

LEICESTERSHIRE AMATEUR SWIMMING ASSOCIATION

2010 COUNTY AGE GROUPS & CHAMPIONSHIPS

INFORMATION FOR ALL CLUBS & SWIMMERS

Final arrangements are now being made for the above event and clubs are asked to ensure that all swimmers, coaches, officials and parents are made aware of the following information:

British Gas Sponsorship:

Each county is fortunate in receiving £500 sponsorship from British Gas, along with BAGCAT certificates and medal ribbons. Hopefully this is the start of a long standing relationship between British Gas and counties.

Final Programmes:

The programme for the first weekend is on the LASA website: www.leicestershireasa.org

Programmes for the following weekends will put on the website in the near future.

Programmes will be on sale at each gala and will cover a whole weekend. Entry charges apply for each gala at £2.00 for adults and £1 for concessions

Results:

These will be put on the website after each weekend has been completed, including the BAGCAT points at that stage. Please note that all BAGCAT points are based on 25m times and times achieved in the 50m pool are not adjusted. This is due to the sprints and 100IM events being swum short course.

In addition, BAGCAT points will show the best points obtained for the swimmers best event for each distance, not the total for every event entered.

Cardless Meet:

No cards are issued to swimmers for any events apart from the 800m & 1500m events on Friday 19th March 2010. These can be collected upon arrival at the event.

It is therefore important that coaches and team managers ensure their swimmers are sent to the marshalling area when requested and that they do not leave this area before they swim. If a swimmer misses their race, it will not be possible to allow them to swim in a later heat.

Start sheets confirming the heat & lanes for the swimmers will be handed to clubs during the warm up for each session.

Warm Up:

Due to the high number of swimmers, there will need to be some flexibility & cooperation between clubs at each gala. The length and number of warm up sessions in each gala will vary to ensure that all swimmers have a meaningful warm up.

Each warm up session will include dive starts at specific times and clubs are asked to adhere to any guidelines given.

The warm up schedule for each gala will be circulated to clubs and put on the LASA website

Withdrawals:

To minimise the number of empty lanes clubs and swimmers are asked to notify Paul Brett by the Wednesday night before each weekend if they do not intend to swim. This should be done by emailing: paulbrett8@aol.com

If anyone has to withdraw after this, please can coaches notify the marshalling area at each gala by completing the sheets on the wall in that area.

This will save the volunteers organising the swimmers searching for people who are not there.

Spectators:

Based on the number of swimmers who have entered this year's event, there could be some difficulty in guaranteeing all spectators entry. There are maximum numbers set at both Loughborough & Braunstone and the health & safety of swimmers and spectators must be the overriding consideration. Wherever possible, if only one parent can accompany each swimmer, it is likely that everyone can be accommodated. In a few of the sessions there are around 300 swimmers which is the absolute maximum that can be accommodated.

It must also be emphasised that spectators will not be able to enter the spectator area at either pool until just before warm up commences and at Loughborough it is unfortunately necessary to queue outside.

Poolside Passes:

Each club is being issued a supply of poolside passes based on the number of swimmers from their club. Please ensure the passes are worn at all times whilst on poolside. These are transferable between coaches & team managers.

Midlands Times:

The 2010 times have been converted to give long course times which should assist the swimmers competing in events at Loughborough. A copy of this document is enclosed for information.

The document will also be put on the LASA website.

Code of Conduct for Braunstone:

We have been asked to issue these guidelines by Braunstone Leisure Centre and a copy is enclosed. Please will you ensure that every swimmer, parent and coach is made aware of the contents. The championships committee has arranged for additional leisure centre staff to be on duty at each gala to check the changing rooms at frequent intervals. Please do not allow swimmers to abuse the facilities as this could jeopardise the use of Braunstone in the future. There have been incidents at recent events including blocking up toilets, swinging on changing room doors and damaging ceiling fittings.

Coaches/Teachers Meeting Sunday 7th March 2010 at Loughborough from 11.30am – 1pm

Please find enclosed a flyer giving further information on this event. This is open to all coaches and teachers, regardless of their qualifications. Please encourage as many people as possible to come along. Refreshments will be provided.

Parents Meeting:

Two meetings have been arranged for Saturday 20th & Sunday 21st March at Braunstone. These two sessions are the same, so it is only necessary to attend one. They commence at 5pm and will last one hour. The presentation is of particular relevance to the parents of swimmers of swimmers in the 9-13 age range. It will explain the Long Term Athlete Development Programme run by the ASA and how the current and future structure of swimming in Leicestershire fits into this plan.

Please advertise these meetings and a flyer is enclosed that can be photocopied and circulated.

The meetings will take place in the seminar room upstairs.

Awards:

Awards are given for each event for the first 3 swimmers in each of the following age groups: 9; 10; 11; 12; 13; 14; 15; 16; 17& over.

In addition, there are awards given to the top 3 junior (under 16 years as at 21/3/10) swimmers and top 3 open swimmers (any age) in all of the events held at Loughborough, plus the 100IM and 800/1500m events held at Braunstone.

Age group medals can be collected from the trophy area as soon as the results are published/announced.

The junior and open awards are formally presented and swimmers are asked to be ready for any presentation as soon as possible after that event has finished. Again, these will be announced

Relays:

Will any club who has entered teams in the relay event ensure that a team manager is available during gala 3 on the 28th February for the lane draw. The organising committee has decided that some age groups will be combined due to the number of entries.

Have A Go Timekeepers Session:

Ron Brewin has organised an introductory session for anyone interested in learning more about timekeeping at club galas and how the qualification structure for Officials operates.

This session will run from 1.30-4.00pm on Sunday 21st March 2010 at Braunstone. No previous experience is required and anyone attending will go onto poolside for gala 11 to practice their newly found skills. Anyone attending should bring footwear suitable for use on poolside and light clothing.

Further information is included on the attached sheet and this can also be found on the LASA website

County Age Group Hats:

We have ordered a supply of these in silver, blue and black and they can be purchased for £4.00 at each gala. If any club would like to sell hats to their swimmers before this, please email Carole Lister: caroleandalan@minke.co.uk

DE Photography:

DE will be at Loughborough on Sunday 28th February and their stand will be set up outside in their purpose built van.

Any parent not wishing their child to be photographed must let the gala organiser know before the commencement of warm up or email the Secretary of LASA via the LASA website.

Swim Shop:

There will be a swim shop at Braunstone during the last weekend and a wide range of costumes and accessories will be available.

Calling All Officials:

If any qualified official has not yet offered their services for any gala, please can they contact Sue Wainscot as soon as possible: sue.wainscot@elts.me.uk or telephone 01455 272629.

It is appreciated that this communication covers a lot of different subjects, but hopefully it will mean that everyone has all the necessary information to ensure the championships run smoothly.

Above all, the swimmers should enjoy the experience of competing in their county championships and aim to achieve their best.