Swimming Leagues

Winsford Swimming Club has entered three swimming leagues, which should provide sufficient competition for most of our swimmers, these are as follows: -

1. The Deva league (September – October)
2. The Crusader league (March – July)
3. The National Arena Swimming League North West (October – December)

These competitions are team based and should be treated as an event whereby the end result is the main emphasise.

Selection will be based on the priority and level of competition and will be subject to the following criteria:

1. Age
2. Ability
3. Current form
4. Squad level
5. Preference

Last season we focused as a club on doing well in the Crusader league, with the Diva league providing competition for our less experience swimmers i.e. competitive introduction.

As a Swim21 Competitive Club we are required to provide a much higher level of competition for our swimmers, hence us entering the Arena League. It will be our intention to either consolidate our position or to push for promotion after the first round of galas have been completed.

To help team managers and coaches select swimmers for team events, I have introduced a graded system (see below) that will indicate the level at which a swimmer is currently training at and what stroke(s) he or she is best suited for.

Grade Principle

A = Four solid strokes A + = Individual Medley Can adapt with no limitations

B = Three solid strokes Can adapt with minor limitations

C = Two solid strokes Can adapt with major limitations

D = One solid stroke Restrictive

Information for team managers only

In team events such as the Deva and Crusader, it will be the clubs policy to select swimmers based on the multi stroke principle, this will allow the team selector(s) to be more flexible when choosing swimmers for individual events etc, however, this will not be the case for the National Arena League whereby selection will be based on individual performance.

Availability/notification

It will be the clubs intention to post the team list at least two weeks (not less) prior the event, with one week for swimmers to notify the club of their intention. Failing to notify the club after that period, could result in swimmer(s) not being selected for the next competition or being excluded from all league competitions, subject to the nature of their explanation.

Late-withdrawals & loyalty

Due to unforeseen circumstances, it may be necessary to contact swimmer(s) within days or even hours of a team event, if this is the case, then every effort must be made by that swimmer(s) to help the club overcome its shortfall by turning up to swim, even if it is just for relays.

Club colours

Club colours (black costumes **Preferably** club hats **Absolute**) must be worn when attending all team events.

Away team events

Entering the Arena National League will mean the club having to travel further than it normally does. If the distance is more than ? miles from the Winsford Lifestyle Centre, then the club will provide transport.

It is highly recommended that all swimmers selected should travel by the transport provided

If anyone chooses to travel separately from the team, then they must inform the team manager within 3 days prior of the competition Not on day of Competition

Swimmers travelling to the competition by club transport, will be expected to travel back to the place of pick up. If for some reason a swimmer(s) has to go back separately, he/she must inform the team manager within 3 days prior of the competition Not on day of Competition

Support

Team events is all about supporting your club collectively, it’s about unity, togetherness and pulling together, therefore, it is important that everyone contributes to the team ethos.

1. Selection is a privilege to be earned
2. Clubs colours to be worn at all team events
3. Team and self: Self and team: Both are important
4. Everyone sits together on poolside to provide support for one another
5. Never leave the poolside without informing your team manager first
6. Never leave the poolside until the last race has been swum
7. Clean up you own mess, leave as we find
8. Conduct yourself in a proper and safe manner at all times

Your behaviour and conduct at all times should reflect credit upon **yourself,** your **team** and your **club**

Dave Pettengell

Head Coach