



**Exmouth**

**Swimming and Life Saving Society**

Competitive and Development Section

**WELCOME  
PACK  
2012**

First, welcome to the Competitive and Development section of Exmouth Swimming and Life Saving Society.

Exmouth Swimming and Life Saving Society was founded in 1893. Lessons and Water polo were regularly taught in Exmouth Docks seasonally before the Club moved to the salt water pool on Exmouth sea front. The Club moved to its current base at Exmouth Sports and Leisure Centre's pool, when the pool was publicly funded in 1985. The Club currently use the pool to teach children to swim, to train the Competitive and Development, masters and open water squads several nights a week, as well as teach life saving skills.

Exmouth is completely run by dedicated volunteers who receive no payment in return for their services.

This information pack has been put together to assist swimmers and parents learn about the Club and the swimming activities so that the transition into the section can be as easy as possible. It is intended to answer as many queries as possible and explain club rules and policies. If you have any further queries, please do not hesitate to ask.

### **THE CLUB**

The Club, which consists of "Learn to swim", Competitive and Development, Masters, Open Water and Life Saving sub-committee's is run by the Committee, which is made up of members of the Club. They meet on the first Thursday of every month basis (except August) The Committee is elected annually at the January AGM. The date is advised to all Club members who are welcome to attend.

The list of current Committee members and their roles is displayed on the notice board in the "café" area of the swimming pool.

### **WHERE DO WE TRAIN?**

Training takes place on a Monday, Wednesday and Friday at Exmouth pool.

During the month of August swimming only takes place on Monday and Wednesday nights 8 to 9.

### **HOW DOES A SWIMMER PROGRESS THROUGH THE CLUB?**

Swimmers join the Competitive and Development section either having completed Level 10 of the National Teaching plan taught on Saturday nights by our "Learn to Swim" section or by entry from outside.

If you are still swimming on a Saturday nights you can join the 7 to 8 session on a Monday but you must have completed Level 10 before you will be allowed to join the 8 to 9 or Friday sessions.

If you are joining us from outside the Club you will have been assessed as competent to swim with the Competitive and Development section.

Swimmers join the section by swimming on a Monday night between 7 to 8 where the emphasis is still on technique but where development of stamina and speed commences. They then progress to sessions on a Monday or Wednesday 8 to 9. The next step is to attend Monday 8 to 9.30 and Friday 6.30 to 8.

### **WHAT KIT DO THE SWIMMERS NEED?**

Initially the swimmers will need a non-transparent one-piece swimming costume/trunks and goggles (spares are a good idea as they are often mislaid, to reappear a couple of weeks later!), they should bring a drinks bottle and a swimming hat with them to every session. As the swimmer progresses through the lanes, fins (flippers), a float 'kickboard', and a pull buoy are useful, although the Club will provide them on a session by session basis. For galas they should also wear an E S and LSS hat and T-shirt.

Club shirts, "hoodies" and hats can be purchased through the Club, when ordering make sure that the T shirt is plenty big enough as it will be pulled on and off a wet costume.

A link to a swimwear supplier can be found on the Club's website: [www.exmouthswiming.org](http://www.exmouthswiming.org). The Club receives a percentage of everything that is purchased.

### **HOW MUCH WILL ALL THIS COST?**

You will be charged an Annual Membership Fee to belong to the Club. This is to register and meet some of the insurance requirements. The committee sets the Membership Fee annually. Each swimmer and helper will also be charged the ASA membership fee. This is to register and provide full insurance cover for the swimmer while in the pool.

The club year runs from December to November. Session fees are payable monthly, either by standing order of BACS.

### **WHAT ARE THE CLUB AND POOL RULES?**

The club rules or the constitution and the policies can be found on the Club's website. If you don't have access to the internet please ask and a copy can be provided. In addition we would ask that consideration be given to complying with the "rules" as set out in Appendix A.

The club also has some rules that need to be followed at the pool:

- Swimmers need to get changed and take all their belongings with them onto poolside
- Ensure that they are ready to begin the swimming session on time
- No outdoor shoes on poolside
- Ensure that swimmers bring a drink in a suitable container. Failure to do so may mean that a swimmer cannot swim.
- In the case of absence due to ill health please advise us. After an initial two week period a member with a current Doctors Certificate may claim discounted session fees for a period of sickness/injury for a maximum six month period. The discounted session fee will be 25%.
- Parents are not permitted on poolside during swimming sessions except when rostered to help.

### **DOES THE CLUB HAVE ANY CHILD PROTECTION POLICIES?**

The club adheres to the ASA Child Welfare in Swimming Policy, details of which can be found on our website, the ASA website or ask for details.

If you have any queries or concerns please speak to the Club Welfare Officer.

## **DOES THE CLUB HAVE ANY EQUITY POLICIES?**

Yes, this can be found on the Club's website.

## **HOW DO I FIND OUT WHAT'S GOING ON?**

There is a notice board at the pool, where most information is posted. This includes the calendar, gala and event results. In addition a monthly newsletter is prepared and sent via email. The Club's website also has a copy of the calendar. PLEASE READ THE NOTICEBOARD WHEN YOU ARE AT THE POOL.

## **WHAT TYPES OF COMPETITIONS ARE THERE?**

There are a variety of competitions that ES and LSS are involved with:

### **Time Trials**

Although strictly not a competition, generally on the second Friday of some months (except August) at 8.00 pm the Club holds a time trial for Club members. There is an additional cost for entry. Each swimmer is given a "Time trial" card.

Swimmers test their times over a variety of strokes which are determined by the Coach. These times are recorded by the timekeepers and any PBs (personal bests) achieved are recorded before the card is returned.

Please note that it is worth looking at the calendar to check if a time trial is taking place that month, there may be various reasons why it's not.

### **Home Galas**

Exmouth hosts three galas at our pool each year, normally held in February, May and September. In addition we attend "away" galas when we are invited to do so by other Clubs.

Swimmers compete in boy/girl age groups over various strokes and distances. The programme is usually set by the home club.

Swimmers are invited to compete in the galas either personally or a list will be put up on the entrance door to the pool.. Invitations are given depending on age, availability and times.

Swimmers don't pay to enter these but there is usually a small charge for spectators. At home galas we like parents to help in whatever capacity they feel comfortable doing.

In some cases the Club provides a coach to transport the swimmers and supporters, but not for every away gala. There is a charge for supporters.

Age groups for galas can be odd numbers e.g. 11 and under, 13 and under etc or even numbers e.g. 10 and under, 12 and under etc. They may include an Open section, which could be over 15, 16 or above. An "Imps" gala is for the younger swimmers and can be for 12 and under or 13 and under.

### **Club Championships**

Every member of the Competitive and Development (and Masters) sections can compete in the Championships. Events usually start in June (1500m freestyle) and finish in November. Every stroke is swum from 50m, 100m, and 200m, in the case of Individual Medley 100m, 200m and 400m. The freestyle also includes the 400m, 800m and 1500m. Most events have cups that are awarded to the fastest swimmers.

Swimmers compete in age groups boy/girl; 9/10; 11/12; 13/14; 15/16; 17/18 and Open, although they swim against others with a similar time. Medals and ribbons are awarded for up to 6th place. Additionally points are awarded which go towards awards for each boy/girl age group.

A presentation night is held in January when the cups are awarded. A cup known as the Thompson Trophy is awarded to the swimmer who has achieved the most PBs in the year (date starts day after final night of Club Championships and runs to final night).

### **East-Devon Mini-League**

Together with Sidvale, Torquay, Newton Abbot, Exeter City and Dawlish we are members of the league. Three galas are swum each year hosted on a rotation basis by the Clubs. The first gala is for under 16s, the second a relay gala and the third a gala for under 15s. Swimmers who have come first second or third in any of the Devon or Western events are not allowed to swim.

### **Arena\***

Exmouth is in the Third Division of the National Swimming League Western (known as "Arena"). In October, November and December we attend Galas to swim against teams in the same division. A bit like football but much more exciting! The age groups for these events are 11 and under, 13 and under, 15 and under and Open.

### **Devon Championships\***

Swimmers aged 9 and above who are members of a Devon Club and have qualifying times for the different events compete against other swimmers in their same age group. The Devon's normally start in February and finish in March. The age of the swimmer is calculated as being the age on the last day of the competition. The qualifying times change every year and can be found on the Devon ASA website. Bagcat points are awarded at this event (See Appendix B)

### **Interclub\***

Exmouth competes against other Devon Clubs. This event is usually swum at Plymouth.

### **Relay Gala\***

Usually held in Plymouth. Devon teams compete in different age groups swimming either 4 x 50m freestyle or the 4 x 50m medley.

### **Sprint Gala\***

This event is for swimmers aged over 9 (age on day). Swimmers have to enter in all four strokes over the 50m distance. Swimmers who have qualifying times for the Devons for any of the 50m events have the choice which event they will swim at, but they cannot enter both.

### **Devon Developments\***

Held in June and July over two weekends swimmers aged 9 to 14 compete over all the strokes at 100m and 200m. In the case of freestyle it also includes 400m, 800m and 1500m. There are no 50m events at this event.

### **Devon Seniors/Masters\***

Held in September for swimmers over the age of 14.

## **Open events \***

Clubs host events where entry is by time and payment. Information regarding these events are either sent around by email or given out.

## **WHAT CATEGORY OF MEMBERSHIP DO YOU NEED TO COMPETE?**

When you first join the Competitive and Development section (unless you have joined us from a different club) you will probably find that ASA Category 1 is all that is needed. You can swim in home and away galas. However when you start to enter the above events that have been marked with a **\***, you must hold Level 2 ASA membership.

We ask that one parent (or more) of a Competitive and Development swimmer also joins the Club. Their membership is category 3. This is not compulsory but it does mean you can help on occasions.

ASA membership is important because one element of it is personal accident insurance. (See the ASA web site for details).

## **HOW OFTEN ARE THE GALAS?**

There are galas happening throughout the year. We try to give everyone a chance to swim, although in some events we will need to take the fastest team. A calendar containing details of galas is pinned on the notice board. Usually the first few galas the swimmer attends, he/she will compete in relays only.

## **WHAT SHOULD BE TAKEN TO GALAS?**

A swimmer needs to have the basic 'tools of the trade' - Trunks/costume, towel and ES and LSS cap together with a T-shirt and lots of a drink (not fizzy). It is also advisable to take some food, as children tend to become hungry quickly. Energy giving food such as bananas, pasta and peanut butter sandwiches are a good idea. More ideas can be found in the nutrition sheet (See Appendix C).

## **PROCEDURE AT OPEN EVENTS**

Once the swimmer has decided which events to enter, the entry form should be completed and handed in together with the appropriate fees.

The forms **must** be returned by the date specified, no late entries are allowed. This will allow time for the all entries to be checked prior to the collated entries being sent to the club hosting the event.

If any of the submitted times are not accepted the swimmer will be rejected and payment will be returned. Swimmers may also be rejected if the galas are over subscribed, this will usually be the slowest swimmers.

If a swimmer is accepted entry cards will be received about 1 – 2 weeks before the event. The cards will be distributed. Each swimmer will receive one card for each event entered (they are usually blue for boys and pink for girls). The card will show the submitted time, event, competitor number, warm-up, start time and CARD POSTING TIME.

This is very important that the swimmer takes the cards to the gala, as in most cases "no cards – no race".

Near the entrance there will be a box or boxes in which the cards must be posted. The cards must be posted **by the card posting time**. This confirms that you are swimming. Once the boxes are closed no further entries are accepted and the lanes are allocated. If the cards are not posted by the stated time it is left to the discretion of the Promoter whether the swimmer will be allowed to swim.

Once on poolside, the Coach or Team Manager will advise you of your warm-up lane.

Usually 2 events before your swim, all swimmers in your event will be called to the 'whipping area', where you will be given back your entry card, with a heat and lane marked on it. The officials giving out the cards will tell you where and when to go for your heat.

The results of the events are usually posted on the walls around the pool. If the swimmer has been disqualified, a code will give the reason. If the swimmer has won a medal or trophy there will either be a presentation after the event, or there will be a desk at which the swimmer can collect their prize and take it home with them.

### **HEALTH ISSUES**

If your child has any medical conditions, such as asthma or allergies (e.g. nut,), or is taking any medication, please inform one of the Coaches. Coaches need to be aware of children with medical conditions, in case of any poolside difficulties.

### **THERE SEEMS TO BE A LOT OF JARGON**

Initially this seems to be the case but it won't take long to understand it all. Included in Appendix D is a glossary of terms.

### **CAN I VOLUNTEER?**

We are always looking for volunteers to join the committee, help with galas or train as an Official. If you are interested please speak to one of the sub-committee members.

### **IF I VOLUNTEER WILL I BE INSURED?**

As a volunteer you will be registered with the ASA as a voluntary helper. This means you will have personal accident and liability insurance. See the ASA website for details.

### **WHAT IS SWIM21?**

It is the Amateur Swimming Association's (ASA) swimmer Development Programme for the 21st century.

Swim 21 is the ASA's club development model - a planning tool, enabling clubs to help swimmers, coaches and administrators achieve their full potential. It is centred on the needs of the swimmers - striving to provide them with the best possible environment. It is regarded as the back bone of the ASA's development programme and the more a club puts into the process, the more it will get out of it.

### **IS ES and LSS INVOLVED IN SWIM21?**

We already do a lot of the things included in the Swim21 model however it is not documented. The Club is currently working hard to:

- Put all the relevant documentation in place.
- Develop and improve any procedures that need it.
- Make sure everybody is aware of the procedures.

The club is hoping to have completed all the activities required to gain Swim21

accreditation. It is anticipated that the activities required to do this will be completed by the end of 2011.

**ES and LSS ARE IN THE THIRD DIVISION IN THE ARENA SWIMMING LEAGUE. ARE THERE ANY CLUBS IN HIGHER DIVISIONS CLOSE TO EXMOUTH?**

Exeter City Swimming Club [www.exeterswimming.info](http://www.exeterswimming.info) are in a higher division, they are probably closest. The winners of the competition nationally were Plymouth Leander [www.plymouthleander.co.uk](http://www.plymouthleander.co.uk) who are about 50 miles away.

**WHAT OTHER WATER SPORTS ARE AVAILABLE IN THE AREA?**

**Water Polo**

Newton Abbot Swimming Club  
[www.newtonabbotswimmingclub.co.uk/polo.htm](http://www.newtonabbotswimmingclub.co.uk/polo.htm)

Exeter Polo Club  
[www.exeterwaterpolo.co.uk](http://www.exeterwaterpolo.co.uk)

**Synchronised Swimming**

Exeter Synchronised Swimming Club  
[www.independent.co.uk](http://www.independent.co.uk)

**Diving**

Specialists in springboard & highboard diving, Plymouth  
[www.plymouthdiving.com](http://www.plymouthdiving.com)

## **APPENDIX A**

### **What the Club expects from all swimmers**

All swimmers should attend the training sessions regularly, and be ready to enter the water at the time their session starts. Swimmers should therefore be at the pool a minimum of 10 minutes before the start, to allow time to change, get on poolside and to get ready. Swimmers who arrive late MAY be refused entry into that session.

All swimmers should be properly equipped for training and galas as appropriate to their progression through the Club. When swimming for the club, swimmers must wear the Club hat.

All swimmers must behave responsibly at all times on poolside and respect the rules and regulations of the swimming pools.

All swimmers are to put the required effort into each training session.

If swimmers have to get out of the pool early for any reason (e.g. illness or early finish for personal reasons) they must inform a coach and then get changed and stay on the premises until they are collected or the session ends.

### **What the Club expects from the parents/guardians**

Fees must be paid promptly. They are to be paid, in full, regardless of whether the swimmers attend the sessions or not. Fees, which are overdue, will receive a polite reminder from the Club. If not paid within 2 months of this they will be referred to the Committee for further action which may lead to suspension from the club.

The Club **MUST** be informed of any changes in the general health of a swimmer.

If any member wishes to resign from the Club, the committee requires a written notification of 1 month.

As most swimmers are reliant on parents to get them to the pool, please ensure that they arrive at least 10 minutes before the session starts. We also ask that parents arrive to collect their children on time. Other parents are not responsible for the safety of your child. If for any reason you are going to be late please contact the pool and let us know.

### **What swimmers and parents can expect from the Club**

To expect instruction by teachers and coaches, relevant to the ability of the swimmer.

A planned programme of training for all swimmers to progress through the Club, to achieve their full potential.

If they want to, Swimmers will, subject to ability, represent the Club in galas through the year that are appropriate to their standard. Where there are no appropriate swims available or their age group is over represented, then the swimmers can expect support and encouragement to be selected and attend other events that are appropriate to their standard.

When swimming in meets organised through the Club coaching support will be provided.

## **APPENDIX B - BRITISH AGE GROUP CATEGORIES (BAGCATS)**

### **Background**

British Age Groups Categories were introduced to nurture swimmers through to senior level. The development of Children (nervous, muscular and cardio vascular systems) was studied in relation to swimming and it was concluded that skills were best developed by a multi-stroke approach to training and competition. This would reduce the likelihood of injuries and get away from early specialisation, which was seen as partly responsible for swimmers retiring early from the sport.

Competitions, including County, District and National Championships, and an increasing number of Open Meets, are placing greater emphases on success across a range of events. To do this a points system has been devised for each stroke at the various distances. These are based on performances by the top world level swimmers, but they are adjusted by age on December 31st.

There are different points for boys and girls and the point's table does get changed from one year to the next. Swimmers, or their parents, can go onto the ASA website and check out what points would be given for their PB's. It is an interesting guide to what is the swimmers best event but what championships are looking for is performance across a range of events.

To be in contention for a BAGCAT award the swimmer should aim to get at least one swim in each of the four or five categories. As the swimmers get older so the number of possible events to swim gets larger (e.g. 400 free, 400 IM, 800 free, 1500 free). By then you should have worked out the system. Things do change for girls 14 years and over and boys 15 years and over, when the swimmers are more likely to start to specialise.

### **Scoring Points**

- To work towards an Age Group Category a swimmer should enter as many events as possible within the appropriate category.
- BAGCAT's, which have an age and gender factor, will be accredited for each swim within the category (see details below).
- Swimmers may enter as many events as they wish e.g. all 50s, 200s etc but only the highest scoring events in each distance (event) will count towards the category total.

Age group		Distance	Stroke	No. of events
9 yr Girls 9 yr Boys	Sprint Form Distance IM	Best 50m Best 200m Best 200m/400m Best 100m/200m	Back/Breast/Butterfly/Freestyle Back/Breast Freestyle Ind. Medley	4
10yr Girls 10, 11yr Boys	Sprint Form Distance IM	Best 50m Best 200m Best 200m/400m Best 100m/200m/400m	Back/Breast/Butterfly/Freestyle Back/Breast/Butterfly Freestyle Ind. Medley	4
11,12,13 Girls 12,13,14 Boys	Sprint 100s Form Distance Distance IM	Best 50m Best 100m Best 200m Best 200m/400m/800m Best 200m/400m/1500m Best 100m/200m/400m	Back/Breast/Butterfly/Freestyle Back/Breast/Butterfly/Freestyle Back/Breast/Butterfly Freestyle (Girls) Freestyle (Boys) Ind. Medley	5
14,15,16, 17+ Girls 15,16, 17+ Boys		50m, 100m, 200m 100m, 200m, 400m 200m, 400m, 800m 200m, 400m, 1500m	Back/Breast/Butterfly/Freestyle Ind. Medley Freestyle (Girls) Freestyle (Boys)	6

## **APPENDIX C – NUTRITION SHEET**

### **Competition/Training Nutrition Plan**

Since swim meets can last ALL day (County Age Groups)swimmers need to be aware of what they are eating and drinking either before, during or after they race.

### **Timing of the Pre-Event Meal**

The type of food swimmers eat may influence how they perform in the water.

Fatty foods take a long time to digest. The following foods are good examples:

- Crisps
- Chips
- Doughnuts
- Danish Pastries

Protein foods that also contain fat take the longest time to digest. For example:

- Peanut Butter
- Chicken
- Pork
- Beef
- Fish

If the swimmer consumes these types of food just before they compete, the blood rushes to the stomach to try to digest the food. Unfortunately the muscles required for swimming Competitively also require the maximum blood supply. Something has to give, the body cannot do both at the same time, and it may result in a poor performance and probably stomach ache.

### **Carbohydrates**

Your body needs glucose for energy. The main source of glucose is the carbohydrate – sugars and starches – in your diet. If you do not have sufficient carbohydrates in your diet you will not be able to train as hard or as long and fatigue (tiredness) will set in.

Any foods consisting of Carbohydrates can be digested quicker than foods mentioned above. Here are some examples:

- Pasta
- Cereals
- Bagels
- Wholemeal Bread
- Fruit
- Vegetables
- Rice
- Breakfast Bars
- Baked Potato

These foods can be out of the stomach in approximately 2 hours therefore; the pre-event meal should be composed of primarily carbohydrates. It also appears that carbohydrates digested up to 3 hours before exercise may improve performance.

As you can see there is quite a selection. So, which carbohydrate is best? Well it depends on how quickly the body converts the carbohydrate to glucose. Here is a table of some carbohydrates and whether they are high, medium or low speed in being changed to glucose:

<b>High</b>	<b>Medium</b>	<b>Low</b>
White Rice	Brown Rice	Pasta
Watermelon	Banana	Apple
Baked Potato	Boiled Potato	Baked Beans
Sports drink	Squash	Milk
Honey	Muesli Bar	Sponge Cake
Bagel	Bread	Fruit Cake
Jelly Beans	Crisps	Chocolate

Try to eat High-speed foods just before, during and immediately after exercise. Remember; eat at least 2 hours before exercise, then about 30 minutes before exercise have a 50g snack, steer away from bulky snacks as these could cause stomach pains. Experiment with different snacks from the 'high' list.

If you train for longer than an hour, you will need to consume carbohydrates to avoid fatigue. Use an 'Isotonic' sports drink, as this will give you the carbohydrate as well as the fluid (see fluids).

The best time to refuel and restock those depleted glucose stores ready for the next work out is immediately after exercise.

### **Eating at All Day Competitions**

The same principle used to time pre-event meals also applies to all day competitions. If a swimmer races at 10:00 and again 2 hours later, a meal high in fat and protein will more than likely be in the swimmers stomach when they get ready to race. This will lead to a possible reduced level of performance and a stomach ache.

### **Guidelines**

Time to Next Event:

**1 hour or less.** The swimmer should stick to carbohydrate foods and juices. e.g. orange juice, bananas, plain toast or a diluted carbohydrate sports drink. Swimmers should limit the amount of food taken.

**2 to 4 hours.** Swimmers should add more carbohydrate foods and juices. e.g. bagels, hot cereals and muffins along with some type of pure fruit juice.

**4 hours or more.** Swimmers can add more protein with carbohydrate foods. E.g. a light spread of peanut butter on a muffin or bagel or a chicken sandwich on two slices of bread with pure fruit juice.

It is also vitally important that swimmers should drink fluids, (NOT fizzy drinks), as they can quickly become dehydrated on the hot poolside. Waiting until the swimmer is thirsty is TOO LATE.

### **Replacing Fluids**

During exercise our muscles use energy. However, the muscles only use 25% of the energy the other 75% is released as heat – which is why exercise makes us hot!

We need to get rid of the excess heat otherwise we would overheat – so, the main way to keep our bodies cool is sweating. Heat from working muscles is transferred to the blood. Blood flow to the skin is increased, and the heat is lost via evaporation –

sweating. Sweat comes from the water in your blood so you have to replace the lost water otherwise, you will become dehydrated and suffer.

### **How Much?**

The more you sweat the more fluid you lose and therefore, the more you need to drink. Approximately 1 litre of fluid is lost for each hour of exercise. The easiest method of finding out how much fluid you lose is to weigh yourself before and after exercise. Each kg of body weight lost is equal to 1 litre of fluid loss. Another way is to check the colour of your urine – if it's pale and plentiful you're well hydrated, but if it's dark and in short supply you'd better start drinking. Another consideration is that for every 1% drop in body weight there is a 5% drop in performance the difference between coming first or last!

### **When to Drink**

As always, prevention is better than cure – start exercise well hydrated. Try to drink between 300 – 500ml (good-sized glass of water) in the 15 minutes before you start exercising.

Drink during exercise, but do it in between exercise sets when your coach is talking. It's extremely unlikely that you will drink too much water, but if you are doing excessive amounts of exercise in extreme temperatures you may need an 'Isotonic' sports drink – 5 – 8% carbohydrate in solution, with sodium (salts) similar to the concentration of blood, this is quickly absorbed by the body.

When exercising it is worth remembering the following:

- Less than an hour - ordinary water will do.
- More than an hour and in extreme temperatures, use an 'Isotonic' sports drink.

REMEMBER – don't wait until you are thirsty, that's too late, you're already dehydrated

## APPENDIX D– Glossary

**Aerobic** - Longer distance energy system (see Energy).

**Age for competitors** - Generally age-determined events rely on the age a swimmer will be on 31 December of the year of the competition, but can be age on day.

**Age group** - Swimmer/competition for under 16s.

**Anaerobic** - Sprint energy systems (see Energy).

**ASA** - Amateur Swimming Association.

**ASA number** - A unique reference comprising supplied by the ASA. Has to be applied for on a form available from the Membership Secretary.

**BAGCAT points** - The ASA's British Age Group (BAG) points system. This is based on a statistical analysis of lower age group times. It provides factors to correct for the differences in difficulty of the events within a given year of birth but not between years.

**Boxes** - At Opens and Club Championships' the place where entry cards must be handed in before the start of the warm-up.

**Cannon** – A race made up of more than 4 swimmers, generally 6 or 8. Can sometimes be made up of same sex/age but are often 1 boy/girl from each age group. Can be swum as a freestyle or medley race.

**Cards** - Entry cards. At Opens and Club championships a card is sent to each competitor for each event entered. This shows the entry time, the start time of the gala and competitor number. These cards must be checked when they arrive, taken to the gala and handed in before the start of the warm-up.

**Competitive and Development Continuum (CDC)** - The ASA's regime introduced in 1999/2000 for age group swimmers to breed future Olympians.

**Designated gala** - A gala designated by the ASA for national and district qualifying times.

**District** - The level of competition between County and National. ES & LSS is part of the Western Counties District.

**DQ** - Disqualified. For all sorts of reasons - false start, not touching the wall properly, incorrect technique and others.

**Energy** - The cardio-vascular system provides energy. The body has three complementary energy systems. The first two are anaerobic, which instantly provide energy and do not use oxygen, but will only produce energy for 45-55 seconds. The third system is aerobic and needs a constant supply of oxygen. It is a slower and more economical system of energy production. The anaerobic systems are the major provider for 25m and 50m sprints whilst the 200m events, and longer, are mainly served by the aerobic system.

**Entry time** - The time on the entry form, the best time achieved within a given period.

**ES & LSS** – Exmouth Swimming and Life Saving Society

**Form stroke** - Backstroke, Breaststroke or Butterfly.

**Freestyle** – means in any event so designated the swimmer may swim any stroke, except that in an individual medley or medley relay event freestyle means any stroke other than backstroke, breaststroke and butterfly.

**Heat declared winner (HDW)** - Only heats are swum, not heats and finals. Several events are swum together, usually different ages of the same stroke and distance. Swimmers are graded by entry time. The winner is the swimmer in the relevant category, usually age, with the fastest time, not the winner of a particular heat. A nightmare for spectators wanting to know the result because you have to identify all the swimmers in a particular age category and note all their times before you know how well your swimmer has done (barring disqualifications).

**Individual Medley** - A race in which all 4 strokes are combined in the order - Butterfly, Backstroke, Breaststroke, Freestyle. When swum in a relay, the order is Backstroke, Breaststroke, Butterfly, and Freestyle - so as to avoid a takeover to Backstroke.

**Imps gala** - An “Imps” gala is for the younger swimmers and can be for 12 and under or 13 and under.

**Kick** - A legs-only set.

**Kick board** - The flat float for some legs only drills.

**Lane order** - The lane order for finals is decided from times in the heats or semi-finals. The fastest qualifier will swim in lane 3, second fastest in lane 4, third in lane 2, fourth in lane 5, fifth in lane 1, sixth in lane 6. Theoretically, this creates a spearhead format in the race.

**Long course** - Races in a 50-metre pool.

**Masters** - Swimmers 25 or over.

**Medley relay** - A relay where each swimmer in a team of four swims a different stroke in the order - Backstroke, Breaststroke, Butterfly, Freestyle.

**Notice Board** - The Club Notice Board which is in the “café” area.

**NQT** - National Qualifying Time, must be obtained in an ASA designated event.

**One start rule** - If a swimmer starts before the gun/whistle/beeper, he or she is disqualified. This is the current ASA standard.

**Open event** - A race in which swimmers of any age may enter, there may be applicable qualifying times. This depends on the type of event.

**Over the Top start** - Swimmers from the last race remain in the water until the next race has started.

**PB** - Personal Best, the best time ever swum by that person over that distance for that stroke.

**Pull** - An arms only set.

**Pull-buoy** - The keyhole shaped float that keeps you afloat in an arms only drill.

**Relay gala** – an event where all the races are made up of teams swimming the same stroke.

**Senior** - Swimmer aged 17 years and over (25+ year olds are also Masters).

**Session** - A training period.

**Set** - A series of training routines.

**Short course** - Races in a 25-metre pool.

**Slide and glide** - A front crawl drill.

**Spearhead** – see lane order.

**Streamlining** - Reducing the cross sectional area of the body to the minimum to make faster progress through the water as a result of less drag.

**Swim down** - A gentle set to relax the muscles after training or competition to reduce lactate build up.

**Time Trials** – Held once a month by the Club. Swimmers swim over a variety of strokes/distance. The aim is to improve times previously obtained and therefore achieve a PB (see above).

**Warm up** - A gentle set at the beginning of a session or gala to acclimatise the muscles for what is to come.