

# What you need to know about competitions

Competitive swimming can be both exciting and worrying. Hopefully the following information will take away most of the anxiety.

## CHILDREN

Q) *What stroke will I swim?*

A) Your coach should discuss this with you before you are entered. If you are accepted this information will be displayed on our notice board and on our website ( [peeblesasc.com](http://peeblesasc.com) )

Q) *How will the race start?*

A) Roughly 3 events before your race you will be sent to gather with the other swimmers in your race. This is called Marshalling. When it is your turn you will be guided by a series of whistles. Also see attached sheet. Young swimmers who don't feel comfortable diving in are normally allowed to start in the water. Whilst waiting in the Marshalling area you should do some simple stretching exercises to warm up.

Q) *Will the pool be the same as Peebles?*

A) Most pools are the same length (25 Metres) as Peebles but most have more lanes (often 6).

Q) *Who will be with me to tell me what to do and when?*

A) A coach will be with you and, if there are a lot of swimmers from Peebles, there may be another adult or older swimmer. If you are still nervous ask the coach if an older swimmer can go to the start with you.

Q) *Will I sit with my club or my parents?*

A) You will sit with your club. Parents may, where available, sit in a viewing area. If you are leaving the poolside you **MUST** let a coach know.

**Swimmers must put on dry clothes/footwear before going to spectator area to join parents.**

Q) *What is the rope in the pool for?*

A) Some pools have a rope strung across the pool, which is dropped into the water to tell swimmers there has been a false start.

Q) *How many other clubs will be there?*

A) There can be anything between 4 or 5 to 20 or more depending on how many the host club feel they can handle.

## PARENTS

Q) *When will the event start and how long will it last?*

A) All timings are displayed on our notice board. Most take 3 hours if 1 session or 6-7 hours if 2 sessions (including lunch break).

Q) *What will my child need?*

A) Large kit bag

A swimsuit or trunks for **each** session they are to swim in. **NO BOARD SHORTS!**  
**NO LEGSUITS** if swimming at East District Competitions

Two large towels

Water bottle

Goggles (if worn) plus spare pair

Peebles cap -recommended for all swimmers but any swimmers with long hair  
**MUST** wear a cap

Large T-shirt for pool side-Peebles one if possible. **NO FOOTBALL STRIPS.**

Shoes for poolside e.g. Crocs

High energy snacks e.g. bananas, cereal bars, digestive biscuits, jelly and pasta.

**\*NO sweets chocolate or fizzy drinks\***

Q) *Will there be lockers?*

A) Most pools have a limited number of lockers. Belongings can sometimes be taken onto poolside in your kit bag.

Q) *Will there be a spectator area?*

A) It should be presumed there is at least limited spectating, unless the host club advises differently, in which case this information will be displayed on our notice board.

**Swimmers must not go to spectator area unless wearing dry clothes and footwear.**

Q) *Transport. Who provides it? Are there consent forms? Is there information about medical conditions, telephone numbers etc?*

A) There are no consent forms, as the club cannot be held responsible for transport. It is the parent's responsibility to make sure their child gets to the venue on time. Occasionally we arrange a minibus, which may incur a cost to each swimmer. The coach should have information about medical conditions and home & emergency telephone numbers. It is **parents responsibility** to ensure details held on your child are current.

We hope this helps but should you need to know anything else then please ask. Swimming in competitions is fun and is a great way of getting to know your team mates as well as seeing how well you are doing with your swimming.