



RUGBY SWIMMING CLUB

MEMBERS INFORMATION PACK

You will find all documents on the website.

The website is a media that we are increasingly using as a means of communication for the club, please ensure you have your login and check the website on a regular basis.



Rugby Swimming Club Fees

Each squad has set weekly training times and fees as follows:

- Development 1 £22 1 hour
- Development 2 £30 2 hours
- Junior £35 4 ½ hours plus 1 hour land training
- Age group £46 8 ½ hours plus 1 hour land training
- Senior 1 £55 10 ½ hours plus 1 hour land training
- Senior 2 £40 6 ½ hours plus 1 hour land training
- Club swimmer £32 2 ½ hours

There is also the Annual Fee of £50.

Session Times

Development 1	Tuesday	18:00 – 19:00	Rugby School
Development 2	Tuesday	18:00 – 19:00	Rugby School
	Wednesday	18:00 – 19:00	Rugby School
Juniors	Wednesday	18:00 – 19:30	Rugby School
	Thursday	18:00 – 19:00	Rugby School
	Saturday	07.45 – 08.45	QDJC Land Training
	Sunday	17:00 – 19:00	QDJC
Age Group	Monday	19:00 – 21:00	QDJC
	Wednesday	18:00 – 19:30	Rugby School
	Thursday	18:00 – 20:00	Rugby School
	Saturday	06.30 – 07.30	QDJC
	Saturday	07.45 – 08.45	QDJC Land Training
	Sunday	17:00 – 19:00	QDJC
Senior 1	Monday	19:00 – 21:00	QDJC
	Wednesday	06:30 – 07:30	QDJC
	Wednesday	18:00 – 19:30	Rugby School
	Thursday	18:00 – 20:00	Rugby School
	Friday	19:30 – 20:30	Bilton Grange
	Saturday	06.30 – 07.30	QDJC Land Training
	Saturday	07.45 – 08.45	QDJC
	Sunday	17:00 – 19:00	QDJC
Senior 2	Monday	19:00 – 21:00	QDJC
	Wednesday	19:30 – 21:00	Rugby School
	Saturday	06.30 – 07.30	QDJC
	Saturday	07.45 – 08.45	QDJC Land Training
	Sunday	17:00 – 19:00	QDJC
Club 12 Plus	Wednesday	19:30 – 21:00	Rugby School
	Thursday	19:00 – 20:00	Rugby School



Club Kit

As swimmers progress, they will need the following equipment for training:

- 1) Drinks Bottle (1 litre)
- 2) Goggles
- 3) Hat (any swim hat, novelty ones allowed)
- 4) Mesh Bag (net)
- 5) Kick Board
- 6) Pull Bouy
- 7) Fins (short nosed)
- 8) Paddles (not really needed until seniors)

Mesh Bag



Kick Board



Pull Bouy



Fins



Paddles



For competition it is requested that you wear a Rugby swimming hat and have a team t-shirt. Other useful items would include:

- 1) 2 x towels one for poolside, 1 for afterwards. You can purchase chamois towels which are very handy for poolside.
- 2) Goggles
- 3) Drinks bottle
- 4) A well fitting swimming costume / trunks as swimmers progress they may want to start looking at specialist "performance swimwear"
- 5) Possibly a healthy snack to keep you going
- 6) Flip flops can be useful
- 7) Team T-shirt or Hoodie to keep warm between races

Chamois Towel



Rugby Swimming Club clothing kit such as t-shirts – are available to purchase via our online shop. Details can be found on our website.

Swimming Hats are available to order via email simonhw1@virginmedia.com (£5.00ea) there is also often an order list for "personalised" hats on the Rugby School noticeboard (£7.50ea).



Glossary of Swimming Terms

Below is a list of common terms used in the sport of swimming.

We hope this will help new swimmers and parents understand a little better the terminology used.

- **Age Group** - Division of swimmers according to age, usually one or two year bands.
- **ASA** - Amateur Swimming Association - the ruling body of British swimming.
- **ASA rankings** - A list of all results by a swimmer in a licensed meet.
- **BAGCat** - British Age Group Categories - BAGCats for short. When swimmers compete in a BAGCat event, their time is converted into points which take into account their age and sex and compare them against other swimmers across the country. The points are used to work out which swimmer has given the best performance overall.
- **BC** - Backcrawl or Backstroke or Back.
- **BR** - Breaststroke sometimes also BS or Breast.
- **BS** - Can be Breaststroke or Backstroke - check context!
- **Blocks** - The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable.
- **Cool-down** - The gentle swim after a race when pool space is available. Essential to avoid injury.
- **Disqualification (DQ)** - A swimmer's performance is not counted because of a rule infraction (there are various different codes to explain why they have been DQ'd). Such as DNC, did not compete, DNF, did not finish and many more.
- **Dive Start** - Diving entry from the blocks in the deep end (usually either a grab start or a track start).
- **Drill** - A controlled form of stroke designed to draw attention to a particular aspect of that stroke: Catch-Up , Drag, Salute, Zips, and many more.
- **Easy** - Usually swim down or warm up, a slow easy stroke focusing on stretching out the stroke and warming up or down.
- **Electronic Timing** - Timing system operated by computers. The timing system usually has touchpads in the water, junction boxes on the deck with hook up cables, buttons for backup timing, and a computer type console that prints out the results of each race. Some systems are hooked up to a scoreboard that displays swimmers time.
- **Entry Time** - Times used to enter swimmers in meets. The swimmer at previous meets must have achieved these times.
- **Event** - A race or stroke over a given distance. An event equals 1 heat with its final, or a timed final.
- **False Start** - When a swimmer leaves the starting block before the horn or gun. One false start may disqualify a swimmer or a relay team, although the starter or referee may disallow the false start in unusual circumstances.



- **False Start/Recall Rope** - A recall rope across the width of the racing pool for the purpose of stopping swimmers who were not aware of a false start.
- **FC** - Frontcrawl often referred to as Freestyle or Free.
- **FINA** - the Federation Internationale de Natation, is the world governing body for the five aquatic disciplines of swimming, diving, water polo, synchronised swimming and open water swimming.
- **Finals** - The final race of each event. The entries in a final may be decided by preliminary heats.
- **Final Results** - The printed copy of the results for each race in a swim meet.
- **Flags** - Pennants are suspended over the width of each end of the pool, 5 metres from the wall, regardless of the pool's length. This allows backstroke swimmers determine where the end of the pool is.
- **Fly** - Butterfly occasionally BF.
- **Form Stroke** - Your best stroke, other than FC.
- **FR** - Freestyle or Free (normally Frontcrawl, but any stroke will do as long as you can maintain speed).
- **Gala** - Competition (also called a Meet).
- **Grab Start** - A type of Dive Start. Can also refer to starting from in the pool holding onto the side.
- **Heats** - A division of an event when there are too many swimmers to compete at the same time. The results are compiled by swimmers time swum, after all heats of the event are completed.
- **Heat/Start Sheet** - A finalised programme after withdrawals have been processed and reserves have been allocated. This is usually produced during the warm-up.
- **HDW (Heat Declared Winner)**: Only heats are swum, not heats and finals. The swimmer with the fastest heat time in the relevant age group wins the event regardless of which swimmer wins the heat. This seems to be very hard for younger swimmers to understand, but basically they just need to swim as fast as they can!
- **IM** - Individual Medley (all four strokes together in order Butterfly, Backstroke, Breaststroke and Frontcrawl).
- **Kick** - Legs only (no pulling).
- **Lane order** - In finals, the lane order is decided from times swum in the heats or semis. The fastest qualifier goes in lane 4, the second fastest in lane 5, third fastest in lane 3, fourth fastest in lane 6, fifth fastest in lane 2, sixth fastest in lane 7, seventh fastest in lane 1 with the slowest qualifier in lane 8. In theory this should produce a spearhead shaped race.
- **Leg** - The part of a relay event swum by a single team member. A single stroke in the IM.
- **Long Course** - 50m pool (term used for describing competitions).
- **Masters** - Name used for our category of adult swimming at Meets.
- **Medley** - All four strokes swum in a specified order - Butterfly, Back, Breast, Free, Medley Relay Order is always Back, Breast, Fly, Free.
- **Meet** - Competition (also called a Gala).



- **Negative Split** - Go faster for the second half of the set distance than the first half.
- **Open Turn** - The two handed touch turn completed for Breaststroke and Butterfly.
- **Over the top start** - Swimmers stay in the water until the next race has started.
- **PB** - Personal Best - this is your best time to date for a particular stroke and distance, remember that long course (50m) times will be slower than short course (25m) so you will have pb's for each.
- **Pull** - Arms only (no kicking).
- **Qualifying Times** - Published times necessary to enter certain meets, or the times necessary to achieve a specific category of swimmer.
- **Set** - A self-contained part of the swimming session as 'set' by the coach e.g. a 'main set' might be 10 x 100m free.
- **Short Course** - 25m pool (term used for describing competitions).
- **Split** - A portion of an event, shorter than the total distance, that is timed. (i.e.) A swimmers first 25 or 50 time is taken as the swimmer swims the 100 race. It is common to take multiple splits for the longer distances.
- **Oversubscribed (Oversub)** - An entry that has not been accepted by the meet organisers. This can be for a number of reasons, e.g. constraints of time.
- **Streamline** - Underwater body position after diving or pushing off the wall which maximises swim speed and efficiency.
- **Swim Down** - Swimming slowly and steadily at the end of the session to warm down.
- **Taper** - Period of less intense training in the run up to a major event.
- **Time Trial** - An event or series of events where a swimmer may achieve or better a required qualifying time.
- **Touch Pad** - The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race.
- **Track Start** - A type of Dive Start.
- **Tumble turn** - The flip (somersault style) turn used for Frontcrawl and Backcrawl.
- **Warm-up** - The practice and loosening session a swimmer does before the meet or their event is swam. Essential to avoid injury.



Competitions

As swimmers progress, they will hopefully want to start competing. Below is a brief description of some of the competitions.

Club Champs

One of the best places to start competing is our very own Club Champs! This is run once a year, usually Sept/Oct and is open to club members only. This is an opportunity for swimmers to compete against other club members in the same age group. Information on this is always sent out well in advance with an information pack and entry form to fill in. You should see this as a chance to try out various different events in a friendly/relaxed environment. Open to all age/ability swimmers within the club.

Open Meets

There are various different levels of open meets aimed at different ages and abilities. More detailed information is enclosed. Always read the information regarding the individual meet to see if it is appropriate for your swimmer (if in doubt please ask your swimmers coach for guidance).

Counties/Warwickshire's

The Warwickshire County Championship's are usually held around January each year and is a meet that requires qualifying times. See ASA rankings for your swimmers current times this will allow you to see if they qualify (more details about ASA ranking enclosed). Here swimmers come from various different clubs within the county to see where they might rank. Following on from Counties are the Regionals and then Nationals again held once a year and requiring qualifying times.

Team/League Galas

In addition to the meets mentioned above there are also team competitions. These are usually held during a Saturday evening. The teams are picked by the coaches and are the team sheets are sent out requesting that swimmers notify their availability. At this time you would receive all information regarding the time and the location of the gala. There are various different leagues and ages groups to these galas all of which you would be notified of at the time.



ASA Ranking – Swimmers Official Times

The following website is where, once your swimmer starts competing, you will find all the times recorded for any event raced at a licensed meet. It will be handy to know their ASA no. for you to search by, although you can search by swimmers surname.

<https://www.swimmingresults.org/individualbest/>

swimmingresults.org British Swimming ASA Scotland Wales iOS Pa
HOME RESULTS RECORDS PAA-SWIMMING MASTERS MEMBERS BLOGS ENTRY TOOLS DOWNLOADS LIC
RANKINGS

Individual Best Times

Individual Best Times allows you to view Personal Best Times for the Last Time.

Period: All Time

Membership Number or Family Name: Smith

Go Looking

Disclosure of your information. Please click [here](#) to read the ASA Data Protec are a member of an English or Welsh club and you wish to change your detai your information please use the [Online Membership System](#). Scottish member [Scottish Membership System](#). If you believe times are wrong or missing fr please contact the MEET PROMOTER with the details. They may need to cont department with any changes. Questions concerning the Decathlon competitio [here](#). Technical problems with this website should be sent [here](#).

the asa swim for life NOFIO CYMRU SWIM WALES Scottish Swimming

Within the same website you can also look at where your swimmer comes in the rankings for the different strokes/distance for both 25m and 50m pools, at club, county, regional or nationality level.

<https://www.swimmingresults.org/12months/>

swimmingresults.org British Swimming ASA Scotland Wales iOS Regions Contact
HOME RESULTS RECORDS PAA-SWIMMING MASTERS MEMBERS BLOGS ENTRY TOOLS DOWNLOADS LICENSMENTS
RANKINGS

Event Rankings (All Time)

Event Rankings shows the ranked position of swims for the period reported for both Long Course and Short Course.

For Individual Rankings and Individual Personal Best Times use [Individual Rankings](#) and [Individual Best Times](#).

Course: Long

Stroke: All Strokes

Gender: All

Period: All

Age Group: All

Age At: 31st December

Starting Position: 1

Records To View: 25

Nationality: All

Region: All

County: Northshire

Club: All

Go Looking

Disclosure of your information. Please click [here](#) to read the ASA Data Protection Notice. If you are a member of an English or Welsh club and you wish to change your details or hide/unhide your information please use the [Online Membership System](#). Scottish members need to use the [Scottish Membership System](#). If you believe times are wrong or missing from a meet then please contact the MEET PROMOTER with the details. They may need to contact the Rankings department with any changes. Questions concerning the Decathlon competition should be sent [here](#). Technical problems with this website should be sent [here](#).



Open Meet Entry Rules

Level 1 Open Meets

Level 1 open meets are all LONG course (50m). The aim of these meets is to achieve times for National, Midland and Warwickshire County Championships.

Long course National, Midland and Warwickshire County Championships, are all Level 1 meets, (not all Counties are long course though).

Entry Criteria: Your Personal Best Time (PB) from ASA rankings MUST meet the qualifying times that have been set.

Level 2 Open Meets

Level 2 open meets are all SHORT course (25m). The aim of level 2 open meets is to achieve qualifying times for short course National, Midland Championships and Warwickshire County Championships. Swimmers can also achieve qualifying times for Midland Long Course Championships.

Short course National and Midland are all level 2 meets.

Entry Criteria: Your Personal Best Time (PB) from ASA rankings MUST meet the qualifying times that have been set.

Level 3 Open Meets

Level 3 open meets are a mix of Short Course (25m) and Long Course (50m). The aim of Level 3 open meets is to achieve times for Midland and Warwickshire County Championships.

Entry Criteria: Enter your Personal Best Time (PB) from ASA rankings. If you haven't swam an event for six months or have not got an official time for an event please speak to your coach and they will tell you what time to enter.

PLEASE DO NOT JUST MAKE A TIME UP AND ENTER.

LEVEL 4 Inter Club Competitions.

Level 4 Open Meets are inter club competitions e.g. Club Championships and Time Trials. The aim of Level 4 competitions is for EVERYONE to swim and achieve qualifying times for Warwickshire County Championship, from those seeking their first swimming competition to experienced swimmers looking to get faster PB's. This also gives them times on ASA rankings to be used at meets that request official times.

Entry Criteria: Tick the box of the events you would like to swim.



Open Meet Advice

- When filling out an entry form for an open meet please use the entry form provided below. Make sure that you only enter events for which you have times for on ASA rankings <https://www.swimmingresults.org/individualbest/>
- Make sure that you always keep long course and short course PB's separate.
- Some open meets allow you to enter converted long course times to short course times (see each open meets T&C's) please use the Sports System conversion site when converting swimming times. http://www.sportsys.co.uk/?page_id=197
- **DO NOT ENTER A FASTER TIME THAN THE PB POSTED ON RANKINGS** If they are using sports systems they will only use the time entered as some won't let you over ride, so it is best to only ever put the time shown on rankings.
- Club. Make sure your entries are with your coach or the open meet secretary by closing date set by Rugby Swimming Club.
- All swimmers who have achieved Warwickshire County Championship times **MUST** enter the meet for events they have qualified for (unless your coach has specified otherwise).
- Swimmers who have achieved Midland Qualifying times **MUST** enter the meet for events which they have qualified for (unless your coach has specified otherwise).



What to take to an Open Meet

- Racing Costume/Trunks
- Warm Up Costume/Trunks X2
- Goggles X2
- Rugby Swimming Club Hat X2
- Rugby Swimming Club T-Shirt for Poolside X2
- Shorts for Poolside X2
- Onesie or Hoodie/Jumper
- Towels X2 (or Towel and Chamois towel for poolside)
- Drinks Bottle X3 (For Example)
 - Water,
 - Fruit Juice
 - Sports Drink
- Snacks (For example)
 - Fruit
 - Cereal bars
 - Prepared Vegetables
 - Sandwiches
 - Pasta
 - Pasta Salads

RUGBY SWIMMING CLUB



OPEN MEET ENTRY FORM

To be used when there is no specific form issued by the competition organiser)

NAME OF MEET

SWIMMER'S DETAILS

Surname: _____

First Name/s: _____

DOB: _____ Age at Date Specified in Meet T&Cs: _____

Tel no: _____

EVENT DETAILS:

*(Please **TICK** event box to be entered.)*

GREY BOXES ARE NOT AVAILABLE TO ENTER

	Free	Back	Breast	Fly	IM
50m					
100m					
200m					
400m					
800m					
1500m					
Cost Per Event:					
Total Entry Cost:					

BACS Payment: Sort Code 20-73-48, Account Number 93146464

Please include Open Meet Name and Child's Name in the Payment Details

PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO HAND THIS FORM IN

January 2017



RUGBY SWIMMING CLUB
RUGBY OPEN MEET ENTRY FORM

(To be used when there is no specific form issued by the competition organiser)

RUGBY OPEN

SWIMMER'S DETAILS

Surname: _____

First Name/s: _____

DOB: _____ Age at Date Specified in Meet T&Cs: _____

Tel no: _____

EVENT DETAILS:
*(Please **TICK** event box to be entered.)*
GREY BOXES ARE NOT AVAILABLE TO ENTER

	Free	Back	Breast	Fly	IM
50m					
100m					
200m					
400m					
800m					
1500m					
Cost Per Event:					
Total Entry Cost:					

BACS Payment: Sort Code 20-73-48, Account Number 83410730

Please include Rugby Open and Child's Name in the Payment Details

PLEASE DO NOT WAIT UNTIL THE LAST MINUTE TO HAND THIS FORM IN



How you can help the club to fund raise!

On the website you will find two links and by using them to shop you can help the club to fund raise. It's easy to use and there is no cost to you. You can take a look by clicking on the banners below!

You can shop with many high street retailers, do your grocery shopping or even book a holiday!



A great place....for all your swimming needs!



IDEAS AND SUGGESTIONS

We have set up an email address to capture any suggestions and ideas you feel may help improve the club.

The address is ideas@rugbyswimmingclub.co.uk

We take a look at this on a regular basis and ideas/suggestions are discussed at the committee meetings.