

## **Club Championship - Sprint Evenings - Parents Guide**

On arrival swimmers are to change into their swimming kit and wait on poolside until they are told to warm-up. The warm-ups are split into age categories with the younger children warming up first. Each warm-up will take approximately 10 minutes. Once they are out of the pool they need to dry off and put on warm clothing over their swimming kit.

Team Managers will tell swimmers when to get ready for their races – there will be a queuing system around the pool. They (and the parents) can ask any helpers around the pool if they are unsure of anything. There will be coaches on poolside that they recognise.

All swimmers must sit together with the Team Managers.

There will be swimming officials i.e. referees, judges, timekeepers and starters who coordinate the event.

Unfortunately we cannot programme the younger age groups to complete all their races first as **all** swimmers need to have a rest period before their next race.

If swimmers are competing in more than one race then they need to dry off again and stay warm. Make sure they bring a couple of drinks, 2 towels and a spare t-shirt.

For the parents - it can get very warm on poolside. You are therefore recommended to wear something cool and bring drinks for yourself.

**There is a small admission charge as a partial contribution to pool hire and engraving costs.**

If this is your child's first taste of competition we hope it won't be too daunting for them and that the children enjoy themselves and just do their best.

All results will be posted on the website as quickly as possible (work depending this should hopefully be within a couple of days of each event).

All swimmers who gain a 1st, 2nd or 3rd position in the races will be presented with medals at the club annual presentation evening.

**Please note:**

**Cut off dates for entries must be adhered to as there is a significant amount of work required by a few volunteers to compile the entries for all 10 sessions and 71 events.**

**Don't just turn up on the night and expect to swim if an entry form (and payment) wasn't completed before the deadline.**

The club occasionally takes photographs of the swimmers during the club championships – these are available for purchase by the parents and only displayed to club members at the Presentation Evening in January. If you would prefer to be excluded from this and haven't previously requested 'no photos' on the club membership form please advise using the CASC Contact Us E-mail address.