

January 2006

INTRODUCTION

Welcome to Melton Mowbray Swimming Club. The club exists to promote competitive swimming and participates in several leagues and inter club galas. You will be expected to swim for the club when selected and should also enter the time trials, 4's galas, the club sprints, the Graded Age Group galas and the annual gala so that you can measure your progress and make the team selectors aware of your ability.

You can taste success through improving on your previous best time, contributing to a good team performance or winning an individual medal and you will learn to deal with disappointment when your performance is not as good as you hoped.

The other benefits from swimming include safety, improved stamina and strength and good company. The more you put into the sport the more you'll get out so good luck and enjoy your swimming

George Rae

President



CLUB FIXTURE LISTS FOR THE YEAR 2006

This will be posted on the notice board as soon as it is available; copies of which can be obtained from the subscriptions desk on a Friday night

All MMSC members up to 14years, (15+ on selected galas) are automatically entered for the 4's galas – and we expect you to come along as these galas are a good opportunity for you to achieve officially recorded times in the different strokes. All club members are assigned to one of the 4 teams – *Sharks (Blue)* – *Swordfish (Yellow)* – *Sea lions (Green)* and *Stingrays (Red)*. The club always keep brothers and sisters in the same team but others are placed to whichever team is next on the list. There are three 4S galas during the year and in each you will be asked to swim freestyle and another specific stroke over 1 or 2 lengths according to your age group. By the end of the year you will have had an opportunity to swim all of the strokes and should then have officially recorded times for all. The selectors will not normally pick you for a competitive gala without you having these times.

In addition to this, from time to time the club will be holding **Time trial Galas** again for club members only. The purpose of these is to enable swimmers to go for the ASA awards or just a time in a stroke that they haven't swum for a while.

In order to swim in the competitive galas (4s galas excluded) listed in the fixture list the swimmer must fulfil certain requirements: -

- 1) He/She should have recorded an official time in the stroke in which he/she is chosen to swim.
- 2) He/she must be at least 9 years old before the 31st December of that year. (Swimming ages are usually calculated in this way unless the gala states "Age on the Day")

Diddy Galas relate to swimmers between the swimming ages of 9 and 12

Rules of swimming

The purpose of rules in any sport is to ensure that no competitor enjoys an unfair advantage. There are rules covering starts: swimming each stroke – butterfly, backstroke, and breaststroke, front crawl and medley; turns and finishes. Swimmers are taught to swim according to the rules and are encouraged to observe them during training. Sloppy training leads to bad habits and disqualifications

7 Any parent/teacher who thinks that special consideration should be given to a swimmer should supply this information to George Rae. The matter will be discussed at a teachers meeting on the week following the time trial.

All swimmers **MUST** have competed in 1 of the two preceding 4S galas to ensure consideration for promotion

Progression – Large Pool

There are four sessions in the large pool on Friday evenings, they are 6.15pm to 7.00pm - 7.00pm to 7.50pm - 7.50pm to 8.45pm - 8.45pm to 9.45pm. When a swimmer leaves the small pool they will enter the 6.15 to 7.00pm session in the large pool and will then progress through the sessions, in order, at the discretion of the session coach in consultation with his/her assistant (swimmers may also be offered large pool sessions on Sunday 5.00 to 6.00pm Monday 8.30 to 9.30pm Wednesday 8.00 to 9.00pm Thursday 5.30 to 6.30)

Lost Property

If you lose any property at any time, please ask at the reception desk and they will try to point you in the right direction. It would help if you could mark your property so that the owner's name can be read clearly

Fins –Floats and Pool Buoys

Each are valuable teaching aids. The club has some Fins – Pool Buoys and a quantity of floats, however we do not have sufficient to equip each swimmer. Many like to have their own. Perhaps they would be a good idea for a forthcoming birthday or Christmas present. Melton Mowbray Swimming Club swimsuits may be purchased by ordering them from Sharon Bradbury on a Friday club night; (items are on display near the subscriptions desk). Other items of swimwear may be purchased at this time along with mementoes of the club

CLUB SPONSORS

The swimming club has 2 sponsors who are supporting the club with special Tee shirts for wearing at specific galas. There are different shirts for the Diddy Team, "A" Team and "B" Team. You can if you wish purchase for yourself, mum and dad a Tee shirt that carries the chief sponsor's name "MELTON BUILDING SOCIETY". This looks particularly impressive when all the supporters in the balcony are similarly clad. There is also another sponsors to the club "B&H SUPPLIES" who jointly sponsors the club teams

CLUB COMPETITIONS

ANNUAL GALA - this is held by the club for its members only. Entries are made for swims in specific strokes in the various age groups and payment is made for the strokes they swim. Heats are arranged on a time basis and cups and medals are awarded to the fastest in each age group for each stroke and also for the fastest boy and girl in each age group overall

Club members must have supported the club (trained regularly and swam in internal galas and inter club galas when selected) to be eligible for entry

THE SPRINT GALA – again is for MMSC members only. Races are 2 lengths and swimmers can again choose to swim all strokes or just the ones they are best at. Again, heats are swum in relation to entered times and awards are made to the fastest in each age group, best overall and best handicap. Entry qualification as for annual gala.

LONG DISTANCE GALA – again this is for MMSC members only. Entries are made for swims in specific strokes which range from 200m Butterfly- Backstroke – Breaststroke – Freestyle and 400m and 800m Freestyle. The events usually take place over 4 weeks in September / October. You can enter as many of the events as you wish but swimmers who will reach their 9th Birthday by March 31st of the following year may enter the 200m distances only

OPEN GRADED AGE GROUPS GALA - The club holds an Open Graded Age Group competition usually in January/February

Open refer to galas where the swimmer must be at least 10years old (swimming age). Here the swimmer enters the gala by completing an entry form on which he/she is asked to declare an official time in each of the strokes in which he/she is applying to swim. Acceptance into these galas is usually based on times, and races are swum by way of heats based on times. The entrant usually pays a fee for each stroke that he/she swims. Based on the times submitted you will be placed in a B or C group as each group has its own cut off time. i.e. you cannot enter a group if your time is quicker than that allowed

Why not come along to spectate so that you know what Open Meets entail? (Prizes are awarded to swimmers who achieve the fastest times in their age groups – speeding tickets to some) This is aimed at encouraging developing (ambitious) swimmers since county class swimmers are prohibited from entry

CLUB TEAMS

The Club has 4 teams, Diddy A and B (for swimmers in the age group 9 to 12) and 2 senior teams A and B for swimmers usually from 10 to Open age groups. To be selected for any of these teams you must have recorded an official time for an event. As a congratulatory achievement when selected for one of the club teams, the club will supply you with a club hat.

The club costume is subsidised by the club, and swimmers wishing to purchase one, depending on the cost at date of purchase may be asked for a minimum payment towards the costume.

We also request that you do not wear the costume for training sessions.

A sponsored tee shirt will be given to you at poolside to wear at any league or gala, (which is not an internal club gala) during the intervals that you are not swimming, and you are requested to return them after the meeting. The Senior and Diddy teams all wear different coloured sponsored shirts, and to keep them fresh we ask all swimmers to take it in turns to wash the team shirts after a gala.

AWARDS

Competitive Start Award. Swimmers are tested for this on a club night to demonstrate shallow racing dive competence an award they **MUST** gain before being permitted to dive into shallow water during a gala. Swimmers will be informed when there is space on the diving course; usually it is when a swimmer is in the 6.15pm small pool session so that the badge is achieved before they move into the large pool. A certificate and Badge are offered as proof of course completion.

Medley Master Badge

This is open to all swimmers, whatever their age who train in the small pool at Melton on club night. Swimmers will be able to attempt the award at the regular time trial, every twelve weeks, in the small pool.

The award requires a swimmer to obtain a legal swim; including starts, turns and finishes; in all four strokes; butterfly, backstroke, breaststroke and freestyle. The swims must be over two lengths of the small pool.

The swims must be judged by two persons, on the A.S.A District List of officials as judges, or by one person on the A.S.A District List as a judge and one person qualified to A.S.A Teacher (Level 2) or A.S.A Advanced Teacher level.

The award requires that the four strokes be achieved in the same time trial in the small pool.

Swimmers who achieve the required standard shall be nominated for the award by the Coach (Teaching) following the time trial and the award shall be presented on the subsequent club night to the time trial.

Queries as to eligibility or achievement should be directed to the Coach (Teaching)

A.S.A Badges

The club award A.S.A. badges, which are given for stroke and speed. There are four levels of achievement, Bronze, Silver, Gold and Platinum. When a swimmer attains the required mark in any stroke and distance they will be offered the opportunity to receive a certificate and Badge to mark their success. A list of successful swimmers will be displayed on the club's notice board and the level of the award. The club will not normally offer the awards to anyone who is 13 and over by December 31st in any given year unless by special request.

A performance table (Bronze-Silver-Gold times) can be found at the end of this booklet for your information.

The badges are awarded for success in any ASA sponsored event, (Open meets etc.) **but** only in individual races (relay times do not count). Awards may be achieved for any of the four strokes and an I/M.

You can obtain your certificate, badges and flashes from the Badge secretary who will be available each Friday sitting in the clubs Trophy alcove. A small charge is made to cover the administration cost.

SWIMMING GALAS

ANY GALA

ALWAYS check the notice board in the Trophy Alcove bay each time you are at the swimming pool. Team lists and any changes are on view there and can be noted

HOME galas – turn up on time for the Gala – at least 1/4 hour before the gala warm up is due to start.

- a) If you cannot compete, cross your name off the team list at least one week before the gala is due to take place (earlier if possible as this enables the selectors to find a replacement and prevents swimmers being asked to swim the day before a gala
- b) If on the day of the gala you find you cannot compete **PHONE** a selector or Team Manager, in the case of an emergency

DON'T JUST NOT TURN UP – you'll be letting the team down

- c) The ½ hour before the gala starts is to practice starts, turns etc - don't forget to count the number of arm strokes needed after the flags if you are likely to swim backstroke.
- d) When you arrive at the gala, report to the team manager/team stewards (who you will recognise wearing Melton T Shirts and worried expressions) This helps them, as anyone not turning up will need to be replaced and also they can tell you what events you will be swimming.
- e) Sweets on the poolside are bad for you, but a non-fizzy drink is a good idea – glass bottles are not permitted on poolside. Many use cycle bottles

Away Gala

If you are at an AWAY GALA, make sure that you arrive at the bus in good time, Buses usually leave from the Wilton Road Bus Station: details of time of departure, destination, and Team Manager are usually put at the bottom of the team list.

If you cannot compete mark the team sheet as if it was a home gala.

Sometimes, your parents may wish to travel in their own transport. If they do and you and any of your friends who are competing do the same mark the team sheet **OT** (own transport) the Team manager will know not to keep the bus waiting or search for you at the end of a gala

Gala Day Rules for Swimming Faster

1) It is most important to keep your muscles warm during the Gala, prior to swims. So, after your warm-up swim and competition swims **CHANGE INTO A DRY COSTUME**. Don't wander around all night in a wet one getting your muscles into a state of tension. Look after yourself by wearing a tracksuit or something similar. You should aim to keep the big muscles in your legs warm and dry

2) Melton Mowbray swimming hats must be worn when swimming for the club. These can be purchased from the team managers, on the bus or at the gala. Club swimsuits and tee shirts also need to be worn on poolside when representing your club. **CLUB SUPPLIED COSTUMES MUST NOT BE WORN FOR TRAINING**

3) During the day, light snack-type meals are best as they are easily digested and you will feel more comfortable. A big binge on steak and chips is to celebrate a good swim – **AFTER** and **NOT** before competition

4) Don't eat sweets and crisps on poolside. This is asking for trouble

5) Do what suits you best during the Gala, between swims. Maybe read, or chat or listen to a tape or ask your coach's advice

Page 8

6) Don't sit in the same position for several minutes. Keep moving about, keep flexible. Perhaps a few stretching exercises – your coach will help if you don't know any.

Encourage your team-mates. Everybody performs better with people behind them shouting them on, but do remember to be quiet for the start of the races.

FINAL RULE: HAVE FUN AND ENJOY YOURSELF, RELAX AND BE HAPPY. THAT'S WHAT IT'S ALL ABOUT

PARENTS

Payments

Membership fees are due annually in October, (unless changes are approved at the AGM), payment of membership fees and the cost of weekly training can be made on a Friday night where we set up our own cash desk. In the case of illness/injury the first four weeks of your absence must be paid for. After that payment will be waived until you are back in training (but you will have to talk to the cashier to arrange this) payment must be made for none attendance of sessions e.g. Holidays, Disco, Trips etc.

Parents - influence

Parents or Guardians can be a positive influence on the achievements and enjoyment of swimmers. There are three ways to do this: -

Support the swimmer – there is undeniable motivation in knowing that someone is interested in your performance, is willing you to do well and will appreciate your effort whether the result be good or bad. So come to training sessions, spectate at galas and never criticise immediately after a disappointing performance. The swimmer will be miserable enough without any assistance from you but your support can be critical in them putting it behind them and getting on with improvements.

Support the specialists – the teachers, coaches and gala officials have invested their own time and money to gain A.S.A. qualifications and have in addition considerable experience. They deserve your backing and you can demonstrate this in two ways – 1st), encourage your swimmer to put the effort into training and follow the programme as set (a lot of time-money-skill goes into producing it)

Support the club - Be aware that we would need 62 teachers/coaches if each person involved took one lane for one session? Do you realise that an internal gala requires 37 people on poolside?

Few adults stay on when their children stop swimming so we have a constant need for new helpers. Many jobs can be done without qualifications so don't be bashful – make an offer of help at the subscriptions desk on Fridays or see the Gala Organiser for a form and information on how you can help.

Racism - The swimming club will not tolerate any form of racial abuse, either verbal or otherwise. If something is causing you concern then talk to the person concerned and get an explanation – but not on poolside. A polite and rational approach should get a polite and rational response. If not, consult a club official.

Adults can contribute to the success of the club and in return can share the satisfaction and enjoyments of achievements and a job well done

Who do I see if.....?

1) *I need to discuss charges?*

The treasurer at the reception desk on a Friday evening

2) *If I am unhappy about my swimming session?*

Your lane coach/ session coach – poolside

3) *If I am going to miss some sessions (illness/holidays etc.)?*

Lane coach/session coach – poolside, and the treasurer's reception desk

4) *I am unhappy about selection?*

The Selectors – usually available on Friday evening or make written complaint to them. They are always happy to sort out any queries.

5) *I am concerned about some general aspect of the club?* –

6)

The Chairman or one of the officers if he/she is unavailable.

Who's who in the Club?

Every November the club holds it's Annual General Meeting and all members 17 and over are encouraged to attend and have the opportunity of airing their views and casting their vote. The Treasurer presents a financial report and any proposals for charge increases. The Chairman also gives a report of the main activities that the club has been involved with during the past year.

Voting

Prior to the meeting – nominations are called for, for the following posts: - Chairman, Treasurer, Secretary, President, Eight Committee members and 4 team selectors. These are then voted for at the meeting. Nominations will be asked for from the meeting when insufficient nominations have been put forward. In addition the committee will offer the Chief Selectors position to a selector from the previous years selectors to maintain continuity and he/she will have an automatic seat on the committee for the following year

NOTE IF you are unsure who the club officers/committee members are, their photo together with their names are posted on the notice board in the clubs trophy alcove or you can ask us at the cash desk and we will point you in the right direction

Further expansion - OAKHAM

Melton Swimming Club has extended its coaching expertise by venturing away from its home base and is now able to offer training courses at Oakham on a Sunday between the hours of 4pm and 5pm. Sessions are run by a senior coach from the club with the help of our County class swimmers. Young swimmers 7 and upwards are all welcome. Further details can be obtained from Melton Swimming Club or by visiting our website at

www.meltonswimclub.com

New for 2006 Squad Swim 21

The swim 21 squad is for swimmers who have reached their club swimming age of 13 and are primarily for regular members of a Senior A or B team. That does not mean it is a closed shop. Depending on the ability, strength, determination, support for the club, any swimmer reaching the required age may be offered a place in this group.

You will be expected to attend and train at least 3 out of the 4 weekly sessions on offer

PERFORMANCE TABLES

FREESTYLE

	Bronze	Silver	Gold
880yds	16:54.10	14:46.90	16:26.30
440yds	8:09.00	7:07.70	6:28.80
220yds	3:52.00	3:22.90	3:04.50
110yds	1:45.00	1:31.60	1:23.40
55yds	47.30	41.30	37.50
27.5yds0	21.20		
1500m	31:43.40	27:42.80	25:10.70
800m	16:45.30	14:38.20	13:17.90
400m	8:04.70	7:03.50	6:24.70
200m	3:49.90	3:20.80	3:02.40
100m	1:44.30	1:31.00	1:22.80
50m	47.00	41.00	37.20
25m	21.00		

BREASTSTROKE

220YDS	4:43.00	4:07.60	3:45.40
110YDS	2:12.80	1:56.00	1:45.50
55YDS	1:00.70	53.00	48.30
27.5YDS	27.50		
200M	4:40.40	4:05.00	3:42.60
100M	2:12.00	1:55.40	1:44.80
50M	1:00.40	52.70	48.00
25M	27.20		

BACKSTROKE

220YDS	4:13.20	3:41.40	3:21.20
110YDS	1:56.80	1:42.00	1:32.60
55YDS	54.70	47.80	43.30
27.5YDS	24.70		
200M	4:11.10	3:39.40	3:19.80
100M	1:56.00	1:41.40	1:31.00
50M	54.40	47.50	41.80
25M	24.70		

BUTTERFLY

220YDS	4:11.30	3:39.80	3:19.80
110YDS	1:54.50	1:40.00	1:31.00
55YDS	52.70	46.00	41.80
27.5YDS	23.50		
200M	4:09.20	3:37.70	3:17.80
100M	1:53.80	1:39.40	1:30.40
50M	52.40	45.70	41.50
25M	23.20		

INDIVIDUAL MEDLEY

220YDS	4:18.20	3:46.00	3:25.30
110YDS	1:59.50	1:33.70	1:25.30
200M	4:17.20	3:44.60	3:24.10
100M	1:58.60	1:43.60	1:34.10