

Welcome to

Workshop
Dolphins

Swimming Club





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Introduction

Welcome to Worksop Dolphins Swimming Club and thank you for joining our team.

The Dolphins have been running for over 40 years now, and have over the years produced on a regular basis National and Regional level swimmers, with some going on to compete at international level.

We are affiliated to Notts Amateur Swimming Association (ASA) and are part of the East Midlands Region of counties.

We train at both Worksop Leisure Centre and Worksop College and have around 150 members at various levels – from 5 year old beginners all the way up to Masters.

In 2016 the Dolphins were offered a great opportunity by Worksop College to set up it's own performance squad rather than using the support of Nova Centurion (Notts County Swimming Squad) to develop our swimmers.

In September 2016 our Squad system was implemented and a new chapter in our history began.



Introduction

Having completed your trial and given the opportunity to join a very special club. You're probably wondering where do I start, what do we need, who do I speak to, what's the difference between a gala and open meet and what are FINA points ?

To help you through these early stages. We've put together this document to assist those new to both the club and sport.

We hope this will address all of those questions and introduce you to the world of competitive swimming, but if you're unsure please ask as we are a friendly bunch and are only too happy to help.

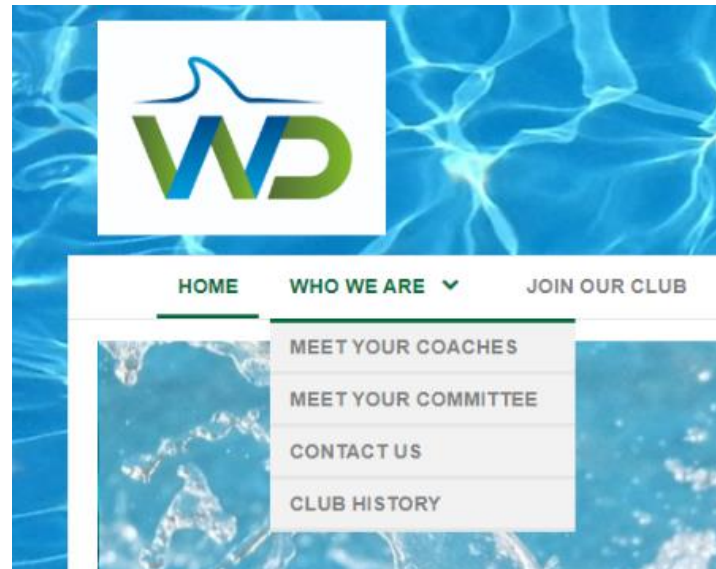
We also have a hand book that you will have been given on registering your child, again this does have some handy and useful information.



Who's who.

You'll no doubt see various people running around the pool or on the balcony handing out documents, asking for money or coaching your child and you'll probably be wondering who they are.

Details of our committee members and coaching team can be found on our web page – www.worksopdolphins.co.uk click on the about us and you'll find our rogues gallery!





Development and pathway to competitive swimming

Academy

1 x 45 minute session per week, running in conjunction with swimming lessons.

Focus on technique and an introduction to starts and turns.

Dolphins C Squad

2 to 3 sessions per week.

Focus on technique, competitive swimming requirements, starts and turns.

B Squad

Up to 8 hours a week.

Focus on technique, competitive swimming and stamina.

Introduction to land training

Target- County championships and open meets

A Squad

Up to 15 hours per week

Focus on competitive swimming, stamina, speed work and technique.

Land training sessions

Target – National and Regional championships



Squad Administrators

Each squad has its own administrator. Details are on the web page as to who they are.

Email addresses are as follows –

A-squad@worksopdolphins.co.uk

B-squad@worksopdolphins.co.uk

C-squad@worksopdolphins.co.uk

The role –

To inform parents of any pool problems, change of swimming hours, competitions, attendance and to answer any questions about the squad

Inform the coach of illness, injury or absence of a swimmer

Discuss any problems in squad with the coach, committee and Welfare Officer

Parents to inform Squad Administrator of any reasons for absence



Squad transition

Fr = Front crawl
Bk = Backstroke
Br = Breaststroke
Fly = Butterfly

Squad requirements

Academy

Good kick ability - FC, Fly & Bk
Basic knowledge of FC & Bk drills
Ability to stay on the surface
Able to swim 25m without stopping
Able to put face in water without panicking
Streamline position

C-Squad

Attendance of 50%
Ability to do FR, BK and BR pull
Dive basics
Turn basics
Dolphin kick
Swim 8 x 50 FR
Fly basics

B-Squad

Attendance of 70%
Ability to swim all 4 strokes
Good diving and turns
Ability to swim 8x50m FR on 1.15
Ability to swim 6x50m Kick on 1.30
Good underwater streamline and dolphin kick

A-Squad

Attendance of 90%
Ability to swim 20x50m FR on 0:50
Ability to swim 12x50m kick on 1min
400 FR under 6 minutes
200 fly without breaking stroke
Regional qualifying times
Good ability of all 4 strokes, turns and dives
Good training mentality

Transition process – Their current coach will inform the higher squad coach that a swimmer is ready to move squads. The swimmer will be assessed with the higher squad coach making the decision. If successful documentation will be sent via the Squad Administrator confirming a start date, training times and the new fees.



Our website

As mentioned we have our own website – www.worksopdolphins.co.uk

Which is full of useful information to help you.



This includes training times, locations, fixture list, club rankings and targeted competitions as well as general news on what is happening in the club.

We also have a closed facebook page for the parents of swimmers. General information, notifications and any questions can and will be posted on this page, but it's generally used to see if anyone has found a pair of trunks or picked up the wrong float!

It's not to be used for general gossip or abuse towards other parents, swimmers and helpers. The page is monitored and you will be removed if this is the case



Kit required

To start with you'll require, other than a costume/trunks, hat and goggles. A kit bag, kickboard, pull buoy and flippers.

As you progress through the squads additional kit will be required – Snorkel, paddles, stretch cord, medicine ball, Yoga mat as well as for the top squad a training parachute.

It's always advisable to have a spare pair of goggles and cap to hand as they do rip or break.

During training we suggest you bring a bottle of water or cordial. Believe it or not you do dehydrate whilst swimming. Fizzy and high caffeine based drinks are not recommended. Sports drinks are expensive and to be honest don't really offer any benefit.

Useful websites for kit

<https://www.proswimwear.co.uk/>

<https://www.allensswimwear.co.uk/>

<http://www.sportyswim.co.uk/>



The Various Events

There are numerous events that your child will or may swim during their swimming career.

Some competitions offer the opportunity to swim in the majority of these events. Galas are mainly 50's and 100's, with some of the younger swimmers swimming 25m.

Distance M	Frontcrawl/Freestyle	Backstroke	Breaststroke	Butterfly	Individual medley
50m	x	x	x	x	
100m	x	x	x	x	x (25m pool only)
200m	x	x	x	x	x
400m	x				x
800m	x				
1500m	x				



Club kit

The club do have a kit and this can be ordered from the Members desk

This consists of a Hoodie, T-Shirts, Shorts and Track-suit bottoms

Orders will be placed with the supplier on the Monday following the first Sunday in the month.

We also have team hats, which can be ordered or obtained from the club desk on a Sunday and Wednesday.



Galas

This is a team based competition against other swimming clubs.

They have around 49 events and consist of individual events and relays.

The age group you are swimming in may not correlate to your actual age. They could be age on day, age at a certain point in the future, or there may be age groups – 10u, 12u, 14u, 16u, Open

If selected your child will be asked to swim in certain events by the club.

We provide a bus (depending on distance) and these leave from Worksop College.

Results are based on points scored for each race – 6pts for 1st, 5 for 2nd and so on. The team with most points wins.

They are held on Saturday evening and usually within Nottinghamshire.



Open meet

Open meets are targeted competitions supported by the club.

You enter the events you wish to swim, although they do have qualifying times, so you do need to check.

Discuss with your coach the number of swims you wish to do, they will select which events they will be. This helps with development and it's not beneficial to keep doing the same events over and over, especially at a young age.

You will need to be a Cat 2 registered swimmer to compete at open meets and must be 9yrs or above.

Open meets are licenced and follow different criteria -

Level 1 – High level, Long course. Inc National & Regional championships. Based on fastest swimmers in each age group. Harder qualifying times.

Level 2 - Short course. Inc National, Regional & County Championships. Qualifying times needed to enter.

Level 3 – Qualifying times to enter, but is a first come first served basis and do fill up quickly.

Level 4 – Club champs or time trials and in some instances galas.

Age is either – age on day of meet or age as of 31st of December. Entry forms state what age criteria it is.

You compete as an individual but under the banner of Worksop Dolphins.

Medals are awarded for either top 3 or top 6 swimmers in each event and age group, this depends on the organising club.

These are all-day events and can sometimes be over 2 days.

There is a charge to enter each event and these range from £5 to £8 per swim depending on the level of meet and location.

There are closing dates for these events and we do have open meet co-ordinators that can help.

For the targeted meets entry forms will be either on the notice board or handed out by the open meet co-ordinators.

Support will and can be offered for those unsure.

Please check with your coach before you enter as your swimmer may not be ready just yet as they need to be confident with the rules. We'd recommend doing a few time trials and our club champs before entering open meets.

The meets we select tend to be at Sheffield – Ponds Forge, Nottingham and Matlock, with one or two at Leeds



Counties, Regionals and Nationals

Our aim as a club is to get your swimmer to nationals and beyond however we have to start somewhere.

Our first target is to get them to the Notts County Championships held during January and February and is held at the Harvey Hadden pool in Nottingham. You must achieve the qualifying times to enter and these must be achieved at a level 4 or better meet. These times are posted on our notice board or can be found on the Notts ASA web page under the counties tab.

These times do change each year.

Age is at 31st of December and you must be at least 10 during the year to enter.

Regionals are made up of 5 counties – Notts, Derby, Lincs, Northants, Leicestershire and are either held at Corby for the 13/u, or Ponds forge for the +14s. Again you must achieve the qualifying times to enter and these are posted on our notice board. These must be achieved at a level 3 meet or better. These are held during April and May.

Age is at 31st of December and you must be 11 during the year to enter

Nationals. These are split into 2 championships 1) British and 2) Either England, Ireland, Scotland and Wales.

There is a qualifying window of March through to May and it's the fastest 24 on each event within that window go to the British champs and then the next 20 to 24 go to their country of representation championships.

These are held last week in July for the British and 1st week August for the English

Information will be made available nearer the time to those that have qualified for these championships and we do have experienced Committee members that can support you further with regards to qualifying times and entries



Gala and Open Meet kit

As mentioned previously we do have a Dolphins kit and we do like you to wear this when on the poolside and the club hat when swimming at both open meets and galas.

We recommend you bring extra towels as your swimmer will need to get dried after each race and keep warm.

Plenty of drinks will be needed whilst there, as it is warm on the poolside and swimmers can easily dehydrate. Water and cordial are the best options.

If you're at an open meet, most places do have a café. It does need to be light meals and snacks during the day. Stodgy high carb meals are not recommended, although small amounts of pasta can be of benefit. See information on the web page relating to nutrition.



Club champs, time trials and our Open meets

During the year the club organises various time trials. We do like your child to enter as this offers experience in competing, but more importantly it allows the coaches to see the progression of your child, and help us assess what your child needs to work on.

Club champs is an annual event, over several training session evenings. Your child swims against fellow club members and it is age as of the 31st of December.

8yrs and under do 25m swims, +9yrs swim 50m events and above.

Each year we have a presentation night where the swimmers will be presented with trophies and medals won at the club champs.

We also arrange 2 open meets a year – Our spring meet held at Worksop Leisure Centre, and our Autumn one which is a long course meet and is held at Ponds Forge. Again we like as many Dolphins swimmers to enter. These are good fund raisers for the club and we do require as much support as we can get.



FINA Points System

This is a points scoring system that can be used to determine the best swimmer i.e. the swimmer achieving the highest point score. The faster you swim the more points you will achieve. The FINA points scale is different for male and female and also for each event, irrespective of age.

For ease of explanation the world record for each event scores 1000 points, for every 0.1 of a second slower than this you deduct 1 point.

Some competitions use a category system where a category is simply a group of events. The categories are normally divided into age groups and in each age group your **highest scoring event** is added together, see the example below. The highest score overall wins.....

This system is no longer recognised by Swim England but is still used in our Club Championships and in the Nottinghamshire County Championships where they are called **NottCats** (Nottinghamshire Categories). Other than at club and County you are unlikely to see this system used at open meets however FINA points are often used in different ways to determine the best swimmers.

Sprint – 50m in all strokes

100's – in all strokes

Freestyle – 200m, 400m, 800m (Girls) or 1500m (Boys)

Form – 200m in Fly, Back or Breast

Individual Medley – 100m, 200m, 400m

	50				100				Free			Form (200m)			I.M.			Total	Place
	Fly	Free	Back	Breast	Fly	Free	Back	Breast	200	400	800	Fly	Back	Breast	100	200	400		
Jayne	100	120	92	87		120	175	87	90	170		220	200			250		935	3rd
Claire	75	140	130	100	75	140	130	100	120		190		280			220	200	970	2nd
Sarah		100	120	160		100	120	200	150	190		219	279			275		1104	1st
Beth	94	136		175	94	136		99	160	189				250				750	4th

If there is a Category Award system at the competition and you wish to have a chance of winning the award, you should enter at least 1 event in each category as a '0' score in a category will push you down the rankings.



Workforce

To run a successful open meet, gala, time trial or club champs the club and ASA require a large number of volunteers.

For a gala it's generally 2 timekeepers and a judge per club. If hosting the gala, then we also have to provide a Starter, 2 chief timekeepers, and 2 Referees. Plus Announcer, Recorders/IT, Refreshments and people on the door to collect the entrance fee.

For Open meets, volunteers from the clubs that enter support the open meet with officials, but we do like to have as many Dolphin's parents supporting as we can. As well as the above we also require many more timekeepers, extra Referees and Judges. Plus Competitor Stewards who ensure that swimmers are in the correct heat/race, Team manager for our club swimmers.

For Club champs and time trials. This is an internal competition and therefore all positions need to be filled by Dolphins parents – 2 Referees, 1 starter, 7 judges, minimum 6 timekeepers, but prefer 12, 2 chief timekeepers, announcer, IT, refreshments, 4 competitor stewards, and people on the door. Without this support we cannot run the competitions.

If you would like to volunteer or want to know more about each role, please speak to the Committee



Nutrition

Under the welfare section on the web page we do have a section relating to nutrition.

British Swimming also have a section on Nutrition and diet -
<https://www.britishswimming.org/search/?query=nutrition>

Effects of poor nutrition on swimming performance

During Training (long-term)

- Heavy Legs
- Can't keep up
- Elevated resting Hr
- Elevated resting HR on typical sets done most weeks
- Weight loss

During Competition (Immediate)

- Usually on the back end of a meet
- Lower post-race peak lactate
- Feeling of fatigue
- Elevated resting HR
- Longer post-race hr recovery & less effective overall recovery

Physical effects

- Reduction in muscular strength
- Perception of effort is increased
- Fatigue

Mental Effects

- Reduced concentration
- Reduced skill accuracy
- Reduced ability to make decisions



Terminology

Swimming is awash with terminology and confusing jargon. So what's bilateral breathing, a track start, the order of the individual medley.....

Long course (LC) = 50m pool, **Short Course (SC)** = 25m pool

Individual medley (IM) – All 4 strokes swum as – butterfly, backstroke, breaststroke, frontcrawl.

Bilateral breathing on Frontcrawl – breathing to both sides usually every 3rd stroke.

Track start. As per running – 1 foot behind the other **Grab start** – feet side by side

Land Training – land based exercises to develop strength, flexibility and core muscles.

Blood flow - Land based warm-up to help raise heart rate prior to swimming and help prevent injury

DSQ = Disqualified, usually followed by a code relating to the infringement. **DNS/DNC** = Did not start/compete

Regional Champs – We're in the East Midland Championships, covering the following counties – Notts, Derbyshire, Lincolnshire, Leicestershire and Northamptonshire.

ASA – Amateur Swimming Association

Licensed open meet – A competition that follows various criteria – 1 being the highest, 4 lowest. These times appear on the national rankings

15m Rule – Distance you're able to go under water from a dive or turn before you head must break the surface.

Heat – Depending on your time you will be seeded and placed into a heat against swimmers with a similar time, slowest to fastest. You may be 10yrs old and swim against a 12yr old

HDW – Heat Declared Winner. Means that there is no final for this event. These tend to be longer swims +200m.

Spear headed – Finals are spear headed – fastest swimmers in the middle lanes, moving out to the slower swimmers in the outer lane

There are various web sites that provide further detail and a larger list of jargon.

<https://www.outtoswim.org/glossary-of-swimming-terms>

<http://www.swimsmooth.com/glossary.html>

<http://www.leanderswimmingclub.org.uk/documents/Glossary%20of%20Swimming%20Terms.pdf>



Do's and Don'ts

<u>Do</u>	<u>Don't</u>
Encourage your child at all times	Coach from the balcony or distract your child while training
Arrive in plenty of time. Preferably on poolside 15 minutes before the session starts to do a land warm-up	Distract the coach during a session.
Talk to the coach after the session if need be or arrange a convenient time	Compare yourself/child against other swimmers, they all progress at different stages
Work as a team when training. Lane etiquette is important and there are reasons for it – safety being one of them	Think they have to be at the front all the time and on every stroke.
Listen to your coach, those that do generally progress quicker	Sprint/race unless told to do so by the coach
Work on technique in training, speed will come later	Eat a heavy meal just before training, at least an hour before is preferable
Do all the session – do not miss lengths out	Pull on the lane rope or use arms when doing kick.
Get involved, we always need helpers	Give racing tips, leave that to the coaches
Before and after a race speak to your coach	



Other useful web pages

Nottinghamshire ASA

<https://www.notts-swimming.co.uk/>

Swim England East Midland Region

<http://www.swimming.org/EastMidland/>

East Midlands Championships

<http://www.emswimchamps.org.uk>

British Swimming

<https://www.britishswimming.org/>

Swim England

<http://www.swimming.org/swimengland/>