

Competition Guide

Inverness ASC



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Calendar

- Training is always a focus across the season
- Season begins in August and ends in June/July
- The calendar is coach guided
- The first third of the season is competition light to build skills and techniques
- The second third is a phase of implementing skills and techniques into competition and reviewing areas missing
- The final third is a phase of maximising competition performances with back up of training

Competition Pathway

Club time trials / Club Championships

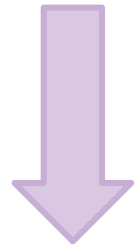
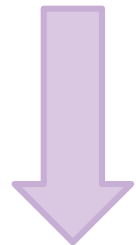
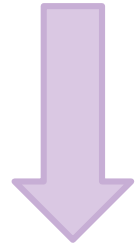
Mini Meets

Graded Meets / Club Meets

District Age Groups / Open Club Meets

District Age Group Championships

National Championships / National Meets



Purpose of competition

- Competitions are chosen for a number of reasons, forming part of the pathway for developing swimmers
- Competitions are either at the level of the swimmer, just below the level of the swimmer or slightly above their current level
- Areas of stroke and skill improvement in the training practice sessions begin to transfer into the competitive environment
- Every racing event is an opportunity with particular focus
- Competitive Focus for those on competitive pathways:
 - C Squad – introduction to racing, aiming to race approximately once every 2 to 3 months
 - B Squad – building racing skills, aiming to race approximately 8-10 times per season
 - A Squad – executing racing skills, aiming to race approximately 10-12 times per season

What to race

- Competition should be an enjoyable experience. Supporters should offer a calming, relaxed and supportive approach
- Coaching team will offer advice based on what the swimmer is physically capable of doing; at times challenging swimmers to trying new events, race tactics, number of races
- A wide range of events should be targeted. Event specialisation really only comes in at around age 16-18yrs
- For C Squad, aim to race 50m and 100m events, with some 200m events when able to
- For B Squad, aim to race all events across the spectrum from 50m to 1500m when coaches feel the swimmer is ready
- For A Squad, aim to race all events across the spectrum from 50m to 1500m at least twice per season

Entry process

- As detailed in separate document
- Fees for events will be taken via Team Unify on 1st of the next month
- If a swimmer is scratched from an event, a refund will be given for that swim. It will be credited on your Team Unify account on your next billing period
- Withdrawal after the competition closing date will not result in a refund
- A refund for withdrawing due to medical reasons can be given from the meet organisers, a medical certificate is required
- Please check over entries and contact coaching team for any changes
- If you do not receive the entry report, your swimmer has not been entered

Draft Programme Information

- Generally for most competitions the following applied
 - Text in black = entry accepted
 - RES = reserve for event and you should make a decision with your coach whether to swim or not swim this event
 - SCR = scratched from the event, where there are too many entries to fit into the time window for the session
 - WD = withdrawn, by club ahead of time
 - Relays - team lines will be submitted at the time of entry, coaches will submit a relay team line, this may differ from what was originally submitted. Swimmers who are confirmed for swimming in relays will be notified with as much notice as possible

Pre competition

- Swimmers should attend training as normal in the lead up to competition, there is no need to take a session off the day or two before racing
- Swimmers should look over the draft programme to know which events they are swimming in each session
- Swimmers should make a goal for each swim, not always needing to be a personal best time (pb), but can also be skill related. Discuss this with your coach ahead of the competition
- Swimmers should talk to their coach about any concerns they have, do not wait until the day of competition
- Swimmers should make a list of what they need to take and pack their bag the day before
- If travelling with an overnight stay, it is encouraged that swimmers take their own pillow from home to ensure best quality of sleep possible

At the competition

- Arrive 20-30minutes before the beginning of the warm up
- For most competitions there is time after the warm up before the swimmers' first event. Swimmers should warm up in training suit and then change into race suit near to event time
- Coaches will advise if a swimmer should warm up in race wear
- Focus on one swim at a time
- Know your warm up before you get in
- Ensure you go over warm up with a coach
- Speak to a coach before going to marshalling point, speak to a coach immediately after your swim
- Remain hydrated throughout the day
- Wear plenty clothing to keep core body temperature at suitable level for racing, indoor trainers with socks, shorts or trousers, t-shirt and/or hoodie

Post competition

- Review the goals you set for each event and make notes of your progress
- Write down your reflections
- Reflect on the following questions:
 - For each race – Did I achieve my goal for this swim? Why do I think this?
 - For each race – What did I do well?
 - For each race – What did I put into the race from training?
 - For each race – What do I need to work on more?
 - Overall – how did this competition meet my expectations?
- Share your thoughts and reflections with your coach



Expectations of swimmers

- Be enthusiastic and motivated to compete
- Recognise the opportunities in front of you
- Focus on your processes, not your outcomes
- Uphold high standards of behaviour and conduct
- Respect yourself, your teammates, the officials and coaches
- Remain calm and try your best
- Hold yourself to realistic expectations of yourself

Expectations of coaches

- Provide support to all swimmers
- Support swimmers through warm up
- Keep swimmers engaged and active as needed throughout the competition
- Focus on swimmer process, not outcome
- Draw from swimmers their positive points as well as helping the swimmer recognise what still needs to be worked on
- Set realistic expectations on the swimmer
- Uphold high standards of behaviour and conduct
- Respect yourself, all swimmers, the officials and other coaches
- Do not compare swimmers to other swimmers

Nutrition and hydration

- Have a carbohydrate breakfast such as porridge with fruit, toast with peanut butter and banana or granola bowl with yoghurt
- Opt for complex carbohydrates throughout the day to ensure balanced glucose/sugar levels
- Avoid high sugary foods, crisps as well as avoiding food high in saturated fats such as sausages, pastry and fast food
- Snack on crackers, oatcakes, rice cakes, breadsticks, fruit, flapjack, yoghurt etc throughout the day
- Have a good lunch such as pasta, protein and vegetables
- Post competition have a carbohydrate meal with some protein
- Drink regularly throughout the day, water and diluting juice are perfect
- Milk is a great recovery fuel after competition finishes for the day

Example list of things to take

- Two or 3 towels
- Poolside clothes - in addition to those worn to and from competition
- Club clothing
- Club cap and spare
- Goggles, and spare
- Training suit and race suit
- Skipping rope, tennis ball/spiky ball, foam roller
- Plenty food and drinks
- Written note of your goals for the meet
- Music / activity to read or do to keep occupied between swims

Technical swim suit policy

- Effective 1 September 2022, swimmers aged 13 years and under are not permitted to wear technical swimsuits at any competition licensed or registered by Scottish Swimming that takes place in Scotland.
- The age of the swimmer shall be the age that the swimmer is swimming at, be that age on day or age at any other date e.g. 31 December
- Technical swimsuits are specialised swimsuits, that push the boundaries of performance advantage in competition. Technical swimsuits are defined as those that have ALL three of the following; i) Suit made of water repellent and compressive materials ii) Suit that has leg grippers iii) Suit that has taped seams
- For further information please refer to the Scottish Swimming [Technical Swim Suit policy](#)