



## MEMBER INFORMATION PACK

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## **1. WELCOME**

Welcome to Locks Heath Swim Squad (LHSS).

We are a small, successful, and competitive swimming club, affiliated with the Hampshire County Amateur Swimming Association and the Swim England South East Region.

The primary objective of LHSS is to introduce young, talented swimmers to competitive swimming and provide a structured training and competition program to allow every swimmer to reach their full potential. Swimmers will compete in events relevant to their age and ability.

LHSS has a proven track record of swimmers competing in the Hampshire County Championships and South East Regional Championships.

## **2. LHSS TEAM**

Lynda Reid is the Head Coach at LHSS, bringing over four decades of experience in the swimming world. A multiple-time National Medalist, Lynda spent most of her competitive years training with Portsmouth Northsea Swimming Club, where she was part of a renowned squad alongside Olympians and international champions which included past stars such as Katy Sexton, Margie Pedder, Sharron Davies, and Grant Robbins.

Wendy Harrison, our Assistant Coach, swam at a high level at Basingstoke Swimming Club. Wendy brings a wealth of experience to support the Head Coach and guide the team. Her own daughter has progressed through our squad pathway which gives Wendy a great perspective and strong understanding of the club.

We are very lucky to have our own land training coach, Cliff Williams. Cliff has been with the club since his daughter swam back in 1990's. Cliff, an ex-soldier, is a keen sportsman and has coaching qualifications in gymnastics, judo and skiing.

### **3. CLUB TRAINING AND STRUCTURE**

A document outlining the structure of the club is in Annexe A, with a copy of the training timetable in Annexe B.

LHSS consists of Gold Squad, Silver Squad and Bronze Squad, catering for approximately 60 swimmers aged 8-16 years.

In addition, there are two “transition squads”, Bronze Plus and Silver Plus. These squads are used to help swimmers transition from one level to another. Swimmers will attend one session a week with the higher squad to adjust before moving over full-time.

To improve the depth of quality in the club, and to give all swimmers the opportunity to reach their full potential, all swimmers must approach training and competition with a positive attitude, be ambitious and take pride in representing the club. Expectations and conditions for each squad are set out in the ‘Squad Structure and Criteria Document’.

In addition, we require the following from all swimmers.

- Be on poolside at least 5 mins before session start time
- Bring spare hat and goggles to every training session and competition
- Arrive at Open Meets knowing/with a list of events and PB’s

Training and competition attendance are closely recorded and analysed to provide useful data for coaches, and feedback to swimmers and parents.

If your swimmer is going to be absent for more than three consecutive pool sessions due to illness, injury or holiday, please notify Lynda via email.

During school holidays and competition weekends there will be Changes to Training. Changes will be communicated with plenty of warning via email, Facebook on the website and via the weekly LHSS newsletter.

Any last-minute training cancellations due to, bad weather, sickness, emergencies will be communicated via WhatsApp, email, and Facebook.

### **4. CONTACT AND INFORMATION**

All information relating to LHSS can be located on the Locks Heath Swim Squad website.  
[www.locksheathswimsquad.co.uk](http://www.locksheathswimsquad.co.uk)

Adding the LHSS webpage as a bookmark to your home screen on your phone is advised.

The website includes, but is not limited to:

Folders	Contents
Notice Board	Notices including Changes to training
Fixture List	Upcoming events. Competitions, Time Trials & Social Events
Competition Entry Information	Gala Team Selection, Promotors Competition Conditions for Meets, Qualifying Times and Entry Forms
Competition Results	Event Results, Swimmers PB's and LHSS Club Records
Changes To Training	Notice of any changes to the normal timetable
Time Trial Results	Time Trial Results and Swimmers Time Trial PB's
Swimmer of the Month	Record of winners
All Documents and Policies	Club Constitution, Codes of Conduct, Info Pack, and many other useful documents
Training Program	Weekly Term Time Program for all squads
Welfare	Useful safeguarding information and Welfare Officer contact details

The password will be provided on joining.

If you need to contact either Lynda or Wendy, they can be reached via email at; [lynda@locksheathswimsquad.co.uk](mailto:lynda@locksheathswimsquad.co.uk) or [wendy@locksheathswimsquad.co.uk](mailto:wendy@locksheathswimsquad.co.uk). Good communication between coach, swimmer and parent is essential for a happy and positive experience. If you need to discuss anything about your swimmer with either Lynda or Wendy, please make contact initially via email. If a meeting/phone call/face-to-face conversation is needed, an appointment will be made.

We hope you appreciate that it is not always possible to discuss things at training due to the required supervision of children. We will always do our best to speak to you at drop-off or collection, but sometimes this isn't possible without prior notice.

## **5. TRAINING LOCATIONS**

LHSS's training locations are:

- Locks Heath Junior School, Warsash Road, Locks Heath SO31 9NZ (17m pool)
- Holly Hill Leisure Centre, Barnes Lane, Sarisbury Green, SO31 7BH (25m pool)

Swimmers leave the building at Holly Hill Leisure Centre via the fire exit to the side of the pool. Due to the timing of our sessions, all swimmers need to leave the pool promptly.

Swimmers need to wear warm clothing over their swimwear as changing rooms are not available. A dry robe is highly recommended.

## **6. LAND TRAINING**

Land training takes place at Locks Heath Junior School on Friday evenings for Gold and Silver Squads.

Swimmers are required to wear their LHSS T-shirt and other appropriate clothing and footwear to allow free movement, protect the individual and not easily catch on obstacles. Clothing should be visibly suitable and comfortable, i.e. shorts / joggers / leggings / t-shirt / sweatshirt / trainers. Note, a child may be asked to 'sit out' should it be considered they are not suitably dressed.

In the Winter months or during bad weather land training will be conducted in the School Hall. Swimmers must wear warm clothing to/from the hall/pool.

All electronic devices brought to training such as mobile phones are to be left on silent in the swimmer's bag at the owner's risk.

In line with Swim England's Mobile Phone Policy, no mobile phones are allowed in changing rooms at training or competition. Devices must be in a bag or pocket.

## **7. TIME TRIALS**

Time Trials are held at Holly Hill LC approximately every 6 weeks. The dates/times will be listed on the Fixture List on the website, posted on Facebook and sent out in the weekly newsletter.

ALL squad swimmers are expected to attend. Time Trials enable swimmers to participate in a range of events and track their progress. Time Trials results are posted on the website and Facebook the same evening.

## **8. COMPETITIONS**

LHSS swimmers compete at Internal events, Fun Galas, Junior Galas, Novice Leagues, Open Meets, County Championships and Regional championships. The Fixture List is carefully planned to promote development and avoid over-training. Swimmers should consult the Head Coach before entering any swim competition in which the club is not attending.

Swimmers who qualify for South East Regional Championships and British National Championships will likely be required to dual register, train and compete with our partner club PNSC. This will be arranged by the Head Coach.

Located on the LHSS website is a folder named 'Competition Entry Information'. Each Gala or Open Meet will have its own subfolder where you will find the Entry Conditions, Entry Suggestions and the Entry Form. The Closing Date will be shown on the entry form.

Payment is required at the time of submitting the entry form. Failure to pay will mean that your swimmer will not be able to attend the Meet/Gala.

Swimmers are "selected" for Galas and any swimmer satisfying the Promoters Conditions are eligible to enter Open Meets. All swimmers selected for galas are to complete the Entry Form to indicate availability. Forms and payment must be returned by the closing date.

Competition entries should be paid, with the reference given, by bank transfer to:

Account Number: 60448036, Sort Code: 20-30-89

Annexe C contains detailed information regarding the different Meets that LHSS enters.

At Galas or Open Meets, swimmers are only permitted a small drawstring bag on poolside in which they can put their hat, goggles, (and spares) small snacks, and towel. Lockers are normally available to store big bags/clothing. Meet hosts do check bags sizes.

## **9. TEAM KIT**

LHSS has a range of team clothing and accessories. Order forms will be distributed approximately three times a year. Swimmers can have their kit personalised with their name or initials.

It is mandatory that swimmers wear a LHSS swim hat during training at Holly Hill LC, competition warm-ups and races.

Swimmers are to wear LHSS team clothing on poolside at competitions and in all team photos.

Swimmers who qualify to swim at the Hampshire County Championships are entitled to, and encouraged, to purchase a special LHSS County Championship swimming hat.

## **10. SWIM EQUIPMENT**

LHSS holds a limited stock of goggles and LHSS swim hats at LH pool. For other kit/equipment, Annexe D gives recommendations of what/where to purchase.

When a swimmer is ready for their first race suit it is imperative to be “fitted”. An incorrect sized race suit will slow a swimmer down considerably. Race suits are not compulsory. They offer very slight, if any, advantage to swimmers under the age of approx. 13 and at least County Level. Swimmers do not need carbon race suits. If your swimmer wants to wear a race suit, I suggest an entry level suit for the first few years.

Race suits are NOT to be worn for training; there is no need to ‘try it out’ at training as this will reduce any advantage provided by the suit.

Race suits should also not be worn for Time Trials as this reduces benefits in future use.

There are often ‘pop-up’ shops at Open Meets who can advise with fitting. The race suit guidance document is available on the website.

## **11. WARM WEATHER TRAINING CAMP**

Warm Weather Training Camps are organised at Club La Santa, Lanzarote. Training Camps are primarily aimed at elite swimmers with the ability and fitness level to endure intensive training. Swimmers are selected based on age, ability and attitude. The cost of this event is normally partially offset through Fundraising during the year.

Attendees will train for four hours per day in an outdoor 50m pool, as well as taking part in a variety of other sports including Water Sports, Ball Sports, Mountain Biking, Boulderling, Golf and much more.

## **12. COMMUNICATIONS**

On completion and return of Membership Forms and Fees, parents/guardians will be added to the Group email. (You may need to check your junk). You will also be added to a WhatsApp broadcast list for the relevant squad group.

A weekly newsletter is sent out every Monday to all parents/guardians. This provides information on upcoming events, changes to training and Competition/ Social Closing Dates. If you do not receive a newsletter, please let Wendy know.

LHSS also has a 'closed' Facebook and Instagram group – please search for 'Locks Heath Swim Squad' and request to join. These groups are managed frequently and those no longer associated with the club will be removed.

The LHSS website holds a lot of important information - please use this as your **primary** place to look for information on all aspects of LHSS.

## **13. ANNUAL MEMBERSHIP AND SQUAD FEES**

Annual Membership covers Swim England (SE) Registration, Affiliation Fees, and Insurance. All swimmers must have Annual Membership. Membership is due in January, or upon joining.

Squad fees are reviewed annually with any rise usually implemented in March.

There is no reduction in fees if a swimmer cannot make any sessions and no refund will be issued for members leaving part way through a month.

Squad Fees are calculated on an annual basis. Fees are amortised and take into consideration cancelled sessions and holiday periods. Fees must be paid every month of the year.

## **14. PAYMENTS**

Annual membership must be paid by 31 Jan. This is directed by Swim England. Swimmers will not be able to train or compete if this is not paid for on time.

Annual membership and Monthly Squad Fees are paid into the following account:

- Account: 41395181, Sort Code: 40-21-03

Competition Entries, Team Kit, Social Events and other day-to-day payments are to be paid into the following account stating the reference provided:

- Account Number: 60448036, Sort Code: 20-30-89

## **15. HELPERS/VOLUNTEERS**

LHSS relies on helpers and volunteers to assist with the smooth running of the club. Roles are usually filled by current or past LHSS family members or ex swimmers. If you are interested in helping, please contact Lynda in the first instance.

Positions include:

- Swim England Qualified Technical Officials
- Swim England Qualified Team Managers
- Land Training Assistants
- Fundraising activity leader
- Event Organisers and Helpers

## **16. FUNDRAISING**

LHSS swimmers and parents engage in Fundraising to aid with the general running of the club as well as specific events such as Training Camps. We are always looking for ways to raise funds and welcome ideas and participation by all.

Currently fundraising includes:

- Cake Sales
- Raffles/Stalls
- Social Events
- 'Cash for Clothes' Collections

## **17. SOCIAL MEDIA / PRESS**

Competition results, achievements and other reports are sent to the local press/social media to promote LHSS and reward swimmers for their achievements. Celebrating success helps to build a sense of pride.

## **18. SOCIAL EVENTS**

LHSS is a team and like any good team, bonding is an essential element. Social events for LHSS swimmers and their families are organised throughout the year and normally take place at Easter, Summer, and Christmas.

## **19. DOCUMENTS AND POLICIES**

Club Constitution, Code of Conduct, Health & Safety Policy and Inclusion Policy as well as other relevant policies documents are available to view [www.locksheathswimsquad.co.uk/lhssdocuments/](http://www.locksheathswimsquad.co.uk/lhssdocuments/)



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## **20. EXTRA TRAINING**

We strongly encourage all swimmers to remain fully engaged with our club training program. Our coaching team work closely together to ensure that every swimmer receives consistent, structured, and age-appropriate support aligned with their long-term development.

Introducing external coaching can lead to mixed messages, conflicting techniques, and may ultimately hinder progress. We aim to develop well-rounded swimmers within a team environment.

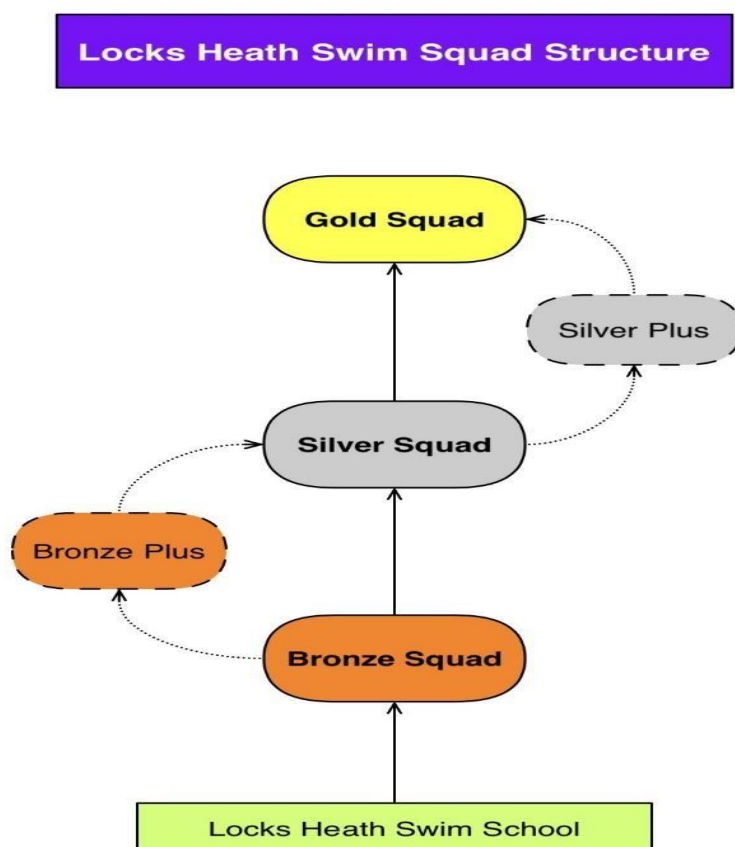
If you feel your swimmer requires additional guidance, please speak to a LHSS Coach in the first instance. We're committed to helping every swimmer reach their full potential within our club structure.

Some of the elite LHSS swimmers (generally Regional Qualifiers) may, however, benefit from extra training session(s). If the Head Coach believes a swimmer has the required potential, attitude and family support, the Head Coach may arrange and offer extra training with our partner club PNSC.

This will be as part of a managed transition whereby both clubs will agree on time frame and maintain regular contact re training and competition to ensure a cohesive move.

The pathway policy, as agreed by both clubs, is available on the website.

## 21.Squad Structure and Exit Policy – Annexe A



## Squad Criteria

Squad/ Monthly Fees	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Gold</b>  £76	To train and compete with high commitment. To qualify and compete in individual and relay events at the Hampshire County Championships.	11 years +	7.5	1	High attendance is expected at pool training, land training and competition. If regularly below 80% swimmer may be asked to leave Gold squad.	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and ability to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude to set a great example to swimmers in other squads. Swimmers will know their PB's, set targets, and strive to be the best swimmer they can be. Swimmers will be keen to compete in distance events when	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining and dolphin kicks). Swimmers should be aiming to qualify and compete at a range of events at County Championships. Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas. Swimmers should be competing both days at two day Meets.	<u>POOL</u> Hat (2) Goggles (2) Drink bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel  <u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope

						suggested by Head Coach.		
Squad/ Monthly Fees	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Silver Plus</b>  £72	<p>To enable swimmers to continually develop to reach the standard for promotion to Gold Squad</p> <p>To provide a short-term transition between Silver Squad and Gold Squad.</p>	10-12 years	5.25	1	High attendance is expected at pool training, land training and competition. If regularly below 80% swimmer may be asked to leave Silver Plus squad.	<p>Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and ability to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best swimmer they can be.</p>	<p>Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining and dolphin kicks). Swimmers should be aiming to qualify and compete at a range of events at County Championships. Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.</p>	<p><u>POOL</u></p> <p>Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band Fins Paddles Snorkel</p> <p><u>LAND</u></p> <p>Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope</p>
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Silver</b>  £70	To train and compete with high commitment. To aspire to qualify and compete in	10-12 years	3.75	0.5	High attendance is expected at pool training, land	Swimmers will have the desire	Swimmers are expected to complete all	<p><u>POOL</u></p> <p>Hat (2) Goggles (2)</p>

	individual and relay events at the Hampshire County Championships.				training and competition. If regularly below 75% swimmer may be asked to leave Silver squad.	to improve and achieve. Swimmers must have a high level of self-motivation and learn to take responsibility for performance, lifestyle, and attendance. Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best swimmer they can be.	training sessions to the best of their ability using skills set by coach (i.e., no breathing zones, streamlining and dolphin kicks). Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	Drink Bottle 1L Kickboard Pullbouy Band Fins <u>LAND</u> Appropriate clothing Appropriate footwear Drink bottle 1L Mat Skipping Rope
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Bronze Plus</b>  £65	To enable swimmers to continually develop to reach the standard for promotion to Silver Squad.  To provide a short-term transition between Bronze Squad and Silver Squad.	9-11 years	3.25	0	High attendance is expected at training and competition. If regularly below 75% swimmer may be asked to leave Bronze Plus squad	Swimmers will have the desire to improve and achieve. Swimmers must have a high level of self-motivation and learn to take responsibility for performance, lifestyle, and attendance.	Swimmers are expected to complete all training sessions to the best of their ability using skills set by coach (ie no breathing zones, streamlining and dolphin kicks).	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Band Fins

						Swimmers will be good team players and show a positive attitude. Swimmers will learn their PB's, set targets, and strive to be the best they can.	Swimmers should be competing in a wide range of events at licensed Meets as well as racing at team galas.	
Squad	Objective	Age Guide at 31 Dec	Pool hours/ week	Land hours/ week	Attendance	Attitude	Performance	Kit Required
<b>Bronze</b>  £65	Introduce swimmers to competitive swimming. Develop all strokes and skills. Learn to train. Learn the rules. Develop endurance.	8-11 years	2	0	Swimmers expected to attend all training sessions, Time Trials, and relevant competition.	Swimmers expected to show a strong desire to improve skills and technique. Swimmers expected to be a good team player.	Swimmers are expected to complete all training sessions to the best of their ability. Swimmers should be competing in all relevant galas as well as Level 3 /4Meets.	Hat (2) Goggles (2) Drink Bottle 1L Kickboard Pullbouy Fins

If a swimmer is regularly unable to attain the Attendance, Attitude and Performance standards required for their squad and/or are consistently late the following action will be taken:

1. Lynda will speak to the swimmer and the reason for low attendance/ attitude/performance explored. An improvement plan will be agreed between both parties.
2. If attendance/attitude/performance does not improve over the next month, as agreed in step 1, a meeting will be held with Lynda, swimmer, and parent/guardian to discuss the way forward.
3. If after 2 months no significant improvement is seen the swimmer may be asked to move to a more suitable squad.

All swimmers must accept these criteria as part of the Annual Membership.

## 22. Training Timetable – Annexe B

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					Gold 0725-0900 LH	
				Bronze 1600-1700 LH		
Bronze 1800-1900 LH	Silver 1800-1915 LH	Bronze 1800-1900 LH		Silver 1700-1830 LH Land Train 1840-1910		Gold 1845-2000 HH
	Gold 1915-2030 LH			Gold 1830-2000 LH Land Train 1750-1820		Silver 1845-2000 HH
Mon	Tue	Wed	Thu	Fri	Sat	Sun

### **23. A Guide to Entering Competition - Annexe C**

All swimmers who have paid their Annual Membership are eligible to enter Open Meets and swim at Galas.

There are generally two types of competition:

- Galas – a team event where swimmers score points for their club
- Licensed Open Meets – swimmers compete as an individual under their club's name

Each competition has a separate folder on the LHSS website containing all the info you require [Locks Heath Swim Squad - COMPETITION ENTRY INFO](#)

#### **Galas**

A Gala is usually an evening event. A “team” of swimmers will be selected in advance.

Team Selection will be posted on the LHSS website.

All selected swimmers are required to complete the online Entry Form to indicate availability. Even if the swimmer is not available, they must complete the form.

The Coach/es will allocate swims and swimmers will usually find out at the event which swims they are competing in. On average, swimmers will compete in approximately 4 events at the gala, these will be individual swims and/or relays.

There are different types of galas (Fun, Novice, League, Trophy) providing competition for all ages and levels. They are a great opportunity for newer swimmers to experience racing and being part of a team.

Galas are team events and so swimmers are to remain poolside until the scores have been announced at the end of the gala. There are no individual medals at galas.

#### **Licensed Open Meets**

An Open Meet is usually a one- or two-day event with up to 2-3 sessions per day.

Swimmers select the events that they wish to enter. The Entry Form will need to be completed, and the selected events marked on the form. If you submit a second form, it will overwrite the original.

The program of Events, Promoters Conditions, Qualifying Times (if applicable) and an Entry Suggestion will be posted on the LHSS website. Before submitting an entry form, it is advisable to consult the programme of events first. Selecting only the 1<sup>st</sup> event on the 1<sup>st</sup>



session of the day and then the last event of the last session is not conducive to good racing and is incredibly boring for both the swimmer and friends/family that are supporting them.

Please ensure you follow the Entry Suggestion provided for each Meet.

Swimmers are awarded medals as per Promoters Conditions.

Open Meets are licensed by Swim England. There are four levels of license (1-4) providing competition for all ages and levels. Results from licensed Meets are submitted to the British Swimming Rankings [| Swim England \(swimmingresults.org\)](https://www.swimengland.org/swimmingresults.org)

1. **Level 1** Meets are Long Course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships. Swimmers will have to achieve a required time to enter each event.
2. **Level 2** Meets are Short Course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve Qualifying Times for entry into National, Regional and County Championships in Short Course. Swimmers will have to achieve a required time to enter each event.
3. **Level 3** Meets are long and Short Course events. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2. Level 3 meets will have restrictions on who can swim. If a swimmer is faster than the Upper Limit Time, they will not be able to enter that event.
4. **Level 4** Meets are entry level events in pools 25m or greater. They are aimed at the less experienced swimmers seeking to compete outside their club environment.

Results from licensed Meets are submitted to the British Swimming Rankings [| Swim England \(swimmingresults.org\)](https://www.swimengland.org/swimmingresults.org)

Information on licensing can be found at [Licensed Meets | Competitive Swimming in England](#)

Regular Open Meets that LHSS enter are;

- October - LHSS club championships – usually swum at WaterlooVille Leisure Centre. All LHSS swimmers should enter
- November/January/March/June - Portsmouth Northsea Novice Meet – swum at Mountbatten Leisure Centre. Aimed at all Bronze and some Silver swimmers. There are Level 4 Novice Meets held throughout the year.
- November – Peter Bull Open Meet – swum at WaterlooVille Leisure Centre. All swimmers are encouraged to enter.

- December – Winter Meet. This aimed at all LHSS swimmers, especially those that are chasing County Championship Qualifying Times.
- January/February – Hampshire County Championships – Winchester or Portsmouth. This is open to all swimmers who reach the qualifying time for their age.  
All LHSS swimmers who qualify to compete should ensure availability as per the Joining Letter
- February – Valentine meet – Waterloo Leisure Centre. Aimed at all swimmers.
- April/May – Easter Meet. Aimed at all swimmers. Venue and date to be determined
- June/Jul – Summer Meets. Aimed at all swimmers. Venue and date to be determined

### Payment

Payment details are displayed on all Entry Forms.



Payments and entries **must** be received by the Closing Date with the correct reference. Late entries cannot be accepted.

Gala entry is a flat fee per swimmer.

Open Meet fees are dictated by the hosting club. There is an entry fee per event plus an admin fee per swimmer.

If you have any questions, please contact [lynda@locksheathswimsquad.co.uk](mailto:lynda@locksheathswimsquad.co.uk)

#### 24. Training Kit List – Annexe D

	Bronze	Bronze Plus	Silver	Silver Plus	Gold	Notes
<p>Swim Hat</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> <li>• Protect hair, improve streamline, and holds goggles in place</li> <li>• Available to purchase at LH pool</li> <li>• Named hat order submitted 2-3 times per year</li> <li>• Swimmers need a spare hat at every session</li> <li>• LHSS hat required for competition</li> </ul>
<p>Swim Goggles</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> <li>• Low profile competitive goggles designed to reduce drag and stay on when diving from blocks</li> <li>• Junior and Senior sizes available in many models</li> <li>• Available to purchase at LH pool</li> <li>• Swimmers need spare goggles at every session</li> </ul>



Mesh Bag

✓

✓

✓

✓

✓

- Keeps all your kit together
- Easy dry

Drink Bottle



✓




✓




✓

✓

✓

- Swimmers require a drink at every session
- Plastic sport-type drink bottles - no metal bottles or screw lids allowed
- LHSS bottles available to purchase at LH pool

<p>Kick Board</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> <li>Used in most sessions to build on leg strength and/or technique</li> <li>Kick Board with handles preferable to reduce shoulder stress</li> <li>Small/young swimmers should consider a Junior Kick Board</li> </ul>
<p>Pull Buoy</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> <li>Used for pull sets to increase arm strength and/or technique</li> <li>All swimmers will require a Junior Pull Buoy unless advised otherwise</li> </ul>
<p>Fins</p> 	✓	✓	✓	✓	✓	<ul style="list-style-type: none"> <li>Used to improve leg strength and/or technique and increase ankle flexibility</li> <li>Fins should be short, supple, and tight fitting</li> <li>Selection of second-hand fins available to purchase at LH pool</li> </ul>

<p>Band</p> 			✓	✓	✓	<ul style="list-style-type: none"> <li>• Goes round both ankles</li> <li>• Used with and without a pull buoy</li> <li>• Swimmers will be given a band; replacements incur a small charge</li> </ul>
<p>Paddles</p> 				✓	✓	<ul style="list-style-type: none"> <li>• Used to improve feel for water and shoulder strength</li> <li>• Used alone or in conjunction with other equipment</li> <li>• Most swimmers will require Small Size – size guides are available</li> </ul>
<p>Swim Snorkel</p> 				✓	✓	<ul style="list-style-type: none"> <li>• Used for technique work</li> <li>• Used alone or in conjunction with other equipment</li> <li>• Quality snorkels have a one-way valve which makes them easier to use</li> <li>• Swimmers may initially need to wear a nose clip with their snorkel</li> </ul>
<p>Skipping Rope</p>			✓	✓	✓	<ul style="list-style-type: none"> <li>• Used during land training sessions</li> <li>• PVC style preferable</li> </ul>



- Ask at LH pool if would like to purchase secondhand rope

**List of Suppliers:**

[Swim Wear | Sports Equipment | Swim Stop](#)

[ProSwimwear - Online Competitive Swimwear Shop](#)

[Swimwear Specialists - Speedo, Maru, Nike, Adidas, TYR, Diana, Fastskin, LZR X - Allens of Kingsbury \(allensswimwear.co.uk\)](#)

[5\\* Rated Online Swim Store | Swimwear Specialists | Simply Swim UK](#)

[Swimming Shop | Swim Gear, Accessories & Equipment | Wiggle](#)



## **25. Glossary of Swimming Terms – Annexe E**

**CLOSING DATE:** The last date when entries and payment for a competition must be received by.

**CLUB CHAMPIONSHIPS:** A competition open to all members regardless of age or experience.

**DNC:** Did Not Compete.

**DRILLS:** Exercises focusing on a particular part of technique.

**DQ:** Disqualified – the performance is not counted as rule/s was breached.

**GALA:** A team competition where the swimmer in each race accumulates points for their club.

**GO TIME:** The time to swim and rest before they set off again during training.

**HEATS:** Events are split into heats based on entry times.

**IM:** Individual Medley. The swimmer uses all four strokes in the order: Butterfly, Backstroke, Breaststroke, Frontcrawl.

**MEDLEY RELAY ORDER:** Backstroke, Breaststroke, Butterfly, Frontcrawl.

**OPEN MEET:** A competition open to all clubs where swimmers compete individually in their chosen events under the umbrella of their club.

**PB:** Personal Best (time).

**QUALIFYING TIMES:** Times required to enter competitions – can be Upper and/or Lower QT's.

**SETS:** Training sessions are split into different sets.

**SPLITS:** Times recorded every 25 or 50 metres depending on the event and are used to determine if the swimmer is swimming at the correct pace.

**STARTING BLOCKS:** Starting platforms which are located behind each lane.

**STREAMLINING:** A very important skill used off the start and turns on all strokes.

**SWIM ENGLAND (SE):** The governing body of Swimming in England.

**TECHNICAL OFFICIAL:** Qualified Timekeeper, Judge, Starter, or Referee on poolside at competition who monitor the swimmers to ensure fair competition for all.

**TURN FLAGS:** The flags are suspended across the pool 5 metres from each end and are to assist Backstroke swimmers to determine when to turn or finish.

**WHIPPING AREA:** An area for swimmers to gather before they are marshalled to their race.

## 26. How To Avoid Disqualification – Annexe F

Swimming is a very technical sport.

Most swimmers get disqualified at some point in their swimming career.

Put it down to experience and use it as a learning tool.

Here are some tips to help you avoid getting Disqualified (DQ'd).

### Start, Turn and Finish

- After the starter says “Take Your Marks” swimmers must be still on the block or in the water until the starting signal sounds.
- The swimmer must surface at or before 15m after all starts & turns.
- Swimmers must not leave the water at the end of a race until told to by the Referee. If timing pads are being used, swimmers must swim under lane ropes and leave the pool at the side.

### Freestyle

- Turn & Finish – The swimmer must touch the wall with some part of the body.
- Swimmers can put their feet on the pool floor but are not permitted to walk. Any stroke can be swum, usually it is Front crawl.

### Backstroke

- The swimmer must remain on their back throughout the swim (except during a turn).
- To initiate the turn the swimmer must roll onto their front and immediately begin the forward somersault. There must be NO gliding once the arm pull has been completed. The turn must be continuous and is frequently the reason for disqualification in backstroke. Swimmers must be on their back as they push off the wall.
- Finish – The swimmer must touch the wall with hand or arm whilst lying flat on back. (This is why you must practice your stroke count from the flags).

### Breaststroke

- After the start and turn, the swimmer may take ONE arm stroke and ONE leg kick whilst underwater. The head must break the surface of the water before the hands turn inwards at the widest part of their second stroke. A single downward dolphin kick is allowed during the underwater phase.
- Turn & Finish – The swimmer must touch the wall with both hands at the same level and at the same time. Hands must not be stacked.
- All arm and leg movements must be symmetrical and simultaneous i.e. on the same horizontal plane.
- Feet must be turned outwards during the propulsive phase of the kick.

## Butterfly

- Turn & Finish – The swimmer must touch the wall with both hands at the same level and at the same time. Hands must NOT be stacked.
- Arms must move symmetrically and simultaneously and must clear the water on the recovery. ie there must be air between the arms and the water surface.
- Legs must move together and remain in the same plane. There must be NO alternating kicking.

## Individual Medley

A 100, 200 or 400m event which combines all 4 strokes. The order is Butterfly, Backstroke, Breaststroke, Front crawl.

In a 100m swimmers will use only IM turns.

In a 200m or 400m IM swimmers will use individual stroke turns and IM turns

## Individual Medley Turns

- Butterfly to Backstroke - swimmer must touch on front with 2 hands and push off on their back.
- Backstroke to Breaststroke - the swimmer must touch the wall on their back and push off on their front
- Breaststroke to Front crawl turn - swimmer must touch with 2 hands and push off on their front.

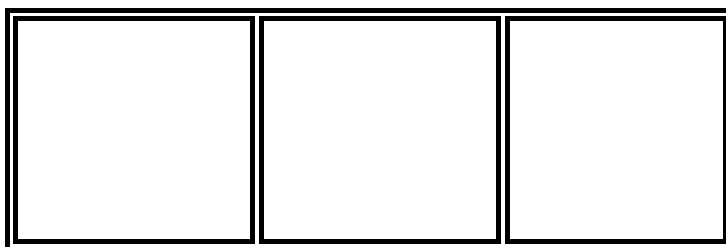
## Summary

To become competent in all the above skills it is vitally important that swimmers practice correct technique during training.

## 27. My PB's – Annexe G

Please print and use to record PB's – if you would like a laminated **version**, please ask **Lynda**.

50 Fly	100 Fly	200 Fly		
50 Back	100 Back	200 Back		
50 Breast	100 Breast	200 Breast		
50 Free	100 Free	200 Free	400 Free	800 Free
	100 IM	200 IM	400 IM	



## **28. Learning to Use the Pace Clock – Annexe H**

To train successfully, swimmers need to be able to use the 'Pace Clock'. Training sets will be written on the board or verbally delivered. Within the set will be 'Go Times' that the swimmers will need to meet.

A few questions have been written below which may assist any swimmer who is struggling to get to grips with the clock.



**"go" is when you leave the wall.**

**"go time" is time you have to swim and rest, before starting the next swim.**

1. If you "go" on the 60, and the "go time" is 30 secs when will you "go" next time?
2. If you "go" on the 60, and the "go time" is 1 min when will you "go" next time?
3. If you "go" on the 60, and the "go" time is 45 secs when will you "go" next time?
4. If you "go" on the 15, and the "go" time is 45 secs when will you "go" next time?
5. If you "go" on the 10, and the "go time" is 40 secs when will you "go" next time?
6. If you "go" on the 55, and the "go time" is 35 secs when will you "go" next time?
7. If you "go" on the 20, and the "go time" is 45 secs when will you "go" next time?

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8. If you “go” on the 60, and the “go time” is 1min40secs when will you “go” next time? 9. If you “go” on the 15, and the “go time” is 2min30secs when will you “go” next time? 10. If you “go” on the 50, and the “go time” is 1min50secs when will you “go” next time?