

## **COUNTY CHAMPS – how to get to it, how to apply and what's expected.**

DBSC is a Competitive Swim Club. As such, it expects all swimmers to compete at recommended galas as determined by the Coach.

The main expectation of all DBSC Swimmers is to try to aim for County Championships. Individual successes occur at other galas but as a 'Club' this Championship is **the most important and it is vital to be a team player at this event.**

Over 4 weekends in Feb and March the club competes against all other ONB clubs in the County. Currently there are 19 clubs in total; we came 4<sup>th</sup> in 2011!

Points matter. Every race competed in, counts. All relays matter. All finalists (positions up to 8) get points. It's a very different type of gala to most others, for one main reason – the club enters as a Team.

### How to get to Counties:

Between the end of May (around 24/25<sup>th</sup>) and end of January (again 24/25<sup>th</sup>), swimmers need to compete at all levels of Galas to gain qualifying County Times.

CLUB CHAMPS - The best, and easiest, way for swimmers to gain 'times' is at the Club Champs – this is considered the second most important Club event. Anyone can compete (including 8 yr olds) and everyone is expected to. Times from this gala will count for Counties as long as the qualifying times for Counties are reached. The latest qualifying times' sheets can be found on the DBSC web site. Club Champs is also a good test of how training is going. It's a relatively stress-free environment for Novices to try out their skills.

BBAT - Another good Gala where swimmers from DBSC are expected to compete. BBAT is comprised of Bourne End and Barramundi, Aylesbury and Thame. This is run by us in conjunction with the listed clubs and is closed like Club Champs.- ie no other clubs are invited.

Any level 1/2/3/4 galas that are licensed can be used to gain times for Counties. Entry for these are determined by their qualifying times. You can run the risk of not getting in if oversubscribed. This won't happen at Club Champs and BBAT.

In the lead up to Counties from the start of the season (end of May) at all galas:

- Parents must keep a record of all 'times' their swimmer has swum.
- Bagcats should be followed in order to keep the spread of skills across all 4 strokes.
- Attend Club Champs and BBAT galas, plus any others, as recommended by Coach.

### How to Apply to County Champs:

Hopefully by the end of January your swimmer may have at least a County 'considered' time. If so, you must apply to enter the Champs once prompted by the Fixtures secretary and upon receipt of the application form. This will be emailed to you and will be also be available on the website.

Submission of forms for County:

- Any guidance required regarding what events a swimmer should compete in, should be discussed with Head Coach.

- The form must be correctly and fully filled in.
- The times must be accurately recorded\*
- Must be in on the deadline as requested by the FS
- Late entries will not be accepted.

\*You can use your own records for times swum. You must record event, time, date and venue of race. You can also use Barrabase on the website and you can look up Rankings on the British Swimming web site for recorded times. You can use LONG course times (50m pool) as long as they have been converted to 25m (SHORT course) pool times. The conversion tool is on the website. The times submitted are checked for accuracy.

### What's expected at the Champs:

All events are available – from the 50m to the 1500m.

If you have a qualifying' time for any event – even if only one - you should submit an application.

As well as individual events there is an opportunity for Relays.

There are age group relays, Junior (16&U), and Open. Those whose combined times are fastest will be selected. Reserves will be included in the selection in case of illness/injury. DBSC expects that swimmers selected for relays will compete. Whilst a swimmer cannot be forced to, if they do not wish to swim in a relay, it may mean that they will not be allowed to swim in any other relay event and that they risk not be considered for selection again.

Note: At County Team Galas eg Kingerlee and Lombardian, InterCounties, Regionals and Nationals, relays are regarded as important as any individual event.

Swimmers should be expected to swim all entered events to gain maximum points for the club (subject to illness/injury)

It is often the case that split times from relay events are faster than individual equivalents. The 1<sup>st</sup> leg of relays can be used as individual times if pre-arranged with the referee/promoter.

Medals (and points for the club) are awarded to the top 8 finalists in all events.

Bagcats is operated at this Championship. The Top 8 in each age group receive trophies. Please see separate guidelines for fuller explanation of how Bagcats work.

Where finals are held the points from the heats count for Bagcats. Therefore a swimmer needs maximum effort in both heat and final.

Swimmer Guidelines (see separate document) also applies.