



A BEGINNERS GUIDE TO COMPETITIVE SWIMMING

Clevedon ASA was founded in 1928 originally based in the marine lake! Historically many of our older swimmers have been brave enough to enter the Clevedon Annual Long Swim, swimming from Lady Bay to underneath the Pier, with many winning the coveted trophies for arriving first home!

In addition to entering competitions many of our senior swimmers often continue to support the club by becoming coaches, teachers and officials, all to give back to club and share their love of swimming.

Our mission statement is to support all our members be the best they can be and inspiring a lifelong passion for swimming.

The ASA mission statement supports this by “striving to give every swimmer the opportunity to swim in an appropriate, quality competition to enable them to achieve their true potential.”

Team Clevedon aims to provide training and competitions for our swimmers from the ages of 8 through to our Open Age group swimmers.

Different types of Swimming Galas / Competitions

TEAM GALAS

Swimmers can take part in formal competitions from the age of 9 usually with the introduction to racing within development type events.

Team Clevedon take part in the following leagues:

Four Seasons League – held 4 times a year usually in the different seasons, with swimmers selected to represent the Team enjoy an introduction to being part of a fun competitive Team event. A great introduction to team events for our younger swimmers.

The National Arena Junior League – This is a national league for our 12 and under swimmers to represent Team Clevedon currently virtually, if you are requested to represent Team Clevedon please ensure you make every effort to be available.

The Cotswolds League – a great Team event for all our swimmers from under 11 to our open age group swimmers. Many of our Older swimmers travel back from university to make themselves available!

The Arena League – This is our top league and to represent Team Clevedon is a special selection. Please make a note of the dates and make sure you can be available.



Team lists are emailed and added to the notice board, to help our Team managers please respond promptly confirming your swimmer's availability. Detailed Team sheets have to be submitted prior to the event so we really appreciate your support with prompt replies. We require 4 swimmers to make a relay team! 😊 and each league has their own specific rules.

Team Galas are generally on a Saturday or Sunday and the timings are very dependent upon the availability of pool time. A gala normally last approximately 2 ½ hours and everyone is expected to remain to support the team, to celebrate and congratulate the winning team. Team Clevedon has a great reputation for true team spirit! I bet you cant wait to join in!

CLUB CHAMPIONSHIPS

An annual event giving our swimmer's the opportunity to achieve personal bests, qualifying times for open meets (including Somerset County Championships) as well as medals, trophies and the possibility to break a club record! As a competitive club everyone is encouraged to enter and take part.

OPEN MEETS/ LICENSED MEETS AND THE SWIMMING CALENDAR

The swimming season starts in September with the Short Course (25m pool) Season running through to December. The final big event for top swimmers is the British Short Course Championships – yes we do have swimmers who compete at this level and their races are usually streamed so you can support them live!

Open meets are where a swimmer swims for themselves with the entry made through the club paid for by the individual.

The Club's competition calendar details team galas and targeted meets. Targeted meets give our swimmer's opportunities to see progression through Personal Bests, achieving qualifying times for higher licensed meets. It is important swimmers aren't over competing, remember what can a swimmer do in a week to achieve a PB?

An Open Meet is usually split in to 2 sessions with a separate warm up for each session with races in heats irrespective of age. As a Team we expect everyone to arrive 30 minutes before warm up to ensure we can follow warm up and pre pool activities as a team. It is important to bring your club hat, top, spare hat and goggles. The pool environment can be very hot and dehydrating so make sure you have plenty of water with you.

Licensed Open meets – what they mean...

The issue of a license means swimmers, coaches, and parents can assume it is a quality competition which complies with a standard set of requirements. The level of the meet will identify the purpose of the competition.



Level 1 – this level is aimed at national qualification and swimmers close to National qualification looking for opportunities to achieve qualifying times within the required window of qualification. A level 1 meet will always be long course (50m pool)

Level 2 – aimed at Regional qualifiers and swimmers who are close to regional qualification. These meets usually have upper and lower qualifying times and are always short course (25m pool)

Level 3 - aimed at Club swimmers seeking County Qualifying times, these meets have upper qualifying times to ensure the competition is set at the appropriate level. Level 3 meets can be either short or long course.

Level 4 – a development gala aimed at those beginning their individual competition journey.

National qualifying times will be accepted from meets licensed at levels 1 and 2. Depending on the time of the year will also depend on if the QT (qualifying times) are as short course (SC) or long course (LC – swum at a 50M pool)

Regional Qualifying times will be accepted from licensed meets at levels 1, 2 and 3.

Somerset County Championships have qualifying times but no upper cut off limit.

The Somerset County Development meet will have cut off times and is aimed at swimmers who have not competed at county Championship level.

What to take to a gala?

Gala checklist

- Swimming costume (spare if possible)
- Clevedon swimming hat (+spare)
- Goggles (+ spares)
- Team Clevedon top – wear it with pride! Plenty to drink – it gets hot!
- Snacks – no nuts, carbohydrates are needed for long galas, fizzy drinks, empty calories and sugar highs do not help swimmers be the best they can be.
- 2 towels
- Shoes to wear poolside.