



# **CHESTERFIELD SWIMMING CLUB**

**Affiliated to ASA Midland District and Derbyshire ASA**

Founded 1988

## ***Junior League Swimming***

### *What is the Junior League?*

The Junior League is a club competition for 9-12 year olds (age as at 31st Dec of year of competition) where the swimmers are selected to represent the club.

The country is divided into different Regional Leagues for clubs to compete in. Chesterfield enters two teams that compete in the Nottinghamshire & Derbyshire League (3 rounds).

### *When are the Junior Leagues in 2008?*

Round 1 – 20th April 2008

Round 2 – 18th May 2008

Round 3 – 22nd June 2008

### *What can swimmers swim?*

The mixed 9 year olds have four 4x25m Relays (2 Freestyle, 2 Medley)

The 10 & 11 year olds have 50m Individual races in the 4 strokes plus two relays

The 12 year olds have 50m Individual races in the 4 strokes plus two relays

There is also a mixed 8x25m freestyle relay (2 from each age group, 4 girls & 4 Boys) as the last race.

The league rules restrict swimmers to two individual races in their own age group and one swim up. There are no restrictions on the number of relays that can be swum. The coaches will select the fastest team possible therefore some swimmers may only be selected for relay swims. The club sees this as a team competition and all swimmers are asked to swim regardless of how much or how little they will be doing on the night.

### *How do the swimmers get selected?*

The teams are selected by the Chesterfield coaches. On the afternoon of the leagues the selection process of swimmers to swim events is passed to the coaches of the respective teams. Sometimes due to illnesses, no shows etc things have to be re-jigged on the afternoon.

### *How do the swimmers know they have been selected?*

The teams will be posted on the Club Notice Board at Queens Park Leisure Centre and Brookfield School.



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### ***What do I do if selected?***

You need to indicate if you are available to swim by ticking or crossing your name on the board at Queens Park. The earlier that you can do this the better.

### ***What do I do if a swimmer can not make it on the day due to illness etc?***

The best thing to do is to contact Jo White (Club Secretary) who will pass on a message to the team coach.

### ***How do I get to the Junior Leagues?***

We do not usually have a bus to the rounds that are held within Derbyshire and Nottinghamshire. Details of the travel arrangements will be on the selection sheet. If coaches are used they pick up and drop off the team from outside Queens Park Leisure Centre. As a club, enough time is allowed for travel with a bit extra in case people are late but please try and arrive at the coach at the time requested. If you are not wishing to travel on the coach please let the coaches or team managers know or write next to your name on the board "own transport". No food is allowed on the coaches going to the leagues and on the way back all rubbish should either be taken home with you or put into the rubbish sacks provided by the team managers. All coaches should be clear of any rubbish before swimmers are let off the coaches to go home. Any swimmers that have not been collected (due to parents being late etc) will be looked after by the team staff until someone collects them. Please bear in mind that the team staff do not want to be waiting around and would appreciate people collecting the swimmers to be there on time.

### ***Can parents watch & travel to the Junior league?***

All parents are welcome to attend the galas and support the teams.

In terms of travel obviously the swimmers & team staff have priority on seats on the coaches. Next priority goes to the officials, and their partners, that we have to take with us (usually two timekeepers & 1 judge). If there is still room on the coach then we open it up to parents with the parents of the 9 year olds getting priority. There is a cost to any parents traveling with the team. It is asked that once the venue of the league has been reached parents on the coach disembark and allow the team staff to get on with the job of leading the team through the Junior League. Once the team is on the poolside no parents are allowed on the poolside as it becomes a Child Protection issue.

### ***What do I need to bring on the night & what is expected of the swimmers?***

All swimmers are advised, as a minimum, to bring with them a Chesterfield Swimming t-shirt and dark blue shorts/tracksuit bottoms, something to wear on their feet (flip flops/trainers), 2 towels (one for poolside and a spare for afterwards to get dry!), a Chesterfield club hat & two pairs of goggles (in case one pair break). It is also advisable to have plenty of fluids to drink as performances can drop if swimmers get dehydrated. A separate sheet will be published for what swimmers should eat & drink at competitions. If the swimmers need to leave the poolside at any time during the Junior league they must inform the Team Managers first so that they are aware of where everyone is. The swimmers are also asked to behave on poolside and to leave the poolside tidy with no litter.

*Joe Lack*

*Chesterfield Swimming - Head Coach*