

Guide to Tavistock Swimming Club "Club Championships"

What are the Club Championships?

This is where all swimmers in the club have a chance to put training into practice, to make sure that their coaching is working. It gives swimmers an opportunity to have a go at a small 'gala' in their own pool, to gain experience in starting, turning and finishing and to see whether they enjoy racing. Tavistock swimmers compete against each other starting from the slowest swimmer to the fastest so everyone will be in a 'heat' with swimmers of a similar pace to them. Don't be fazed by the word "championships": these events are held for fun and experience, not to see who is the best in the club.

A referee will start each race and parent officials will time the swimmers and watch stroke technique and turns just as they would do in a bigger gala.

It can be a daunting experience for new swimmers (and parents) but please be assured there will be an experienced team poolside to help young/nervous swimmers. Often the swimmers who were most nervous beforehand finish with the biggest smiles on their faces.

Is it really worth swimming in the Club Championships?

Absolutely yes. For younger swimmers, it is a chance to gain racing experience; for all swimmers, an opportunity to set or improve times. For older or more experienced swimmers, it is a time to swim events you wouldn't ordinarily choose to do in an open meet. It's also a big help to the club if you compete, as watching you inspires the younger swimmers, showing them what they might be able to achieve in the future. As it is a licensed meet, provided we are fully staffed with the required number of officials, results will be sent to British Rankings and can be used as entry times to other meets, including the Devon County Championships. There is also the chance to pick up a medal in your age group and even a trophy at our end of year presentation.

Who should enter?

Everybody!! Gareth and the coaching team encourage ALL club members to take part – including Masters. Events are purposely timetabled on a Friday and Sunday so as many swimmers as possible can do them.

How do I enter?

Online via Club Organiser.

What time should I arrive?

It is very important to sign-in on arrival poolside with one of our team managers to help our planning and smooth running of the event. If you know you are unable to make one of the days as you are away or if you are ill, please let us know as soon as possible (taviswimclubcompetitions@gmail.com) as this will save time on the evening.

Fridays - Arrive at 5.50pm to register if you are entered for these events. There will be a short warm up at 6.00pm before the start of the events.

Sundays - ALL swimmers should arrive at 4.20pm to register. **Note this is earlier than your usual swim time.** There will be a short warm up at 4.30pm before the start of the events.

What time can I expect it to finish?

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

What should I bring?

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

Where can we sit?

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

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

Refreshments etc

Hopefully there will be cakes and refreshments available in the café area on the Sunday evenings and maybe a raffle. We will bring down some of our stock kit so parents have a chance to buy hats and towels. If there are any parents that would like to help with this, do let us know.

Caroline Furze
TSC Competition Secretary