

Competition Policy



- 1) Swimmers should be aware of their race schedule prior to the event, including events entered and warm up times as well as location info such as poolside bag restrictions, food available and the coaches attending.
- 2) Swimmers should arrive on poolside at least 30 minutes before the warm up. This ensures:
 - Plenty of time to complete dry-side mobility exercises (see below).
 - Swimmers are aware of where the team are sitting and their attendance is known to coaches/TMs.
 - The warm-up is started on time
- 3) Please ensure your squad coach is aware of any absence or late arrivals. Any withdrawals must be discussed with coaches before withdrawing. If the coach is unaware of absence they are entitled to withdraw any swimmer from their events to comply with the competition policy, ensure the swimmer/club is not fined and ensure there are minimal empty lanes throughout the gala.
- 4) All swimmers must wear ASC t-shirts and appropriate other kit items whilst poolside. All swimmers must race in an ASC hat.
- 5) Swimmers should adhere to the warm up and swim down protocol whenever possible.
- 6) Every swimmer must see their coach before and after every race for advice and feedback. (Parental advice should be motivational and encouraging NOT technical).
- 7) Every swimmer must sit with the team on poolside, unless agreed with the coach
- 8) Food and drink is vital to a successful performance. Every swimmer should have enough nutritious and sustaining food and drink with them to ensure a high energy level throughout a meet.

Competition Warm Up Protocol:

Dry-Side Mobility:

- 1) Skipping, Mountain Climbers, running and/or jumping (make sure you wear trainers) for a minimum of 10 x 30sec (Rest 15s).
- 2) Arm and leg swing exercises
 - a. Junior/Inter/Senior squads then include floor work such as thoracic twists, wall/floor slides, dead bugs, hip flexor lunges.
 - b. 10x Squats (last 4 as squat jumps) and 10 press ups.
- 3) Specific stretching or rolling before you enter the pool.

Pool Warm Up:

The warm up is usually 25-30mins. Examples of your squad warm up are below, swimmers should confirm their warm up with their coach prior to entering the water.

Academy Squads	2x50m FS swim → 2x50m BK swim 8x25m IM order (1x drill, 1x swim each stroke) 2x50-100m specific swim Start Practice
Technical Squads	2x100m FS swim → 2x100m BK swim

	4x50m IM order (25m drill/swim each stroke) 4x75m specific swim Start Practice
Junior Squads	200m FS swim → 2x100m BK swim 4x50m IM order (25m drill/swim each stroke) 4x100m specific swim (focus stroke count / turn skills / streamlines / pacing). Start Practice
Intermediate & Senior Squads	200m FS swim → 200m BK swim → 200m IM drill. 4x100m specific swim (focus stroke count / turn skills / streamlines / pacing). 4x50m HVOs (fast turns, mid section, fast finishes) Start Practice (if appropriate) 200-300m steady swim

Swim Down Protocol:

Swimming down after each race is a vital recovery tool. Swim Down is specifically important at competitions where numerous races may be entered and performance can be negatively impacted as the body fatigues if not completed correctly.

The following steps should help a quick and full recovery:

- 1) Report to the swim down pool as quickly as possible. You may receive feedback from your coach to work on/think about during the swim down but this should be short and on the way to the recovery pool.
- 2) Take a drink bottle with you to swim down pool. Replacement fluid/food should be taken immediately and at every opportunity throughout the swim down.
- 3) If there is no swim down facility stretch in the showers.
- 4) Ensure suitable food is consumed appropriately as soon as possible after swimming down.

Example Swim Down:

Technical / Juniors	Inters / Seniors
2x 50m or 100m steady FS/BK swim 4x50m IMo (fast kick/drill) (drink in between) 1-2x100m steady swim	200m steady FS/BK swim 200m IM fast Kick/ steady Drill (Drink) 4x100 (50 FS (low SC), 50 choice swim, fast turns) 200m choice steady (Drink) = 1000m
Ensure you feel recovered from your race and aren't out of breath before finishing	If HR is ≥ 100 then blocks of 100m easy until HR < 100

Racing Suits

These are not only designed to act like a skin and reduce drag when racing, they also compress the muscles to reduce fatigue (more so in Youth & Senior swimmers). Therefore it is important not to warm up in your racing suit and if there is time, to take the suit off between races to allow the muscles to recover.

As stated, Age Group swimmers will suffer less fatigue than Youth & Senior, but it is vital it does not become habit to sit around in your racing suit all day!

Swimmers should not be racing in race suits until they are of County standard at a minimum, these suits will not give swimmers a huge physiological advantage at club level. Swimmers should not be pressured into wearing or parents into buying.