



Parent Guide

Watford Swimming Club



Welcome to Watford Swimming Club, we are pleased that you have decided to join us. We hope this guide helps explain a little bit about our club and will hopefully answer some questions that you may have.



Who are we:

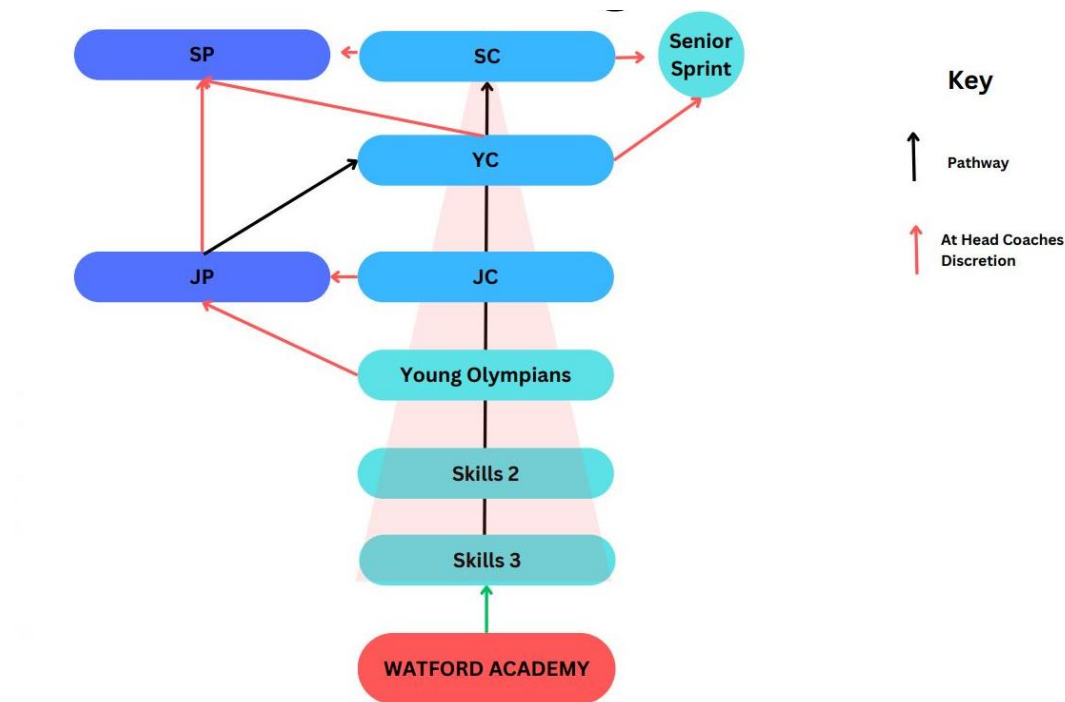
Watford Swimming Club aims to promote competitive swimming locally. We create an atmosphere where all swimmers can experience the fun of competition and reach their full potential. Over the past few years, the club has gone from strength to strength. This has therefore resulted in a club rapidly heading towards performance level. The swimmers in our club compete at their own level of ability and can go as far as possible. This may be from Club, County, Regional, National standards and beyond.

The club maintains an ethos where members will find swimming an enjoyable and sociable experience. As a result, all members are likely to find friends for life. As well as the swimming side of the club there is a good social side with trips, discos and camps

Our vision:

- To provide the highest standard of competitive swimming coaching and training possible.
- To promote lifelong positive values, skills and qualities in our athletes.
- To enhance the status and reputation of competitive swimming in Watford, it's wider community and in the East of England.
- To increase external engagement and attraction by promoting and advocating the values of Watford Swimming Club in the wider community. As a result, this will lead to the attraction of swimmers with excellent character and potential

01. Our Squads



- **Watford Academy** is aimed at swimmers preparing for the journey into the swimming club. Swimmers should be around Stage 5-7 to be considered, age 6-8.
- **Skills 3 Squad** is aimed at swimmers aged 8-9. Positive skill development is our focus in this squad, so they are fully prepared and ready to compete when they turn 9. This squad swim for 3 hours per week. This squad is led by our coaches Cheryl Lee and James Irvine. Swimmers should be Stage 8 or above.
- **Skills 2 Squad** is aimed at swimmers aged 9-10, who are aiming for consideration and qualifying times for county championships. This squad is led by our coaches Cheryl Lee and James Irvine. This squad train for 5.5 hours per week.
- **Young Olympians** is aimed at swimmers aged 10-11 who are aiming for county qualification times. Our aim is to improve technical skills and stroke technique which will give the swimmers a good foundation to achieve their best as they move through the squads. This squad swim 5 times per week, for 7.5 hours, plus 1 hour Land Training. This squad is coached by Clive Pritchard.
- **Junior Competitive** squad is aimed at swimmers aged 12-14 who are county and regional standard. All swimmers will have county championship qualifying times and will be striving towards achieving regional qualification. This squad is led by Assistant Head Coach Alan Coldwell. Junior Competitive swim 7 times per week, for 11 hours, plus 1 hour Land Training.

- **Junior Performance** is aimed at swimmers age 12-14, swimming at or above Regional level. Swimmers swim 7 times per week, for 11 hours, plus 1 hour Land Training per week.
- **Senior Sprint**, aimed for swimmers 15 years plus, focusing on sprinting only.
- **Youth Competitive**, age 13+. This is aimed for swimmers making County qualification times. Swimmers swim 11.5 hours per week, plus 1 hour Land training per week. Coached by HC James Cameron.
- The **Senior Competitive Squad** is aimed at swimmers aged 14+. All swimmers must have several county championship qualifying times as well as regional times. Coached by HC James Cameron. Senior Competitive swim 7 times per week, for 11.5 hours, plus 1 hour Land training.
- Our Senior **Performance Squad** is aimed at swimmers aged 14+. All swimmers must have several regional times and are likely to qualify for British and/or English nationals. Coached by HC James Cameron. The squad swims 8 sessions per week, for 14.5 hours, plus Land Training.
- **Masters**- our Masters Squad swim either once or week per week. This squad is overseen by Nigel McMorris.

02. Communication

What to do if your child is off sick/on holiday:

Children are expected to attend all training sessions. Therefore, when a child is absent, we ask that you email your coach to let them know the reason. Please use the emails in this booklet to contact the relevant coach.

Cheryl: Cheryl.lee@watfordswimmingclub.co.uk

Clive: clive.pritchard@gmail.com

Alan: assistantheadcoach@watfordswimmingclub.co.uk

James: assistantheadcoach@watfordswimmingclub.co.uk

Galas:

If your child cannot attend a gala and needs to be withdrawn, you **MUST** contact the coach to request this. Withdrawals cannot be made without coaches permission. If children do not turn up to a gala and are not withdrawn, the club will be forced to pass on the fine we receive from having empty lanes. Children are also expected to arrive in good time to attend the warm-up, regardless of what race they are swimming in at the session.

Keeping up with information:



Download the 'Sports Engine (SE) Motion' app onto your phone. This allows you to keep up with the team feed, check the practice calendar, for information regarding training and gala information. You can also enter meets, see personal bests and view some meet results.



We do have parental WhatsApp groups for each squad. If you would like to join the appropriate WhatsApp group, please email membership@watfordswimmingclub.co.uk with your name, squad and mobile that you would like to be added.

03. Our training schedule

WATFORD SWIMMING CLUB – 2024 TRAINING TIMETABLE

SQUAD	MON AM	MON PM	TUE PM	WED AM	WED PM	THU PM	FRI AM	FRI PM	SAT	SUN	SUN	TOTAL
SENIOR PERFORMANCE	5.30 -7am	7.15 – 9.15pm	7 – 9pm	5.30 -7am	7 – 9pm	7 – 9pm	5.30 -7am			10 – 12pm	12.15 – 1.15pm	15.5hrs
SENIOR COMPETITIVE	5.30 -7am	7.15 – 9.15pm		5.30 -7am	7 – 9pm	8 – 9pm	5.30 -7am			10 – 12pm	12.15 – 1.15pm	12.5 hrs
SENIOR SPRINT		7.15 – 9.15pm	8 – 9pm	5.30 -7am			5.30 -7am			10 – 12pm		6 hrs
YOUTH COMPETITIVE	5.30 -7am	7.15 – 9.15pm	7 – 9pm	5.30 -7am		8 – 9pm	5.30 -7am			10 – 12pm	12.15 – 1.15pm	12.5hrs
JUNIOR PERFORMANCE	5.30 -7am			5.30 -7am	7 – 8pm 8 – 9pm		5.30 -7am	7 – 9pm	7.15 – 8.45am	10 – 12pm		12 hrs
JUNIOR COMPETITIVE	5.30 -7am			5.30 -7am	7 – 8pm 8 – 9pm		5.30 -7am	7 – 9pm	7.15 – 8.45am	1.30 – 3.30pm		12 hrs
PATHWAY	5.30 -7am				8 – 9pm	6 – 7pm				1.30 – 3.30pm		5.5hrs
YOUNG OLYMPIANS	5.30 -7am	6.15 – 7.15pm			5 – 6pm 6 – 7pm			7 – 9pm		1.30 – 3.30pm		8.5hrs
SKILLS 2		6.15 – 7.15pm			5 – 6pm 6 – 7pm			7 – 8.30pm		2.15 – 4.15pm		5.5hrs
SKILLS 3					6 – 7pm					2.15 – 4.15pm		3hrs
WATFORD ACADEMY										2.30 – 3.30pm		1hr
MASTERS 1 & 2		8.30 – 9.30pm			8 – 9pm							2hrs



POOL LOCATIONS

- WOODSIDE
- CENTRAL
- LUTON
- HABS GIRLS

04. Pools we trained in



Watford - Woodside Leisure Centre

This is our 25m eight lane home swimming pool. We also host our open meets at this pool which comes equipped with a digital AOE touch pad system and anti-wave lane ropes.

Address: Horseshoe Lane, Watford, WD25 7HH



Watford - Central

This is our 25m six lane training pool.

Address: Peace Prospect, Watford, WD17 3HA



Haberdashers' Girls' School

This is a 25m six lane training pool.

Address: Aldenham Road, Elstree, WD6 3BT



Inspire Luton

This is a 50m ten lane competition pool, used for training.

Address: Butterfield Green Rd, Luton, LU2 8DD



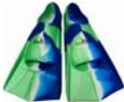
Denham Water Ski Club (Open Water Training Lake)

Jeremy Irvine heads up our Open Water swimming. This is from approximately April- September.

Address: North Orbital Road, Uxbridge UB9 5HE

05. Equipment for swim training

Here is a list of equipment, each swimmer in the club needs

Snorkel - Junior central breathing for swim training	
Fins - shoe size, short, if a little big wear with socks	
Kickboard- tapered and/or Finis alignments kick board	
Small Junior aqua paddles no straps or finger paddles (Finis)	
Junior Pull buoy - Smallest one with about 3 small layers	
Goggles + spare	
Plastic drink bottle for water NOT sugary drinks	
Mesh kit bag	
Swim cap + spare Swim caps can be purchased at the club, most Wednesday evenings.	
Non baggy fitted swim shorts above knee - Jammers (boys)	
Good fit swimming costume (girls).	

WSC Polo Top This is the link to order the WSC kit - https://teamwear.swimzi.com/brand/watford-sc/ Please note, the online shop is open intermittently. Opening times: 10th Jan/ 10th April/10th September	 Two dark blue polo tops are displayed side-by-side. The top on the left features a small crest on the left chest and a small Adidas logo on the right chest. The top on the right has 'WATFORD' printed in white capital letters across the chest, with 'SWIMMING CLUB' in smaller text below it. Both tops have red trim on the sleeves.
Warm track suit - any or club tracksuit available to order from Swimzi link above	

06. Swim gala

When you begin your swimming journey, you will start by training in your squad. At points throughout the year, there will be opportunities to take part in swimming galas. At Watford we are a competitive swimming club and therefore expect children to take part in galas regularly and take part in any team galas they are selected for.



An **Open Meet** is where the swimmer decides what events to enter. Typically, these cost between £5-£10 per event and they are usually held over a weekend, generally in 4 sessions: 2 on a Saturday and 2 on a Sunday. You do not have to enter every session but find that the 50m races tend to be spread over the sessions. Spectators are generally required to pay to watch the races.



Open galas can be split into 2 categories: licensed and unlicensed. Licensed galas record times onto British Rankings, these times can then be used for events such as Counties. Unlicensed meets tend to have few restrictions on who can enter, and the times achieved will not appear in British Rankings. An example of this is the HSSA Schools Gala.

LEVEL 4 - Meets are entry level events in pools 25m or greater. These tend to be for inexperienced swimmers seeking to compete outside of their club environment. These times appear on British Rankings, but do not count towards British qualification times.

LEVEL 3 - Meets are long course and short course. Their purpose is to enable athletes to achieve times for entry into Regional and County Championships.

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

LEVEL 1 - these are long course National, Regional and County Championships.

Signing up to swim gala

- Click on your 'Sports Engine (SE) Motion' app on your mobile phone.
- Click on 'Events'
- Click on 'Events and Meet Entries'
- There will be a list of all upcoming galas. Your swimmer may not be eligible for all galas. To establish which galas your swimmer can take part in, click on 'commitment'. If it says 'Ineligible', then your swimmer cannot participate. If it asks you to 'Declare', click on declare, then check the box for 'yes please'. There are usually 4 blue boxes, which show you

what events are on in each session. Galas generally have 4 sessions, 2 on Saturday, 2 on Sunday.

- Click on the first blue box to see what events are on in that session. If this is your first gala, you may be looking to sign your swimmer up to swimming 50m (2 lengths of a 25m pool) or 100m (4 lengths of a 25m pool) in the first instance. You may not want your swimmer to take part in all 4 sessions, therefore, decide timewise what works best for you, before selecting the events. Always talk to your coach for advice on what events and how many events to enter. Please be aware each event costs between £8-£10 per race, so bear this in mind when entering galas, as costs can escalate quite quickly.
- Once you have selected your choices, click on 'apply'. It should then say 'pending'. Your swimmers coach will look at your entries and then approve them if they are happy with your choices.
- If any times are red, this means your swimmer is ineligible. This could be because they are



too fast for the gala, or too slow. It may also be that they have NT (No Time) and are therefore not allowed to swim.

07. County Times Explained

Swimming is based on year of birth, rather than the date. Therefore, counties are based on the swimmers age from the 1 January- 31 December 2024.

This means if you are old for your year at school; September to December, you will be swimming in a different age group to those who birthdays fall on the 1st January to the 31st August.



COUNTY CHAMPIONSHIPS 2024 QUALIFYING CONSIDERATION TIMES

Licence Numbers:
2ER



OPEN

AGE	10/11		12		13		14		15		16		17 & over	
	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT	QT	CT
50m Free	00:35.00	00:38.15	00:32.66	00:35.60	00:30.88	00:33.66	00:28.58	00:31.15	00:27.25	00:29.70	00:25.49	00:27.78	00:25.49	00:27.78
100m Free	01:17.58	01:26.89	01:13.00	01:21.76	01:07.28	01:15.35	01:03.16	01:10.74	00:59.38	01:06.51	00:54.86	01:01.44	00:54.86	01:01.44
200m Free	02:47.06	03:07.11	02:37.00	02:55.84	02:27.29	02:44.96	02:17.77	02:34.30	02:13.77	02:29.82	02:01.84	02:16.46	02:01.84	02:16.46
400m Free	05:35.00	06:15.20	05:22.39	06:01.08	05:07.82	05:44.76	04:46.81	05:21.23	04:33.62	05:06.45	04:16.97	04:47.81	04:16.97	04:47.81
800m Free			10:41.00	11:57.92	10:14.70	11:28.46	09:52.10	11:03.15	09:32.70	10:41.42	09:16.10	10:22.83	09:16.10	10:22.83
1500m Free			21:00.00	23:31.20	20:00.00	22:24.00	19:00.00	21:16.80	18:18.31	20:30.11	17:05.83	19:08.93	17:05.83	19:08.93
50m Breast	00:48.00	00:53.76	00:43.52	00:48.74	00:40.38	00:45.23	00:37.40	00:41.89	00:35.94	00:40.25	00:32.64	00:36.56	00:32.64	00:36.56
100m Breast	01:42.00	01:54.24	01:35.70	01:47.18	01:30.00	01:40.80	01:23.00	01:32.96	01:17.76	01:27.09	01:11.70	01:20.30	01:11.70	01:20.30
200m Breast	03:41.40	04:07.97	03:23.73	03:48.18	03:15.00	03:38.40	03:02.05	03:23.90	02:56.66	03:17.86	02:39.12	02:58.21	02:39.12	02:58.21
50m Fly	00:40.61	00:45.48	00:37.09	00:41.54	00:33.84	00:37.90	00:32.38	00:36.27	00:30.32	00:33.96	00:27.78	00:31.11	00:27.78	00:31.11
100m Fly	01:40.44	01:52.49	01:29.00	01:39.68	01:22.49	01:32.39	01:12.74	01:21.47	01:08.63	01:16.87	01:01.44	01:08.81	01:01.44	01:08.81
200m Fly	03:48.99	04:16.47	03:38.00	04:04.16	03:33.00	03:58.56	02:59.09	03:20.58	02:37.05	02:55.90	02:25.86	02:43.36	02:25.86	02:43.36
50m Back	00:40.50	00:45.36	00:37.24	00:41.71	00:35.55	00:39.82	00:33.49	00:37.51	00:31.82	00:35.64	00:29.38	00:32.91	00:29.38	00:32.91
100m Back	01:28.00	01:38.56	01:23.10	01:33.07	01:16.55	01:25.74	01:11.94	01:20.57	01:09.66	01:18.02	01:02.65	01:10.17	01:02.65	01:10.17
200m Back	03:12.07	03:35.12	02:56.14	03:17.28	02:45.20	03:05.02	02:35.75	02:54.44	02:28.70	02:46.54	02:17.45	02:33.94	02:17.45	02:33.94
100m IM	01:29.87	01:40.65	01:23.51	01:33.53	01:19.03	01:28.51	01:13.00	01:21.76	01:10.17	01:18.59	01:05.09	01:12.90	01:05.09	01:12.90
200m IM	03:07.68	03:30.20	02:59.00	03:20.48	02:50.80	03:11.30	02:37.90	02:56.85	02:31.25	02:49.40	02:20.26	02:37.09	02:20.26	02:37.09
400m IM			06:10.19	06:54.61	06:07.78	06:51.91	05:29.28	06:08.79	05:16.17	05:54.11	04:54.29	05:29.60	04:54.29	05:29.60

An example of the Hertfordshire County Championships 2024 Qualifying and Consideration Times for Male/Open

For example: Max is in Year 7, but he was born in 2012 and has a September birthday, while Monty is in Year 8, he was also born in 2012, with a July birthday. This means both boys will swim in the same age group- age 13, as both boys will be 13 by the 31st December 2025. Up to date of the Herts County Championships Qualifying and Consideration Times table can be found at on Swin England Hertfordshire website - <https://www.swimherts.org/county-championship-qts-and-considerations-times-published/>

If you make a QT- this is a Qualification time, which means you **have** qualified to swim. If you achieve a CT- this is a Consideration time. This means you **may** qualify to swim. Depending on which event it is and how many children are eligible to swim it, you can monitor this by checking British Rankings, for the race, age, gender of your swimmer in Hertfordshire. at the following link: <https://www.swimmingresults.org/>

08. Cancellation information

As a club we try to keep any decisions to cancel training sessions to an absolute minimum. There will be times when the availability of coaches and lifeguards (e.g. due to illness, or late unavailability) makes such cancellations unavoidable. This happens in all forms of work, but hopefully, these will be few and far between.

Another reason that training is cancelled is when the vast majority of the club's swimmers are attending a gala, either at one of our own galas, or at one ran by another club. If possible, we would look to run training for those (probably younger) swimmers who are not competing in such galas. However, there will be times when this is not possible. This is because the squad coaches needed to be there to support their swimmers and also because Swim England have recently introduced a new compulsory policy for all swimming clubs that stipulates the number of coaches and team managers that need to be present to supervise swimmers aged under 18 at club events such as galas.

Pool providers sometimes cancel our training sessions — this happens because the pools we use host galas run by other organisations, e.g, the Herts Schools galas at Woodside, or the Bedfordshire County Championships at Luton. There is nothing we can do about this, as we do not have sole use of the pools. There have also been occasions when sessions have been cancelled due to operational issues at the pool, e.g. when there were chlorine issues at Woodside earlier this year. Again, if the pool provider decides, on health and safety grounds, that they cannot open, then again, there is nothing we can do.

When training is cancelled, this information will be shared via email to swimmers.

09 How can you help

AGM- Annual General Meeting

Any parents/members aged 18+ are able to stand for election to the committee and get involved in making decisions. The next AGM will be held on the 14th February 2024. Please come along and show your support.

Most of WSC is based on volunteers, parents of swimmers who are willing to help, in order keep the club running. All members on the committee are unpaid volunteers. We need everyone to help in some way, so consider below what you could do to keep our club running.

Training as a Timekeeper:

Training as a timekeeper is a good place to start. This is only a one-hour e-learning course, plus a practice session which we hold at the club. This is the easiest way to see if you like wearing whites.

<https://www.swimming.org/ios/course-information/swimming-technical-officials-timekeeping/>

Training as an Official:

J1 Judge- this is 6-8 hours of e-learning, where you become J1T, (-which means you are in training). You then have 11 months to sign off all your objectives, which are easily completed, while at galas, you would be at anyway! The benefits: you get a free lunch, you typically get expenses paid, e.g. carparking, you get to learn a little more about swimming and you get a front row seat!

Training as a Team Manager:

A Team Managers job involves essentially looking after the swimmers at galas. This means ensuring they get to their races on time, reminding them to eat and drink regularly, cheering them on and picking them up when things don't go as well as they had hoped.

Team Managers are usually the first to arrive and secure somewhere for the swimmers to sit and the last to leave, picking up lost property at the end of a gala.

This is such a rewarding job and gives you the opportunity to really get to know our amazing swimmers.

To train you need to do an online zoom course, which lasts approximately 2 hours. You also require a DBS check.

Helping out at galas:

If you feel you aren't quite ready to do the above jobs, why not start by helping at our galas. Adele Rose organizes the volunteers, and jobs are diverse, so there is something to suit everyone's skills. Marshalling, giving out water to the Officials, Announcing, running, selling tickets on the door, helping on the medal table are some of the jobs available. Speak to Adele for more information.

10. Email and Committee

WSC Coaches Emails

- **Head Coach- James:** headcoach@watfordswimmingclub.co.uk
- **Assistant Head coach- Alan:** assistantheadcoach@watfordswimmingclub.co.uk
- **Head of Skills Development - Clive:**
- **Development 2 & 3 - Cheryl and James:**

WSC Committee

- **Chair: Anthony Gilbert** chair@watfordswimmingclub.co.uk for enquiries regarding the running of the club, complaints
- **Membership: Catriona** Membership@watfordswimmingclub.co.uk to enquire about joining, squad fees/timetable/Swim England
- **Workforce: Tracey Barnard** Workforce@watfordswimmingclub.co.uk to enquire about supporting the club by training as a Team Manager, Official or Timekeeper
- **Welfare: Lorraine Reader** welfare@watfordswimmingclub.co.uk for safeguarding issues
- **Liaison: Paul Meyler** liason@watfordswimmingclub.co.uk for social media and kit enquiries
- **Pool bookings: Mallika Govindan** mallika.govindan@watfordswimmingclub.co.uk
- **Open Water Swimming: Jeremy Irvine** Openwater@watfordswimmingclub.co.uk contact Jeremy if you are interested in taking part in Open Water Swimming

11. Swimmer Etiquette

GENERAL ETIQUETTE

- ✓ Arrive ready to start the session on time with your drink and equipment.
- ✓ Go to the toilet before the session and not during it.
- ✓ Respect all swimmers and their property, both on poolside and in the changing room.
- ✓ Show respect to all coaches and poolside team at all times.

LANE ETIQUETTE

- ✓ Listen when the coach is speaking
- ✓ Leave correct intervals between yourself and the swimmer in front. This is generally 5 seconds off the pace clock, unless instructed otherwise by the coach.
- ✓ Swim in the direction as instructed by the coach and stay on the correct side of the lane.
- ✓ When turning, swim across the lane, then turn. You will then come out on the correct side of the lane for you to carry on swimming without clashing with the swimmers behind.
- ✓ To overtake the swimmer in front - tap the foot (DO NOT PULL).
- ✓ At the end of the lane, if you have been tapped, stop and let the swimmer behind pass. Then leave a 5 second gap before setting off again.
- ✓ Do not swap positions mid lane. A swimmer stopping in mid length narrows the lane, increases the risk of collision, and can cause several swimmers to stop.
- ✓ Kicking, pulling, scratching of any swimmer whilst attempting to pass them WILL NOT be tolerated. If this rule is not observed, the coach will have the right to ask you to sit out or leave poolside.
- ✓ At the end of your swim, move to the side at the end of the lane to allow other swimmers to finish on the wall.

Remember, that training is the key to improving