

Little Putts Academy – PSC Mainstream - Swimmers Pathway

Little Putts Academy
Learn to Swim Lessons
Stage 1 to Stage 5

Stay on The Learn to Swim Pathway

On completion of Stage 5

Choose the Competitive Pathway

1 or 2 Sessions per week

2 x Swim Sessions Per Week
2 sessions at Lealands - or
1 at Lealands / 1 at Lea Manor (Friday)

Transition Group 2

3 x Swim Sessions Per Week
Inspire Monday – Lealands / Lea Manor

1 Land Session Per Week (Friday)

Transition Group 3

PSC MAINSTREAM SQUAD

Internal Club Champs Competitions

4 x Club Champs Meets per year

Full Contingent of PSC Officials & Club Volunteers



Can achieve first time qualifying times for event entry.



Try new events / distances.



Improve Personal Best Times.



Gain race experience.



Introduction to under 9 year old swimmers.



Club event where all ages combine and enjoy an evening of racing.

No Club Champs

Not enough poolside Officials to run a meet.



Reduced chance to gain qualifying standards and try new events



External meet entry that requires a time standard



Impact on swimming at external meets & county champs.



No race experience.



Under 9 year old swimmers unfairly impacted.



Cannot enter external meets due to lack of officials.

Open Meets Explained

Open Meets are divided into 4 levels

Level 1 Meets are long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.

Level 2 Meets are short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course.

Level 3 Meets are long and short course events. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships and other Meets at Level 1 or Level 2.

Level 4 Meets are entry level events in pools 25m or greater. Borough or Club Championships are an example. They are for inexperienced athletes and swimmers seeking to compete outside their club environment. If times are good athletes progress to Level 3 Meets.

Long Course (LC) – 50 Metre Pool

Short Course (SC) – 25 Metre Pool

Swimming Meets during a Season

August Season Starts

September
Club Champs 3

October
Club Champs 4

PSC November
Level 3 Meet

End of year meets for Mainstream
Squad qualifying for county champs

End of year meets for Junior Squad
qualifying for county champs

Bedfordshire
County Champs
Jan/Feb

PSC March
Level 1 Meet

Junior Meet alternative
in March

April - Mainstream
swimmers enter meets to
gain regional times

April / May
East Region Champs
for all age groups

May
Club Champs 4

June
Club Champs 4

PSC July Level
3 Meet

Junior Meet
alternative in
June or July

August Season
Finish

Swim England
Summer Nationals
July/Aug

Swim England
Winter Nationals
December

Aquatics GB
Swimming
Champs April

Aquatics GB
Swimming
Champs July

Judge level 1



"I started when my eldest daughter started competing as I realised I could help my local club at galas,"

Gerry Metcalf

Gerry is a referee and is often seen at meets from club champs through to the Commonwealth games!

Judge 1 officials

A meet needs 18 qualified officials to be licenced.

PSC currently have 11 total.

Only 2 in the 9-12 yr old age range!

The expectation from other clubs is that 3 PSC officials are there for each session. The more we are the less you have to do!

There are 94 families that are part of the competitive arm of PSC currently.

That's a potential 188 parents, let's call it 169 (based on national average of 1 parent families).

That's less than 6% of parents that are officials!

In the 9-11 year age group there are 0!!!!

If we could reach 20%, not even a third, that's 34 officials!



What do I need to do to become a J1.

Judge level 1 course-Online

Part 1: Theory course will teach you the technical elements.

Part 2: Practical poolside experience to be completed within a year.

If you start now in June, by counties in Jan/Feb you could be qualified. And we could bring back club champs!

How quickly you do it is up to you.

Cost: £20

<https://instituteofswimming.org/course-information/swimming-technical-officials-judge-1-theory>

Part 3: Foundation safeguarding course-Online:

Cost: Free

<https://instituteofswimming.org/course-information/swim-england-foundation-safeguarding-course-for-adults>



Benefits of becoming a J1

Enables your child to compete and have a time on rankings.

Teaches them to become independent and resilient.

You understand more about swimming.

Ring side seat.

No spectator entry fees.

Free food and beverages.

Meet like minded people.

Personal achievement.



Current qualified officials

Becky Porzio J2S

Elaine Hazelwood J2s trainee

Laurelin Wilkins J2s trainee

Michael Pound J2

Catherine Pound J2

Sheree Meanti J2

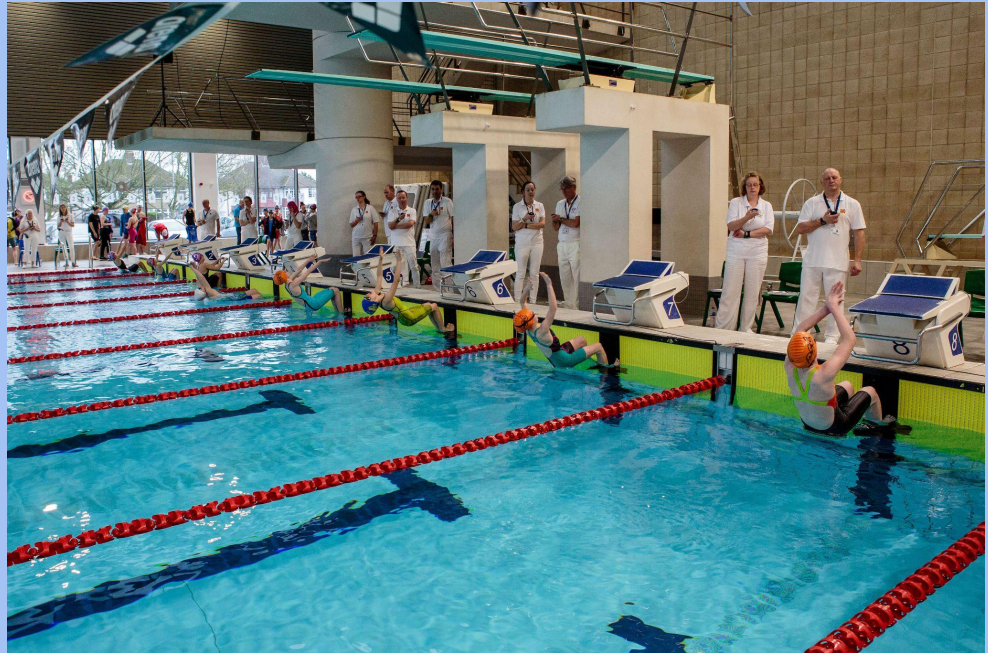
Izabella Spalding J2 trainee

Jackie Denmark J1

Edward Denmark J1

Nicola Madison J1

Helen Robinson J1



Team manager

What does a team manager do?

They are responsible for the safeguarding and organisation of swimmers poolside.

Swim England legislation states PSC are responsible for all swimmers at meets. At galas we enter as a club, swimmers are safeguarded by qualified club personnel, however, if a swimmer makes an individual entry to an event, as a parent and PSC member you will need to be qualified as a coach or a Team manager and buy the poolside pass and be poolside with the swimmer. We cannot let our swimmers be supervised by other clubs.

Legal requirements are 1 team manager for every 10 swimmers.

For example: there are 14 swimmers going to Enfield in March between the ages of 8-14 Yrs.

Potentially that is 28 parents. Let's call it 25 (based on national average of 1 parent families)

We have 1 qualified Team manager! That's 4%!

We cannot meet the Swim England required ratio! This means our kids can't compete! We need more parents to become qualified.



What do I need to do to become a TM?

Team Manager 1- Online

Cost: Free

Needs to be booked in advance and they fill up quickly!

<https://www.eastswimming.org/courses/team-manager-workshops/>

Safeguarding in aquatics 3hr online webinar:

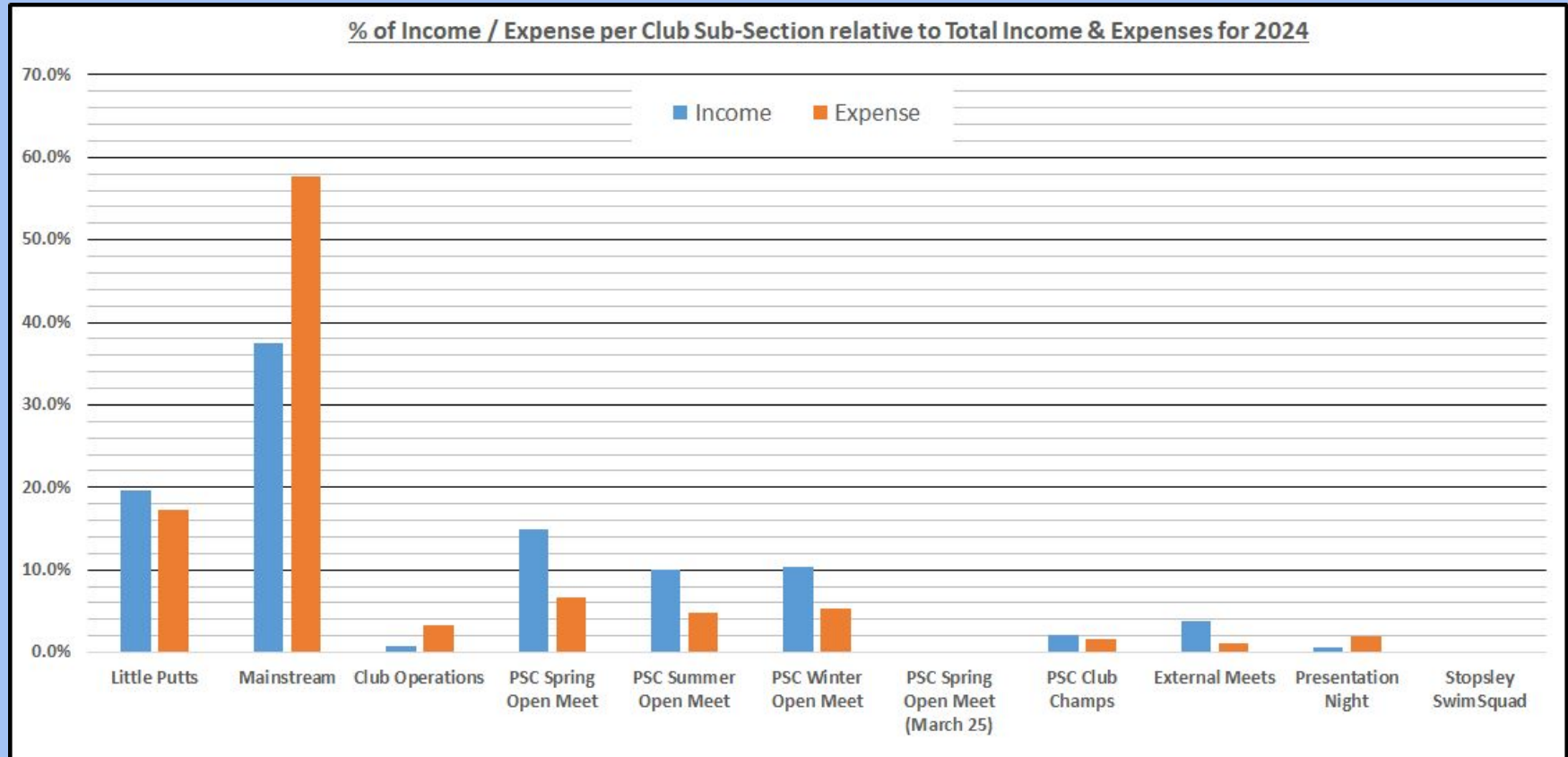
Cost: £27

https://instituteofswimming.org/search?&prog_type=1700662192032x733355906088347000&category=&prog_name=1729118324733x194056466951231000

DBS-online.



Running costs for the club:



The importance of our open meets and club champs:

Key Take-Away Points

Mainstream Operations

Monthly training-related income and expenses operate at a deficit.

The operating loss is funded by the profits from our open meets—underscoring our deep appreciation for the volunteers who host these events.

Volunteers assisting at our meets help keep monthly subscription fees as low as possible, directly benefiting all club members.

Club Champs

Entry fees are intended to be cost-neutral. While minimal profit may occur, our volunteers ensure each swimmer:

- Gains a valuable development opportunity

- Can practice their hard work in a low-stress environment

Little Putts

This programme is self-sufficient and is not subsidised by Mainstream operations.