Flexibility exercising requires a serious commitment on the part of the swimmer. A swimmer needs to exercise at least once a day for about 10 to 15 minutes at a time and do the exercises correctly and with purpose in mind. Exercising once a week or now and then or just going through the motions has no benefit whatsoever and is time wasting. Every swimmer can find time to exercise once or twice every day for 15 minutes. The exercises are simple, require no equipment, no special rooms and can be done anywhere, whilst watching T.V., for example. Some exercises can even be done in the back of a car on the way to the pool, whilst waiting for the bus or when walking home from school.

All swimmers should also do some flexing and stretching before getting in the water to prepare the muscles for the work and after training to prevent stiffening up. Those who do weight training, flexing and stretching is important before and after the weight work.

In general, simple mobility exercises, stretching the spine, shoulder, hip and ankle joints are all that is basically required. However, a swimmer who has a particular weakness should consult the coach who may then design a special programme to overcome this problem.

Any flexing exercise which involves bouncing and jerking movements should not be used as this could cause painful damage to the muscle and the joint. Forced stretch where another person is attempting to force the joint that little bit further, should be avoided unless that person is experienced and qualified. Remember, the other person cannot feel what the swimmer feels. By the time the swimmer tells him 'it hurts', it may be too late; the damage is done and that could mean the swimmer is a long time out of the water waiting for the damage to heal up.

TRAINING SESSION RULES

- Parent must inform the coach of any lateness or non-attendance.
- All swimmers should be poolside 15 minutes before the start of the training session to carry out the injury prevention exercises. If a swimmer is late, they are expected to be in the water as promptly as possible after they arrive. Lateness of more than 5 minutes to the swim session may result in the swimmer not participating in the pool session, they may be given land work instead.
- All swimmers must inform the lead coach of their session of any illness or injury that may affect their training in the session. This must happen before they commence the session.
- All swimmers must inform the lead coach of their session of any sport completed that day.
- All swimmers must notify the lead coach for their squad of any incidents that occur in the lane or changing rooms, on the day that they occur.
- All swimmers must train to the best of their ability, at all times.
- Swimmers must choose an appropriate lane for their ability and the training set that is to be completed. Failure to do so is disruptive for other swimmers and does not help your own training.
- All swimmers must overtake following the procedure detailed below:
Tap the foot of the person that you have caught up with.
Swimmer whose foot is tapped will move towards the lane rope and slow their pace slightly to allow themselves to be overtaken.
The swimmer will then overtake.
- Do not stop in the middle of the length to allow someone to overtake you as this causes a hazard to other swimmers in the lane and yourself.
- Do not stop at the end of the lane and let more than one person go in front unless necessary, as this will affect your training ability in the set.
- Bad language, poor behaviour and bullying will not be tolerated. This may lead to action under the Club disciplinary code.
- Swimmers must not talk when the lead coach of the session is addressing the squad.
- Toilet breaks are only permitted at the discretion of the lead coach for the session. Make sure that you go to the toilet before getting in. No toilet breaks are permitted in the main set(s).
- Swimmers must be appropriately dressed for the weather conditions when arriving at and leaving the pool area.
- All swimmers must show respect, at all times for other team members, coaching staff, Club officials and fellow competitors.

SQUAD EXPECTATIONS AND KIT

Squad Name	Squad Expectations	Training Kit Requirements	Competition Kit Requirements
Gold	<ul style="list-style-type: none"> Swimmers expected to attain one or more of National, Regional, Youth Commonwealth or Island Games qualification in the 2020/21 season Attend a minimum of 7 sessions per week Arrival poolside 20 minutes before sessions and commence dry-side stretches, especially for early mornings. Initial and continued inclusion is at discretion of Head Coach 	<ul style="list-style-type: none"> Suitable swimwear <ul style="list-style-type: none"> Trunks or jammers for boys Costume for girls 2 pairs of goggles At least 1 Calligo Tigers branded swim cap 1 x drinks bottle 1 x Kickboard 1 x Pull Buoy 1 pair of Fins 1 pair of Finger Paddles 1 training snorkel 1 skipping rope 1 mesh bag for kit 	<ul style="list-style-type: none"> Suitable racewear that meets FINA criteria <ul style="list-style-type: none"> Trunks, skins or jammers for boys; Costume or race suit for girls Calligo Tigers branded swim cap Pool-side kit and presentations <ul style="list-style-type: none"> Black Calligo Tigers branded T-shirt Plain black shorts Travel kit including arrival and departure from pool <ul style="list-style-type: none"> Black Calligo Tigers branded polo shirt and Plain black tracksuit bottoms and Calligo Tigers branded club top.
Silver	<ul style="list-style-type: none"> Swimmers expected to attain minimum of County qualification in the 2017/18 season Attend a minimum of 5 sessions per week including early morning sessions Arrive poolside 20 minutes before sessions and commence dry-side stretches, especially for early mornings. Initial and continued inclusion is at discretion of Head Coach 	<ul style="list-style-type: none"> As above 	<ul style="list-style-type: none"> As above
Bronze A	<ul style="list-style-type: none"> Swimmer training towards participation in one or more of Club Championships, JASA Island Championships series and Junior Meet Arrive poolside 15 minutes before session start time 	<ul style="list-style-type: none"> As above 	<ul style="list-style-type: none"> As above
Bronze B	<ul style="list-style-type: none"> Arrive poolside 15 minutes before session start time. 	<ul style="list-style-type: none"> Suitable swimwear <ul style="list-style-type: none"> Trunks or jammers for boys Costume for girls 2 pairs of goggles At least 1 Calligo Tigers branded swim cap 1 x drinks bottle 	<ul style="list-style-type: none"> Not applicable

Club Competitive	<ul style="list-style-type: none"> Swimmers are expected to attain County qualification time standards in the 2017/18 season Designed for swimmers unable to commit to full training programme Arrive poolside 20 minutes before sessions and commence dry-side stretches Age 14+ Initial and continued inclusion is at discretion of Head Coach 	<ul style="list-style-type: none"> As Gold squad 	<ul style="list-style-type: none"> As Gold squad
Club	<ul style="list-style-type: none"> Designed for swimmers unwilling to commit to full squad training programme but looking to stay fit and compete if they choose Arrive poolside 20 minutes before sessions and commence dry-side stretches Squad is subject to availability 	<ul style="list-style-type: none"> As above 	<ul style="list-style-type: none"> As above

SQUAD FEES

The Club commits to pool hire for a full 12month period and must budget accordingly. In recent years we have seen instances of parents withdrawing their child from swimming during the season and this leaves a funding gap for the Club.

A minimum notice period of 3 full calendar months is required for withdrawals from the programme. Squad fees will continue to be charged and must be paid in full for that 3month period. Notice must be given in writing to the Club office and cannot be given retrospectively, even if the swimmer has not been participating fully in the programme.

Squad fees are payable in 12 monthly instalments from September through to August. Fees are due on the 1st of each month and are non-refundable for part months. It is your responsibility to arrange for payment by standing order to the Club bank account. Details can be obtained from the Club office.

Squad fees for the 2021/22 season are

Squad Name	Monthly Cost
Gold	£100
Silver	£70
Bronze A	£50
Bronze B	£35
Comp Club	£75
Club A	£50
Club B	£15
Masters	£10/£15

Squad selection has been carefully determined by the coaching team and follows extensive discussion. A range of criteria were considered before making individual squad offers including ability, commitment and participation levels. Similar assessment will be undertaken during the season with swimmers moving up or down as appropriate.

OTHER COSTS

You may incur other costs during the season that are contingent upon your child attending swim meets locally or further afield. Examples include meet entry fees and travel costs. All fees are due and payable as they are incurred:

- Meet entry fees – payable when you confirm entries. Swimmers will not be allowed to compete at a meet if entry fees remain outstanding, so please pay promptly
- Travel fees – deposits are payable at the time of committing to attend a trip. The balance is due immediately upon advice to parents.
- Club Shop – payment is to be made by Bank transfer of stocked goods.

Parents are responsible for checking their online membership account in Team Unify for amounts outstanding at any point in time and for arranging prompt settlement. The Club website has tutorials on how to check your account.

Subsequent chasers by the Club will carry a 4-week time limit for settlement with a charge of £25 to be levied for any sums that remain outstanding past that period. We regret having to introduce this fee but significant time is spent chasing for payments throughout the season.

ENTERING YOUR CHILD FOR COMPETITIVE EVENTS

It is essential that swimmers and parents are well organised for all meets both in the run-up to the meet and at the meet itself. This begins with a thorough read of the meet conditions noting that these can be quite different from one meet to another. For example, the qualifying age may be taken as age on the final day of the meet or age at 31st December of that year.

We would generally encourage younger swimmers to enter the widest range of stroke events that they can. Stretching to increased distance is another important developmental step and the coaching team might insist that swimmers participate in longer distance events from time to time both to gain experience and to ensure qualifying times are made each season. This is consistent with the [Swim England Long Term Athlete Development Programme](#)

In the run-up to a meet, parents (swimmers 18+) will usually receive an e-mail from the Club advising the details of the meet and that entries can now be submitted. By clicking on the e-mail link or going through the Club website, you will be able to view your child's available events, their qualifying personal best time and then submit their entries.

The Club does not accept entries received after the stated close date and will not accept entries without payment. This applies to all meets, including Club Championships.

Your child must be registered each year with the Swim England to compete in licensed meets. For the Club Championship programme the swimmer is only required to have a Level 1 membership. A Level 2 membership is required for all other Meets.

ATTENDING A SWIM MEET

BEFORE THE MEET STARTS

1. Arrive at the pool at least 15 minutes before the scheduled warm-up time begins, earlier if advised by the coaching team. The warm-up time will be listed in the meet information pack.
2. Make sure your child checks in with his or her coach.
 - If this is not done, they may not be allowed to swim that event or session.
 - Check-in is required so that the people running the meet know who is actually at the meet. After check-in, the meet administrators "seed" the swimmers into heats.
3. Your child should report to their coach for warm-up instructions. It is very important for all swimmers to warm-up with the team. A swimmer's body is just like a car on a cold day; he/she needs to get the engine going and warmed-up before he/she can go all out.
4. After warm-up, your child will go back to the area where his/her team is sitting and wait until their first event is called.
5. The meet will usually start about 10-15 minutes after warm-ups are over.
6. Parents are not allowed poolside unless they are serving in an official capacity. Similarly, all questions concerning meet results, an officiating call, or the conduct of a meet, should be referred to a coach after the session is concluded. He or she in turn, will decide whether to pursue the matter through the proper channels.
7. A start sheet or meet programme may be available for sale in the lobby area of the pool. It lists all swimmers in each event in order of "seed time". When the team entry is sent in, each swimmer and his/her previous best time (up to the date that the entry was submitted) in that event is listed. If the swimmer is swimming an event for the first time, he/she will be entered as a "no-time" or "NT". A "no-time" swimmer will most likely swim in one of the first heats of the event.

DURING THE MEET

1. Most meets are computerised.
2. A swimmer usually reports directly to his/her lane for competition a number of heats before he/she actually swims.
3. The swimmer swims his or her race.
4. After each swim:
 - Depending on the coach's instructions, the swimmer may be asked to do some recovery swimming if a "warm down" pool or lanes are available.
 - The swimmer should then go immediately to his or her coach. The coach will discuss the swim with each swimmer. Some coaches may wish to talk with the swimmer before her recovery swim.
5. Generally, the coach follows these guidelines when discussing swims:
 - Positive comments or praise
 - Suggestions for improvement
 - Positive comment
6. Things you, as a parent, can do after each session:

- Tell them how well they did! The coaching staff will already have discussed any technical aspects so no need for you to do this.
 - Ensure they are able to relax between sessions, eating / drinking as appropriate.
7. When a swimmer has completed all of their events they must check with the coach if they are allowed to leave. They may be required for relay participation or to stay on for the prize-giving ceremony.
 8. Results are usually posted shortly after the end of each session.

Swimmers are expected to dress in Club kit for travel, arrival and departure at all swim meets other than Club Championships. This portrays a professional and smart image of the Club, ensures that our swimmers are clearly identifiable to coaching staff and officials whilst also supporting commitments to our sponsors. Swimmers are expected to wear Club kit for all official photographs, including medal / prize ceremonies.

WHEN YOUR CHILD TRAVELS

As island residents, we must accept the need to go beyond our shores in search of the best competitions. Over the years we have completed countless trips and accumulated significant experience in looking after the children through a wide variety of situations including:

- Feeling homesick;
- Coughs, colds, tummy pains;
- Sporting injuries and strains;
- Flight delays (including overnight delays!)
- Broken down coaches (as in buses, not swimming coaches!)

Our coaches and chaperones are all DBS-checked in line with ASA policy and have regularly attended child protection courses. There will also be an ASA qualified Team Manager on each off Island trip. You can therefore be confident in trusting your child to the coaches and chaperones who lead these away trips.

When your child is travelling away, there are a few other points that you should bear in mind:-

- Mobile phones are not permitted poolside, disrupting a room-mate's sleep due to mobile use may result in confiscation.
- Expensive items such as iPods are not recommended in case of loss, damage or theft;
- Excessive cash is not recommended in case of loss or theft;
- Parents should consider the conditions at destination and ensure suitable clothing is packed for your child;
- Favourite pool-side snacks may not be available at the destination e.g. cereal bars and should be packed;
- Adequate supply of towels and dry kit should be packed;
- Team kit and equipment shall be worn as directed by the Coach when competing and training, when assembling or travelling and at official team functions.
- Medication: It is important that information on all medication being currently taken should be reported to the Coach. Allergies to any medication must be reported to the Coach.

ARE YOU A PRESSURE PARENT?

If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and they should be supportive at all times, to ensure a positive experience for your child.

- Is winning more important to you than it is to your child?
- When your child has a poor swim, is your disappointment through body language or tones, obvious?
- Do you feel that you are the one to have to "psyche" your child up before competition?
- Do you feel that winning is the only way your child can enjoy the sport?
- Do you conduct "post-mortem" immediately after competition or practice?
- Do you feel that you have to force your child to go to training?
- Do you find yourself wanting to interfere with coaching and instructions during practice or competition thinking that you could do better?
- Do you find yourself disliking your child's opponents?
- Are your child's goals more important to you than they are to your child?
- Do you provide material rewards for performance?

Competitive swimming provides many benefits to young athletes including self-discipline, sportsmanship, & time management skills. Competition allows the swimmer to experience success and to learn how to treat success and failure as two sides of the same coin, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show interest by ensuring your child's attendance at practices, by coming to swimming meets and volunteering for your club at swim meets, or by participating in fundraising, etc.

Parents contribute to the success experienced by the child and the team. Parents serve as role models and their children emulate their attitudes. Strive to be a positive role model and show good sportsmanship at all times towards coaches, officials, opponents and teammates. Remember you are teaching your child at all times.

Be Enthusiastic and Supportive

Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own goals. Do not over burden your child with winning or achieving best times. Let them know that first they are the child you love, and second, a swimmer. Tell them you will love them whether they swim well or not and ask only that they give their best effort. This environment encourages learning and fun, which will help your child develop a positive self-image.

Positive Parenting Tips

1. Your child needs your emotional, physical, and financial support. Be liberal in providing this support.
2. Support but do not push your child.
3. Be realistic in terms of expectations; factor in age and skill level; be aware of your child's perception of your expectations.
4. Emphasize performance and effort, not just outcome. The athlete only has control over his/her performance. Define and measure success as giving maximal effort and as personal improvement.
5. Keep winning in perspective.
6. Do not bribe.
7. Give plenty of encouraging and rewarding statements. Criticize sparingly.
8. View swimming as an arena in which to teach your child about commitment, hard work & discipline.
9. Work to form an effective Coach-Athlete-Parent Triangle.

BECOMING AN OFFICIAL

Running a licensed meet requires the Club to have a certain number of qualified officials allocated to act as timekeepers, judges, starter and referee. When swimmers leave the Club we often lose experienced officials who have helped by officiating at many meets over the years.

We are always looking out for new officials and it is very easy to get started as a timekeeper. The Club run courses throughout the year to help you learn the basic rules of the sport and work through the practical exercises in the run-up to getting qualified. If you are able to get more involved please do so. Speak to one of the coaches, Club staff or a Committee member to express your interest.

VOLUNTEERING

The Club can never have enough volunteers!

There are many opportunities for parents to get involved, for example:

- Pool-side helpers
 - Timing lanes in training
 - Team management at swim meets
- Organising swim meets
- Fund-raising
- Obtaining sponsorship
- Running the Club shop

Please get in touch with Gillian in the office on 449801/07797 758040 or office@jerseytigers.co.uk

CLUB POLICIES

See Club Website: www.jerseytigers.co.uk

SUMMARY

We are looking forward to another successful season at Tigers Swimming Club. As always, get in touch with us through the office if you have any questions that we can help with.