

Warriors of Warrington Membership Pack

*INCORPORATING LONG TERM ATHLETE
DEVELOPMENT (LTAD)*



HAND BOOK

‘We Swim To Win’

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History

The forerunner of the “Warriors” was a professionally coached training scheme administered by the Warrington Borough Council Baths Department. This was known as the “Warriors Swim Squad”. In 1972, the Baths Department decided to close this scheme down. A group of parents and coaches agreed to take it over and, in July 1972 at a meeting in Parr Hall the first constitution was adopted, Officers were elected and the “Warriors of Warrington Swimming Club” was born.

INTRODUCTION:

The purpose of this pack is to welcome new members to the Warriors of Warrington and explain what our Vision is for the club. We see the Club working alongside the Livewire Trust so as to gain the best kind of benefits with regards to swimmers and performances and quality pool time with highest level of coaching. The pack is also intended to outline various practices that affect all swimmers, year after year. All families should read it so that they may become familiar with the important facts and rules of elite level and competitive swimming in general. Also Long term athlete development is explained and the guidelines for each age group. It is our aim to provide an environment for elite level swimmers to come through from grass routes and to perform at the highest level of the sport. At Warriors of Warrington, you are going to meet many people dedicated to your success who will help you to achieve your goals and ambitions.

The road ahead will be full of ups and downs and will depend on many factors – talent, ambition, single mindedness, but most of all, a determination to work and succeed. Alongside this, you will have many pleasant memories and valuable experiences that will help you to develop not only as a swimmer, but as a person. If all you ever learn during your time with Warriors is how to swim fast then, I feel we will have failed. There are many life skills to be picked up along the way. You will need to be organised, self disciplined, industrious and have the capacity to take the set-backs in your stride – all transferable skills in life. You will also need to be grateful to your family for their time, commitment and taxi skills!

“Warriors of Warrington” has a variety of groups, which cater for the development of competitive swimming. As a partnership with the Trust, we intend to use both as vehicle’s to provide swimmer’s with the training, education and support services therefore, enabling the swimmer to realise their potential. To carry out this role we need to be well organised with clear aims and objectives.

Development has to be planned and led and should not be left to chance. It is essential that every group within Warriors and Livewire can identify talented and gifted children and fast track them through at the right times. This will depend on the Swimmer and Parents being fully committed to their child doing the required work to achieve this.

Warrington has a history of having produced some of the best swimmers in Great Britain.

Livewire Performance Squads currently utilise sufficient pool time to take a swimmer to the highest levels which has just been accomplished with two swimmers reaching Commonwealth Games in 2014.

We encourage an open door policy where parents can build a Parent, Coach and swimmers relationship so as to try and achieve the best possible outcomes.

If you have any worries or concerns, please do not be afraid to ask. Any Coach or Committee Member will be only too pleased to help.

I hope you enjoy your time with us

Good luck.

DARREN ASHLEY

Head Swimming Coach

07717558369

CLUB PHILOSOPHY

The Club's philosophy is encompassed by the words COURAGE and PERSEVERANCE.

Courage is the willingness to accept risk (s) and endure failings. Courage does not exist unless there is a situation that presents the opportunity for success. We encourage our athletes to embrace these opportunities and not to fear the outcome.

Perseverance is the backbone of success in any endeavour of life. One cannot succeed at the highest levels without enduring some setbacks. These difficult times can create a lack of faith, low self esteem, and an obvious drop in enthusiasm. Perseverance is the quality that transcends these difficult times. It allows the individual to find true strength of their character.

'Warrington Warriors is in partnership with Livewire and aims to provide the routes for the athlete to show COURAGE and PERSEVERANCE developed by their swimming that will prepare the individual for the challenges they will face in life.

MISSION STATEMENT

Mission Statement: **Warrington Warriors in partnership with Livewire Trust:-**

Aims to co-ordinate a structured development programme for swimmers aged 6 years and upward who show potential, and promote opportunities for their journey to the highest level in competitive swimming via the use of Long Term Athlete Development.

Our goal is:

To perform at International / National level / District / County levels.

THE AIMS AND OBJECTIVES.

The Warriors in partnership with Livewire Trust aim's to be a first class program within Great Britain. We will offer a guided age-group programme for the most competitive children age 6 +, offering those children who show potential the pathways to use it.

When a young swimmer becomes a member of the Warriors, they learn the values of sportsmanship and teamwork. Swimming, through the scheme, provides physical, emotional and intellectual skills that will last a lifetime.

To achieve this we intend to:

- Create enhanced pathways from recreation to participation, performance and excellence.
- Develop a comprehensive, co-ordinated and quality led programme within the training scheme.
- Provide a comprehensive teacher / coach education and development programme.
- Establish and develop effective links and partnerships between key agencies.
- Provide all 6+ year olds around Warrington the opportunities to excel in swimming at club, county, regional and national levels.

The objective of the club shall be the promotion and encouragement of competitive swimming. At the Fundamental stage of athlete development younger swimmers, are limited to internal Badge Galas, where swimmers compete against other Warriors to achieve fixed times which can earn them badges at bronze, silver, gold or platinum level.

As swimmers become more experienced, swimmers are expected to enter Open Meets where they swim against members of other clubs to win Platinum, Gold, Silver or Bronze Medals. They may also enter County, District or National Competitions once they are old enough and have reached the required standard.

All times recorded at these galas are entered on the Warriors swimmers database. From these lists, the Chief Coach may choose swimmers to compete as part of a Warriors team against teams from other clubs.

Executive Members 2014 -2015

The club is managed overall by an Executive Committee. This Committee consists of unpaid volunteers, who meet at least once a month and are elected annually at the Annual General Meeting of the Club held in June.

The current Executive Committee is as follows :-

President Jim Wilks

Chairman Stephen Ravenscroft

Vice Chair Diane Ormston

Secretary Ann Ruddock

Treasurer Joanne Bailey

Internal Competitions Alison Smeltzer

External Competitions Sarah Dawson

Disability Officer – without portfolio Chris Pugh

Swim Shop Co-ordinator Michelle Shaw

Membership Secretary Katherine Cox

Welfare Officer Alison Smeltzer

IT Co-ordinator Stuart Davidson

Swim 21 Co-ordinator Sue Smith

Coaches

Chief Coach: Darren Ashley

Steve Critchley

Jonathon Gatley

Chris May

Chris Pugh

Joan Connor

Adam Ravenscroft

Sophie Bell

John Boswell

Craig Howard

Ashleigh Wrench

Andrew Mclay

Structure & Entry into Warriors

Entry to Warriors of Warrington Swim Club is usually via trials. This is a talent identification programme aimed mainly at the 6 - 10 year age group. Warriors regularly publish trial dates but individuals may contact the Chief Coach for an individual trial in the interim on 07717558369 / headcoach@wowsc.org.uk

Swimmers wishing to join Warriors from outside the Livewire must attend a trial to assess their capabilities. Trials are held approximately every three months at one of the Livewire centres, details of which are published on the website(www.swimwarriors.org.uk).

Most swimmers accepted into Warriors enter Development or ‘C’ squad. Swimmers aged 10 and upwards may be offered a place in Gold / Silver squads. Swimmers are offered places purely on their skill level in the water and their ability to take on board instructions and apply them.

Warriors is split into two parts:

<u>Livewire Squads</u>	<u>Warriors Groups</u>
National Elite	Development Groups all sites
National Development	Juniors 1
‘A’ Squad	Juniors2
‘AA’ Squad	
‘B1’ Squad	
‘B2’ Squad	
‘C’ Squad	
‘Rising Stars’	
‘Gold’ squad	
‘Silver Squad’	
Water Polo	
Synchronised Swimming	

Development, Junior 1 and Junior 2. These levels are run by Warriors and coached by coaches employed by the club. Club Membership Fees, ASA Registration Fees and Training fees are paid directly to the club, billed by the WOWSC Membership Secretary every quarter. Your fees can be paid by cheque and the cheques must be posted into one of the warriors post boxes located at Sankey or Woolston before the due date otherwise a late payment fee of £25.00 will be incurred. As well as these three levels Warriors of Warrington also has members who are part of the ‘Livewire Elite Training Program’. These squads, Gold/Silver, C, B2, B1, A, AA, Nationals. Livewire Squads and coached by coach’s employed by Livewire. Livewire swimmers have to be affiliated to

warriors in order to be able to compete. Club Membership Fees and ASA Registration Fees for squad swimmers are collected by the club in the same way as the Warriors Levels but the training fees are paid directly to the Livewire via the leisure centres either by cash or direct debit.

Warriors of Warrington does not receive any monies from the Livewire.

MEMBERSHIP AND COACHING FEE'S

Warriors of Warrington Swimming Club have an objective of competitive swimming pursuing excellence and offering a chance for swimmers to realise their maximum potential. To meet this objective we need to provide the best possible conditions for our swimmers and this requires funding. Financially the Club is run on the lowest possible cost while balancing the need for high standard of coaching. The club has three fees which are listed below and are none refundable:

1. Annual Membership- paid four times a year or as soon as new members start pro rata. (Oct, Jan, April and July) Membership is charged per family irrespective of how many swimmers are in the family. Membership is £100 per year collected in quarterly payments of £25, per family. (Subject to change)
2. Training Fees- paid four times a year or as soon as new members start pro rata. (Oct, Jan, April and July)

The training fees are as follows (subject to change)

Class Training Fees per quarter

Junior Development £34.50

Junior 1 £69.00

Junior 2 £103.50

PLEASE NOTE Club rules 9.2 on fee penalties- you are not allowed into coaching sessions if any fees are in arrears. You will be invoiced soon after you have started with a date to pay by, but your membership forms must be returned before your swimmer can enter the water.

GENERAL FUNDRAISING

General Fund-raising-Swimshop, All general fund-raising helps to keep the membership and coaching fees as low as possible.

Please notify the Secretary or Membership Secretary of any changes in personal details, i.e. change of address, telephone number, e mail etc to enable our records to be kept up todate.

IN ACCORDANCE WITH CHILD WELFARE POLICIES, WE OPERATE A POOLSIDE MEDICAL REGISTER TO ENSURE COACHES ARE AWARE OF ANY CONDITION/MEDICATION/TREATMENT IN CASE OF EMERGENCY. IF YOUR CHILD HAS ANY MEDICAL CONDITION THAT WE SHOULD BE MADE AWARE OF THEN PLEASE ENSURE THAT THE SECRETARY IS NOTIFIED VIA THE MEMBERSHIP FORM SO POOLSIDE REGISTERS OF CONDITIONS/MEDICATION CAN BE UPDATED. A FORM IS AVAILABLE TO DOWNLOAD ON THE WEBSITE

A.S.A/ North West Region and County Membership Fees

ASA Fees: As an affiliated member of the N.W.R.A.S.A. the Warriors is obliged to register all members and pay the appropriate registration fees to the ASA. These fees are payable in the first quarter of the swimming year or as soon as new members start. The ASA set the fees with the club only collecting and submitting the fee.

If you are a 1st claim member of the Warriors of Warrington SC, then you are required to pay your annual A.S.A. Membership Fee through the Warriors of Warrington SC to the A.S.A.. All ASA fees are due from January each year and must be paid before 1 March. Please Note: All competitive swimmers who join the Warriors of Warrington Swimming Club should be paying, Category 2, A.S.A. Membership. Non-Competitive members should pay Category 1 and Parents and officials Category 3.

PLEASE DO NOT PAY ASA FEES UNTIL YOU RECEIVE YOUR BILL FROM THE CLUB

Any questions regarding the fees payable can be directed to the Membership team by emailing membership@wowsc.org.uk

If you leave the club you must inform the Secretary in writing otherwise fees will still be charged.

IF YOU TRANSFER FROM OR TO ANOTHER CLUB THEN ASA WILL NEED TO BE NOTIFIED – FORMS ARE AVAILABLE VIA THE SECRETARY. SWIMMERS WITH DUAL CLUB MEMBERSHIP WILL NEED TO COMPLETE A DUAL ASA MEMBERSHIP FORM WHICH IS AVAILABLE FROM THE SECRETARY. ASA FEES WILL BE DUE FOR THE CLUB WITH WHICH YOU HAVE THE LONGEST MEMBERSHIP.

TRAINING EQUIPMENT

Each swimmer will need to have the following personal equipment:

Costume/Trunks

Any good quality costume will suffice, but many swimmers wear “endurance” costumes for training. These are slightly more expensive to buy but are much more resistant to chlorine so keep their shape better and last much longer than ordinary costumes.

Swimming Hats

Many swimmers prefer to wear a hat to protect their hair from the drying effect of the chlorine in the water. Hats are made of either latex or silicone. Latex hats are thinner and more liable to rip than silicone but have the advantage of being cheaper.

Fins - 1 pair (all groups).

It is recommended that all swimmers should purchase short fins but Jun Development swimmers will find it easier with long fins.

Goggles - 2 pairs (all groups)

Kickboard - 1 (all groups)

The most popular kickboards are the large ones with two cut-outs that are used as handholds.

Pull-buoy - 1 (Junior 1 and above)

This is held between the legs to support the swimmer when practicing “arms only” drills to improve a swimmer’s technique.

Hand paddles - 1 (B1 and above)

All the above may be purchased from the Swim Shop. See the swim shop section later in this pack. Please see the Notice Board for a list of Swim Shop key holders, and availability times of Swim Shop.

SWIM SHOP

The Warriors’ Swim Shop first opened about 20 years ago with a view to providing swimmers with easy and affordable access to swim wear and swimming equipment. The original principles are very much at the heart of the Swim Shop operations today, providing benefits to swimmers and parents alike with a wide range of discounted swim wear and accessories, whilst maintaining a substantial income, any profit from which is 100% offset against swimmers fees. The Swim Shop is located at Woolston Leisure Centre and can be accessed at any time via a Swim Shop volunteer. Each Warriors’ group has a representative. All of the Swim Shop volunteers (a list of key holders is on the notice board) are unpaid, no commissions are taken on sales made and no additional discounts are offered to key holders.

At Badge Galas and the Club Champs, the Swim Shop is set up by the volunteers and purchases can be made. Cash or cheques are accepted.

What can I buy from the Swim Shop?

Warriors costumes, trunks, tracksuits, caps, polo shirts, T-shirts and kit bags. Drinking bottles, goggles, shampoo, floats, kick boards, pull buoys, training and endurance costumes. All of these items are available at reasonable prices and you are welcome to browse and try on items for the best fit. The swim shop volunteers are always happy to give advice on the best choices for your child. We are constantly working with swim wear suppliers to ensure that as a major club in the UK, we can offer a wide and varied range of products and enjoy maximum discounts on purchases made. We attempt to pass a substantial part of this discount to the swimmer/parent buying the product and part of it is contributed towards profit. The more income and subsequent profit that can be generated through the Swim Shop, the more contribution can be made towards swimmers fees. All parents and swimmers are encouraged to use the Swim Shop wherever possible. Even if equipment, costumes, trunks, etc are not stocked, it is always possible to obtain the product, quite often with discounts available.

A small supply of stock is kept at Sankey for younger swimmers. The Club also provides 'starter packs for new swimmers which will include all equipment needed. This will work out cheaper than buying individual items. A member of the Swim Shop is usually at Jun Dev. training and will take orders from you. Otherwise an order can be made via Club website.

Opening Hours and Key Holders

See the Warriors website www.swimwarriors.org.uk or the notice board at your centre for an up to date list of Swimshop opening hours and key holders or you can email swimshop@wowsc.org.uk

You can also download forms for Warriors branded kit from our web site and we also have links to some swim wear companies which we earn commission if the direct links from the site are used.

CLUB DEVELOPMENT



DESCRIPTION OF EACH LEVEL WITHIN WARRINGTON'S PYRAMYD TO SUCCESS

Development Groups: Is a class based at the very beginning of a child's journey to success. These classes are 100 % technique based, and are where a child learns basic motor skills, which they will need in the years to come. This is the Fundamental stage of Long Term Athlete Development.

Juniors 1 & 2: Are Still in the Fundamental stage of Long Term Athlete Development, but there is a slight change with more Aerobic work now being done. At this point its approx 90/10 in favour of technique work and 10% Aerobic work and 90% skill development. In this level it is essential for each young athlete to develop skills such as:

Use of the clock

S-lining

Turns

And Basic Feel for the Water with good technique to but a few.

These groups are purely recreational, and don't offer enough water time to progress past county level swimming.

'Rising Stars' (Fundamental LTAD): Is Skill Development Based and is approximately 80% technique and 20% aerobic. Jon Gatley / Chris Pugh are the squad coach's for this group, with the whole aim behind this group being stroke development and an introduction to Elite level swimming. This Squad is a step up group for warriors groups / 'C' Squad and 'B2' squad and is intended predominantly to be for 9 year olds who should be able to swim at county / district level. **(2 hour session)**

'C' SQUAD (Fundamental LTAD): Is Skill Development Based and is approximately 80% technique and 20% aerobic. Jon Gatley / Chris Pugh are the squad coach's for this group, with the whole aim behind this group being stroke development and an introduction to Elite level swimming. Every child who is taken into these groups has an opportunity to excel at swimming. Every Child is taken in from a trial and is competent in 3 of the 4 strokes and in our opinion can succeed at County / Regional Level. **(Train 7¼ hours per week with 1 hour land)**

B2 SQUAD (Swim Skills LTAD): Is Skill Development Based and is approximately 60% technique and 40% aerobic. Steve Critchley is the squad coach for this group, with the whole aim behind this group being stroke development and an introduction to Elite level swimming. Every child who is taken into these groups has an opportunity to excel at swimming. Every Child is taken in from a trial and is competent in all four strokes and in our opinion can succeed at National Level. **(Train 7.5 hours per week with one week day morning)**

B1 SQUAD (Swim Skills LTAD): Is the Squads introduction to Swim Skills. This group is still largely technique based 50% Technique and 50% Aerobic, but is where the introduction to more aerobic based work begins. The Bases of this group is to build sound technique and a thorough understanding of what competitive swimming is about. A Large amount of swimming in this group is Medley based. **(Train 7.5 hours per week with one week day morning, Please see qualifying times on next page also for this group)** Swimmers in this squad are also expected to achieve qualifying times based on the swimmers age being 31/12/ in the year.

'AA' SQUAD (Swim Skills LTAD): Is a step up squad which is an over lap with 'B1' squad and 'A' squad. At this point swimmers must achieve a time to stay in the group. It is also the point called 'Swim Skills' in the Long Term Athlete Development. This group is based at around 65% Aerobic and 35% Tech based. Swimmers in this group should be reaching approx 20.000 meters per week to achieve any significant improvement in performance. **(Train 12 hours per week including 3 week day mornings, qualifying times on the next page are essential for this group also)**

'A' SQUAD (Training to Train LTAD): Is the point at which swimmers must achieve a time to stay in the group. It is also the point called 'Training to Train' in the Long Term Athlete Development. This group is based at around 75% Aerobic and 25% Tech based. Swimmers in this group should be reaching approx 30.000 meters per week to achieve any significant improvement in performance. **(Train 12 hours per week including 1 week day morning. Swimmers who cant commit have the option of going into Gold where they can attend whichever sessions they wish)**

NATIONAL DEVELOPMENT SQUAD (Training to win / competer: Is time related for entry. Swimmers in this group have a maximum of 30 swimmers based on times / rankings with age of swimmers being based around 31/12/ in the year . **(Swimmers train 16-22 hours per week, qualification times are essential for this group which can be found on warriors web site)**

ELITE SQUAD (Training to win / : Is time related for entry. Swimmers in this group have a maximum of 30 swimmers based on TOP 24 rankings with age of swimmers being based around 31/12/ in the year . **(Swimmers train 18-22 hours per week, qualification times are essential for this group which can be found on warriors web site)**

Gold & Silver Squad(Training to Train LTAD: This squad is intended for swimmers who don't currently have squad times for 'A' squad or 'B' squads and offer additional water time to help swimmers achieve them. This squad is intended also for swimmers who do other sports / activities and is a training squad for Synchro and water polo.

LONGTERM ATHLETIC DEVELOPMENT:

The following section is regarding Long Term Athletic Development and is presented as a guide to swimmers and parents.

The framework is:

1. A model for training progression from the age of 6 years based on the total number of hours training required per week.
2. It also presents a performance progressions from the age of 6 upwards.

In general, swimmers should not miss out any of the stages in the progression. The time spent, however, at each stage will depend on the speed of maturation at that time.

The idea is that the progressions ensure measured steps towards creating a habit-forming lifestyle both for swimmers and their parents.

Progressions will be based on the ability to perform skills, training tasks and training sets and on training commitment, rather than on performing personal best times.

Livewire Performance Squads have set its aspirations at producing International Level swimmers and the previous information is the ground work to a successful swimmer. (Please see appendix 1 & 2 for ASA's template for long term athlete development)

WHERE EVERYTHING FITS IN WITHIN WARRINGTON.

Six stages of Long Term Athlete Development

1-Fundamental – basic movement literacy

2-Swim Skills – building technique

3-Training to train – building the engine

4-Training to Compete –optimising the engine

5-Training to Win – maximising the engine

6-Retirement /retention

***Developed from work by Dr, Balvi**

STAGE	TITLE	HOURS IN WATER	KEY ELEMENTS	Warriors/ Livewire Squads
1	FUNDAMENTALS BOYS/ GIRLS 6-9 YEARS	1-2 HOURS PER WEEK	Structured and fun -Basic Movement Literacy -Development of Fundamental Skills	Development/ 'C' Squad / Juniors 1+2
2	SWIM SKILLS BOYS / GIRLS 8-11 YEARS	3-7.5 HOURS PER WEEK	-Greater Focus on swimming -Basic technical skill development is the phase of peak motor co-ordination. -Additional skills including warm up, cool down, stretching, hydration, nutrition, recovery, relaxation and focussing. The focus is on training with competitions being used to test and refine skills. Competitions being used to test and refine skills. Competitions should be viewed as an integral part of the swimmers training programme.	Both 'B' Squads 'AA' Squad
3	TRAINING TO TRAIN BOYS / GIRLS 11-14	12 HOURS PER WEEK	-Emphasis on aerobic conditioning -Individualisation of fitness and technical training. -Training should be of high volume, low intensity workloads. -Target should be to target break point volume.. -As training volumes increase, competitions will decrease. -Competitions have a purpose. Periodisation is based on a two competition peak cycle.	'A' Squad
4	TRAINING TO COMPETE	16 HOURS PER WEEK	-Continued emphasis on aerobic conditioning -High volume work loads with increasing intensity.	National Squad
5	TRAINING TO WIN	20-24 PER WEEK	Maximising the engine. (NATIONAL QUALIFIERS)	National Squad
6	RETIREMENT/ RETENTION	6 HOURS PER WEEK	-Basic Aerobic work, with basic tech work	Masters Group

***IT MUST BE REMEMBERED THAT A TALENTED YOUNG SWIMMER MAY BE FAST TRACKED THROUGH THE SYSTEM DEPENDING ON THEIR ABILITY AND MATURATION. THIS IS THE DECISION OF THE SWIMMING COACH**

SELECTION/ MOVEMENT WITHIN THE WARRIORS / TRAINING SCHEME

Squad selection is based on the following five methods and could involve all five or just one depending on the athletes and parents commitment to the sport :

Attendance

Attitude

Ability

T30 Results

Personal Best Swimming Times in relation to national qualifying times

Attendance is one of the most important areas for selection through the groups. This is measured by the number of hours spent each week training in the pool.

Training sessions are the most important aspect of competitive swimming. Consistent training is needed to progress through the scheme.

(Attendance at selected end of cycle meets is essential so as the squads can perform and compete as a team so as to develop team spirit and morale). Swimmers who have not met the required standard will not move through the groups

Attitude is derived from the swimmers Level of concentration within the sessions, level of motivation, willingness to take instruction and learn, level of self, discipline and self motivation and commitment and support of team goals and values ie swimming in team galas and representing the club they swim for.

Ability is the physical and technical ability to perform at the right level, its also the competitiveness / confidence when racing to perform. The swimmer should have the ability to cope with various circumstances, which prevail and be able to cope with those situations. Certain athletes will have more natural talent than others, but with courage and determination this will often out weigh those who have other qualities in the pool.

T30 / T20 / T 10 Results on Frontcrawl are used as a test of aerobic capacity. I feel with the majority of the training being aerobic based the training should be based around what intensity the swimmer can train at. The following times are a guide to what swimmers should be able to make within a simple core set:

Personal Best Times relate to times which are obtained at swimming galas. National squad, A squad have specific target meets which will only be the ones where times can be achieved. The main reason for this being to limit the amount of competitions done in a month and the tendency to over compete. Badge Galas within National and A squad are

not necessary and times will not be used for qualification into the council elite training scheme.

B squads follow a similar program as the two groups above but these groups should be involved within the Badge galas for experience and use of weaker strokes. The events they should be entering in these groups range from all individual strokes to two hundred freestyle and four hundred freestyle and where possible freestyle events above this distance.

If a swimmer enters the system late in their development, they are likely to be in the “catch-up” situation. Such a swimmer may require extra training to reach the standard set down in these guidelines. If a swimmer is prepared to make this commitment, then they deserve to be given the chance.

ATTENDANCE

The following guidelines are to inform parents and swimmers of the coaches’ policies regarding training.

1 Each training group has specific attendance requirements appropriate for the objectives of that group. As a rule the least possible interruption in the training schedule will produce the greatest amount of success. The club encourages younger swimmers to participate in other activities in addition to swimming. The expectation level of the coaches to attend training increases as the swimmers move higher through the club.

2 For the swimmers protection they should arrive no earlier than 15 minutes before their training time. They should also be picked up no later than 15 min after their training has finished. Swimmers should be ready to swim five min before the start of the session.

3 In case a youngster is late for training, it is hoped that the parents will send a note with the child explaining the reason why.

4 Plan to stay the entire session. The last part of the session is usually the most important. Usually, there are announcements made at the end. In the event that your child needs to be dismissed early from practice, a note from the parent is required. (children who have to consistently get out of training in the morning’s early are limited in their development with regards to hitting there weekly yardage, so as a rule those swimmers who meet the other criteria’s will move up before those children who cannot commit to 100% of the training)

5 Along the path to success you will hear many stories as a parent and a swimmer regarding the importance of morning training. Some will say its part of the course and some will tell you that there is no need to do it. Livewire Performance scheme believe that to take advantage of the development of your child morning training is essential. Without it from the age of nine children will not have the background to swimming and this cannot

be fully rectified in later years. All nine years should be doing at least one morning a week please refer to age relation table.

SKILLS REQUIRED TO SUCCEED

The following is a list of the skills that all coaches are required to teach to all swimmers in all training groups (all coaches are required to stay up to date on all techniques and training methods):

Streamlining

Dolphin kicking off all walls and starts for butterfly, backstroke and freestyle

Underwater pullouts off all walls and starts for breaststroke

Starts and Breakouts

Butterfly, Backstroke, Breaststroke, Freestyle

Open Turns and Breakouts

Butterfly, Breaststroke, Butterfly to Backstroke,

Backstroke to Breaststroke, Breaststroke to Freestyle

Flip Turns and Breakouts

Backstroke, Freestyle

Finishes

Butterfly, Backstroke, Breaststroke, Freestyle

Relay Exchanges

Proper Stroke Technique

Butterfly, Backstroke, Breaststroke, Freestyle

Stroke drills

In order to move from the Skill Development Groups 1 & 2, swimmers must be able to perform the following skills:

Freestyle and backstroke with good form

Legal butterfly and breaststroke

Forward start, Backstroke start

Streamlines off all walls and after dives

Open turns, Flip turns

Relay exchanges (arm-swing)

Ability to maintain proper interval in practice

Proficiency in basic drills

Swimmers must be able to perform the following skills:

Outstanding stroke technique in all four competitive strokes

Racing starts with proper technique and breakouts

Streamlines to the flags off the walls on turns with proper technique

Open turns for butterfly and breaststroke with correct technique and breakouts at all times.

Underwater pull-outs for breaststroke off starts and turns with correct technique and breakouts at all times.

Flip turns for freestyle and backstroke with correct technique and breakouts at all times
Individual Medley turns with correct technique and breakouts at all times
Relay exchanges (step-up) with proper technique
Ability to maintain proper interval in practice
Ability to read the pace clock and the ability to calculate times and heart rates during practice
Proficiency in all stroke drills

When moving a swimmer from one training group to another, the coaches will also take into account the swimmer's level of commitment to the sport, the swimmer's biological maturation, and make sure that the child is mentally ready for the next level. Swimmers may be promoted to the next training group at any time during the season.

An important point to remember is that the coaches want to insure the success of each child as they move up from one practice group to another. It does no good to move a child up to the next level when that child is not ready.

Remember that the criteria listed above work both ways. If you're a swimmer who cannot maintain the standards listed for his/her practice group within the first four weeks of the season, he/she will be assigned to the previous practice group.

HOW OFTEN SHOULD SWIMMERS COMPETE?

From the age of 12 to the age of 18 the number of competitions per year should be the same as their age. At any one of these competitions they should be expected to swim within 3% of their PB or faster.

Swimmers should enter for different types of gala, as outlined below

Some galas every event must be swum, others only one event. Many galas will be multi-event meets.

In order to develop senior swimmers we must ensure that swimmers are able to cope with being away from home and being without their parents.

Swimmers must become self-reliant. Part of this is having their own equipment. Training is not a fashion show. Gym clothing must be worn for land training and swimmers must have their own equipment. Land training shorts, top (tracksuit) trainers, water bottle, skipping rope and if weights are to be worked on a support belt, preferably neoprene wrap around type. In the water each swimmer must have the following at each session - costumes and goggles go without saying. Kick board, fins (zooter type), and paddles, pull buoy and ankle band. Each athlete should have two bottles ideally one a carbohydrate drink and the other plain water with a tiny pinch of salt to aid the absorption of water by the muscles. Too many swimmers are unable to drink plain water; their taste buds need to be re-educated.

Often, to the new parent and swimmer; swim meets look very confusing. In fact, it is just

the opposite. Swim meets are highly organised competitions. Swim meets are organised between several swim clubs and allow swimmers to participate in several races under the pressure of friendly competition.

TYPES OF MEETS

We compete in a wide variety of meets in order to accommodate the needs of every swimmer on the team. Below is a brief explanation of each type of meet:

Badge Gala Pointscore – This is a meet that involves only Warriors, B2, B1 and ‘A’ Squad swimmers. These meets offer events and opportunities to meet the needs of our swimmers.

Open Meet – This is a multiple team meet that spans two or three days. Each day is divided into sessions that take four hours or less. Swimmers need to sign up for these meets well in advance and are required to pay entry fees. These meets are required for all swimmers in the advanced and senior training groups and are highly recommended for swimmers in the intermediate training group. Swimmers in the developmental group are encouraged to attend meets when they are ready.

National Championships:-This is the starting point of any swimmer who shows they could have international success on the horizon. Swimmers must first qualify for this championships and qualifying times can be found on the ASA’s web site.

SWIM MEET PROCEDURES:

Meet Check-in – Swimmers must check-in with a coach or a Team Manager at least 15 minutes prior to warm-up. Each meet has a different coach designated as the coach to check in with. Swimmers who do not check-in 15 minutes before warm-up will be scratched from the meet. There are no exceptions. No accommodations will be made for late swimmers.

Some meets require a positive check-in i.e. cards need to be posted in time. When this is the case, swimmers must arrive early. When a check-in closes (usually during the warm-up period), all swimmers who have not checked in are scratched from the meet. Scratched swimmers are not allowed to compete in the meet that day. There are no exceptions.

Meet Warm-up – All swimmers will participate in the warm-up before all meets. The warm-up may last from 30 minutes to one hour. The reason for the warm-up is to allow all swimmers to loosen up their muscles and to make final preparations before competition. The warm-up is mandatory for all Warriors / Squad swimmers. All Warriors swimmers must be on time for meet warm-ups.

OTHER INFORMATION ON MEETS:

Missed Meets – A swimmer who signs up for a meet and does not attend (without notifying the coach or calling) will be excluded from the next meet. Please notify your child's primary coach as soon as possible if you cannot attend a meet that you signed up

for. Giving coaches plenty of notice makes it much easier to make line-up changes.

Away Meets - Swimmers are responsible for their own transportation to and from away meets.

Line-ups – Each coach is responsible for developing meet line-ups for one age group. Each coach follows the same basic philosophy when constructing line-ups. First, swimmers compete only in the strokes that they can legally swim. This reduces the likelihood of a disqualification. Second, swimmers compete only in the distances that they are physically and mentally ready to handle. The coaches, however, regularly challenge swimmers to attain greater levels of performance. Finally, swimmers are placed into a wide variety of events (not just their favourite). Swimmers need experience in every stroke and every race distance. This helps them develop as all-around swimmers and helps avoid burn out. This is also necessary in order to ensure peak performance when the swimmers reach the higher levels.

Coaches at Meets – The coaches rotate the duties of attending meets.

Suggested Equipment for Swimmers at Meets – Swimmers should have the following equipment for all meets:

Swimsuit (team suit)

2 pairs of goggles

Always have an extra pair of goggles available in case the first pair breaks. It is recommended that the extra pair be exactly the same as the first pair. Also, swimmers should wear the extra pair of goggles to practice once or twice and have practised starts and turns with them on some time before the meet.

2 or more Team Swim Caps

Always have an extra cap in case one breaks. 2 or more Towels

It is important to have two or more towels. A swimmer dries off about 6 to 12 times at each session. One towel just isn't enough.

Deck Shoes or Sandals – Some decks are not kind to bare feet.

2 Water Bottles – It is very important for swimmers to remain hydrated at meets.

Clothing for Pool Deck - Swimmers must remain warm between races. T-shirts, shorts, and sweat suits are recommended for all meets.

FOOD AND DRINK SWIMMER NUTRITION

Drinks

It is recommended that swimmers have a drink (water/juice) with them during training, to avoid dehydration. Glass bottles are not permitted on poolside.

Snacks

During exercise glycogen stores (sugar stores in the liver & muscles) are used up. After training or competition it is important to start to replace these stores as soon as possible otherwise these stores can become depleted resulting in fatigue and lack of performance. Research has shown that the best time to start refuelling is within 30 mins of completion of the exercise. This means before leaving the venue to travel home even if due a meal. When we exercise the body switches off the hormone insulin. This hormone stops blood sugar rising and transports sugar, so it can either be used or stored by the body. Insulin is vital in the laying down of your sugar stores so it needs to be turned back on. This can be achieved by consuming a high glycaemic index carbohydrate such as fresh juice backed up with a medium to low glycaemic index food such as a cereal bar. These are easy to transport with you to your training venue.

Chocolate is not advisable as it is high in fat. Like all athletes, swimmers need to ensure that they are eating a healthy diet or they will not perform to the best of their ability. This is true both for training sessions and for competitions.

Swimmers attending an external gala which may mean that they are on poolside for a number of hours, need to take particular care that they eat the right foods both before and during the gala. This means starting the day with a high carbohydrate breakfast e.g. cereal and milk, toast, banana etc. Snacks during galas should also be based around carbohydrates, especially the complex carbohydrates which are more difficult for the body to convert into energy and therefore give a more sustained energy boost. The simple carbohydrates, sugars, are more easily converted into energy and give only a short, sharp energy burst leaving you hungry and tired very quickly. How often have you grabbed a chocolate bar when you are feeling hungry only to feel hungry again half an hour later? A banana is a much more sensible snack than a bar of chocolate for this reason. Other ideas include rice cakes, crackers, fruit bars, dried fruit and bread. It is advisable to eat 45-60 minutes before swimming if possible.

Swimmers should also ensure that they do not become dehydrated during galas. Once you actually feel thirsty, dehydration has already begun to set in. It is important to get into the habit of drinking a little often. What you actually drink is a matter of personal taste but water and diluted fruit juices are far better than sweet fizzy drinks. There are also a number of commercially produced sports drinks on the market.

It is interesting to note that scientific tests have shown that athletes who eat and drink sensibly before competitions stand a better chance of performing successfully.

ILLNESSES THAT EFFECT ATHLETES PERFORMANCE.

Parents should discuss any illnesses, aches or injuries with the Coach. This allows the Coach to adjust his schedule accordingly. No athlete should carry an injury, illness for more than 24 hours without seeking professional medical advice.

WHO MAKES THINGS HAPPEN?

Parents are required to assist in the operation of the swim team and/or the operation of home and away swim meets. There are many areas in which parents can become involved with the operation of the team. There are even positions available for parents who cannot work at meets but have some spare time to work at home. Below is a list of the many areas in which parents can assist the team. Talk to the Head Coach to see what positions are open and to discuss what positions interest you. Also, if you feel there is a need that is not being addressed at this time by the team, talk to the Head Coach

Team Communication

Warriors of Warrington's have their own web site which you should visit regularly. When you first visit the site you will be given the option to download flash media player. You require this to view the site if you do not already have it installed on your computer. The link buttons on the pages either download a document or open another page. Most documents are in pdf format to enable all computers to read them but you do need a pdf reader such as acrobat which is available free. You may have difficulty with the links if your computer blocks pop ups.

Warriors Web Site – www.swimwarriors.org.uk Twitter @swimwarriors

Warriors Email – You can send an email to any coach using the Warriors contact email address. Emails are forwarded to the coaches on a daily basis. The email address is headcoach@wowsc.org.uk . Anyone who isn't on the mailing list should email sitemanager@wowsc.org.uk so as to gain access to up to date club information.

If you need to talk with someone – If you have any questions, comments, or concerns feel free to talk to any coach on decisions regarding the policies and procedures of the team. If you have any concerns, the coaches are the individuals to talk to.

Be sure to only talk to coaches AFTER practices or meets. During practice is obviously not a good time to talk with coaches, nor is before practice, when they are making final preparations for that session. The same is true for meets.

TEAM UNIFORM / KIT

All Warriors swimmers are expected to wear the team uniform when competing at meets. The team uniform includes a team swimsuit, team cap, and team T-shirt with black shorts. Team swimsuits and apparel can be ordered from the club shop at various times throughout the season. Talk to any coach for more information. The coaching staff

requires ALL swimmers, boys and girls, to wear team caps in competition. Swimmers that do not wear team caps will be scratched from their next event. Team swim caps are available from the Club shop. By wearing team swimsuits and caps, not only can the coaches identify swimmers more easily, but this also improves team recognition, team unity, and team spirit. Team uniforms display pride in our team and in our sport. Coaches and supporters can easily identify Warriors swimmers by their swimsuits and caps, adding to the excitement of each meet. We offer a wide range of items including T-shirts, sweat shirts, shorts.

Ten Commandments For Swimming Parents

by Rose Snyder, USA Swimming

1. Thou shalt not impose your ambitions on thy child. Remember that swimming is your child's activity. Improvements and progress occur at different rates for each individual. Don't judge your child's progress based on the performance of other athletes and don't push them based on what you think they should be doing. The nice thing about swimming is that every person can strive to do his or her personal best.
2. Thou shalt be supportive no matter what. There is only one question to ask your child: "Did you have fun?" If meets and practices are not fun, your child should not be forced to participate.
3. Thou shalt not coach your child. You have taken your child to professional coaches. Do not undermine the coaches by trying to coach your child on the side. Your job is to support and love your child no matter what. The coaches are responsible for the technical part of the job. You should not offer advice on technique or race strategy. That is not your area. This will only serve to confuse your child and prevent that swimmer/coach bond from developing.
4. Thou shalt only have positive things to say at swimming meet. If you are going to show up at swimming meet, you should cheer and applaud, but never criticise your child or the coaches.
5. Thou shalt acknowledge thy child's fears. A first swimming meet, 500 free, or 200 IM can be a stressful situation for your child. It is totally appropriate for your child to be scared. don't yell or belittle him/her. Just assure your child that the coaches would not have suggested the event if he/she was not ready to compete in it.
6. Thou shalt not criticise the officials. If you do not have the time or the desire to volunteer as an official, don't criticise those who are doing the best they can.
7. Respect thy child's coach. The bond between coach and swimmer is a special one, and one that contributes to your child's success as well as fun. Do not criticise the coach in the

presence of your child. It will only serve to hurt your child's swimming.

8. Thou shalt not jump from team to team. The water isn't necessarily bluer at the other team's pool. Every team has its own internal problems, even teams that build champions. Children who switch from team to team are often ostracised for a long, long time by the teammates they leave behind. Often times, swimmers who do switch teams never do better than they did before they sought the bluer water.

9. Thy child shalt have goals besides winning. Giving an honest effort regardless of the outcome, is much more important than winning. One Olympian said, "My goal was to set a world record. Well, I did that, but someone else did it too, just a little faster than I did. I achieved my goal and I lost. This does not make me a failure, in fact, I am very proud of that swim."

10. Thou shalt not expect thy child to become an Olympian. There are over 100,000 athletes in British Swimming. There are only 52 spots available for the Olympic Team every four years. Your child's odds of becoming an Olympian are about 1 in 2000. Swimming is much more than just the Olympics. Ask your coach why he coaches. Chances are, he/she was not an Olympian, but still got enough out of swimming that he/she wants to pass that love for the sport on to others. Swimming teaches self-discipline and sportsmanship; it builds self-esteem and fitness; it provides lifelong friendships, and much more. Most Olympians will tell you that these intangibles far outweigh any medal they may have won. Swimming builds good people and you should be happy your child wants to participate.

The Role As Parents

Competitive swimming programs provide many benefits to young athletes, including self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to deal with defeat, while becoming healthy and physically fit. As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices and meets, and by coming to swim meets.

Parents are not participants on their child's team, but contribute to the success experienced by the child on the team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and teammates. Interested parents donate their time, energy and expertise at every level from local swimming clubs to District Officials. Your role as a volunteer is very important to our sport. You can be actively involved in your child's swimming program and can also be instrumental in strengthening swimming in England. With a positive attitude and a willingness to lend a hand, you will also have a great impact on your child's athletic

environment and love of swimming. If you are interested in becoming a volunteer, talk to your child's coach.

Be enthusiastic and supportive!

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals. Do not over burden your child with winning or achieving best times. Learning about oneself while enjoying the sport is the most important part of the swimming experience. The swimming environment encourages learning and fun, which will help your child develop a positive self-image.

Let the Coach coach!

The best way to help your child achieve goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make a mistake. If your child does make one, remember that this is a learning experience. Encourage your child's efforts and point out the positive things. The coach is the only one qualified to judge a swimmer's performance and technique. Your role is to provide support.

WHAT TYPE OF SWIMMING PARENT ARE YOU?

The following survey was taken from the Amateur Swimming Association of Great Britain.

Answer each question with a "YES" or a "NO". Be honest!

1. Is winning more important to you than it is to your child?
2. When your child has a poor swim, is your disappointment obvious? Do you show your disappointment?
3. Do you feel that you have to "psyche" your child up before competition?
4. Do you feel that winning is the only way your child can enjoy the sport?
5. Do you conduct "post mortems" immediately after competition or practice?
6. Do you feel that you have to force your child to go to practice?
7. Do you find yourself wanting to interfere during practice or competition thinking that you could do better?
8. Do you find yourself disliking your child's opponents?
9. Are your child's goals more important to you than they are to your child?
10. Do you provide material rewards for your child's performance?

SCORE / 10

If you answered yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is critical and should be supportive at all times to ensure a positive experience for your child.

Don't worry if you said "YES" to a couple of these questions. We've all been guilty of at least one such mistake in our time. The important thing is to learn from those mistakes.

Behaviour and Attitude

For a swimmer to succeed, it is not only talent and ambition that will do it. Alongside this comes:

HARD WORK
DETERMINATION
DISCIPLINE

This will only be developed in training sessions. It is important for a swimmer to attend as many training sessions as required by their Coach. There is a minimum attendance required for each group / squad.

Swimmers will not only learn how to swim fast, and improve technique, but also how to discipline themselves. They will also learn to respect fellow swimmers and develop team spirit. Their Coach will encourage them how to get the most from their sessions.

Swimmers must always remember:-

WE TRAIN TO COMPETE; WE DON'T COMPETE WHEN WE TRAIN.

ASA MEDICATION NOTIFICATION

It is a requirement of our doping procedures for all swimmers registered to take part in open competition, and who take regular medication for asthma, to send these details for inclusion on their registration record. It is important therefore that clubs ensure that members are aware of this requirement.

In addition to this it is now a requirement of FINA that information is notified to the Governing Body regarding medical conditions requiring the permanent use of a banned substance where there is no other substitute. As these conditions are less common (see list below) there is no general form to complete for this notification.

Following the receipt by the Governing Body of a medical certificate, a dispensation to swim in competitions up to National level may be given. Information will be issued on an individual basis including details for applying for dispensation to compete in international competition, which requires further approval by the FINA Doping Control Review Body. Swimmers or their parents should send the medical certificate, which must clearly indicate the name and address of the swimmer and their doctor, to the address below in an envelope marked "Notifiable Medication".

Conditions, which may require notifiable medication

Medical Conditions Required Treatment

Diabetes - Insulin injections

Growth disorders - Growth hormones

Hormone deficient conditions of the pituitary gland or adrenal gland

- Steroid treatment

Orthopaedic conditions

- Intra articular steroid injections

Juvenile arthritis - Prednisolone

Behaviour problems - Ritalin

Renal failure - Erythropoetin

Notification must also be given on any other medical conditions requiring the permanent use of a banned substance where there is no other substitute. A copy of the ASFGB Doping Control Rules, are available on request from the ASA Customer Services.

Asthma Forms

FINA and the IOC ban some asthma medications because they contain anabolic agents and/or stimulants and they require that all swimmers declare any asthma medication that they are taking. There are certain medications which are acceptable for controlling asthma and it is important therefore that ASFGB is sure that a swimmer is taking an approved medication and that they are using this for a legitimate purpose.

In order to ensure that our information is current, the swimmer is required to complete a form each year. Swimmers should be aware that they must complete a new form if there is any change, at any time, in their medication.

It is not possible to keep asthma details for swimmers who are not registered competitors, so forms should not be submitted for Category One members who are not yet able to compete in open events and whose individual details are not therefore registered.

It is important that all swimmers who compete in open competitions are aware of these Requirements and if they are taking medication for asthma understand the importance of completing the form. This is a responsibility that which falls to clubs – ignorance is no defence against a positive doping test.

Completed forms should be returned by the swimmer or their parent directly to the address below, in an envelope marked “Asthma”. Additional Asthma forms are available from the ASA

Registration Department.

Any queries regarding medication should be directed to Dr David Hunt, Tel: 01773-872865,

Fax: 01773-590979 or e-mail david@huntdr.freeseve.co.uk

If you have any queries regarding the administrative procedures, please contact ASA Membership services department 01509-264357 or customerservices@swimming.org
If required, please complete the A.S.A. Medication Declaration form and send it off immediately.

DIVING AT COMPETITIONS

It is the ASA policy that swimmers should not be permitted to dive from a starting block at a maximum height of 500mm from the water surface into water of a maximum depth of 0.9m. until they have demonstrated an ability to execute a shallow racing dive into water of at least full reach depth, in a consistent fashion.

The award includes the following:-

A shallow dive with glide of at least 5m.

A wind-up start followed by a shallow dive and glide.

A grab-start followed by a shallow dive and butterfly legs.

A grab-start with breaststroke phase to surface.

All of the above have to be performed from a deep end with no block and then deep end with block, also from poolside in shallow end and block in shallow end.

The backstroke start must also be performed with a minimum of 5m underwater.

At galas, only swimmers who have achieved their diving certificates may start their races on the blocks. Those who have not, must start the race by pushing off from the side.

GENERAL INFORMATION ON COMPETITION GALAS

Competition Galas may be either Internal Galas, such as Badge Galas, the Club Championships, where the only competitors are members of Warriors, or External Galas, where Warriors compete against members of other swimming clubs, either individually or as members of a Warriors team. This is a competitive club and swimmers are expected to attend internal and external galas as advised by the coaches.

Team selections are the responsibility of the Chief Coach of Warriors, who uses the Warriors Ranking List to select swimmers to represent the club. A list of the chosen swimmers will be displayed on the notice boards about two weeks before the gala. If your child is selected, please put a tick or cross against their name to indicate their availability. The Chief Coach must be informed as to the reason a swimmer is unavailable at headcoach@wowsc.org.uk

Team selections are also displayed on the Warriors Web Site (www.swimwarriors.org.uk).

Please note:

When selected to represent the Club at Team galas, swimmers must wear Warriors costumes/trunks, swimming hat and T-shirt.

If selected for an external gala for which transport is provided, swimmers must travel with the team on the team coach. Parents may also travel on the coach, subject to places being available. There is a small charge per parent towards cost, no charge will be made for swimmers.

There is a Warriors' mobile phone which travels with the Team Manager, and may be used to contact the Team Manager in an emergency.

The team mobile number is 07804 812955

Individual times achieved by swimmers at all approved Galas are automatically entered onto the Warriors database, from which Ranking Lists are generated.

INTERNAL GALAS

Badge Gala

Badge Galas are a good introduction to competitive, timed swimming. There are four Badge Galas in the year in January, April, May and July, held at Orford . There is an extra Badge Gala in February for junior swimmers (11 years old and under). Entry to Badge Galas is free for swimmers and entry forms are available from the swimmer's coach or on the Warriors Website (www.swimwarriors.org.uk). Swimmers should consult their coach for advice on which events to enter. Those who will still be under 8 years of age by 31st December are only permitted to enter the 25 metre events. However, if they achieve a 25 metre Bronze time they may enter a 50 metre event in that stroke. As Badge Galas are usually the first galas a swimmer will enter, a more detailed description of Badge Galas is given later in this pack.

Club Championships

The annual Club Championships are held in October, over one weekend. Depending on their ages, swimmers compete in a number of events against those of similar age. BAGCAT Points are awarded to the swimmers (see later for explanation). Medals are awarded to the top 3 swimmers in each event and for each age group on the day of the swims. The top overall swimmer in each age group receives a trophy & the top 6 overall in each age group are presented with medals. We hold a Presentation Night & Disco in December. Championships records are published in the Club Championships programme.

BADGE GALA INFORMATION

This sheet explains why we at Warriors like to encourage all swimmers to take part in Warriors Badge Galas. Times are recorded and are used in selecting swimmers for inter-club Galas and to help coaches monitor the swimmer's progress through the classes/squads. There are 4 Badge Galas per year usually in January, April, May and July, and usually a Junior Badge Gala in February (this is for 11 Year olds and under).

INTERNAL GALA PROCEDURES:

Immediately after the closing date a list of swimmers whose entries have been received will be posted on the warriors web site www.swimwarriors.org.uk . This will include a deadline by which amendments can be added. It is the responsibility of parents & swimmers to check this information. If any swimmer is missing from this list contact must be made with the competitions team via the web site or posted in a box by the deadline. After this deadline no amendments or late entries can be made allowing the program to be accurately prepared in time for the gala.

On the day of the gala swimmers should arrive at Orford pool about 15min prior to the warm up time. They should find the volunteers who are doing the registers and give in their name. Once they have registered they should go and get changed and make their way on poolside and find the boys/girls team manager (boys nearest small pool, girls near start end). The team manager is responsible for ensuring swimmers go to race at the right time.

BADGES AND BADGE RECORD CARD FOR INTERNAL GALAS

Badge Galas are run according to A.S.A (Amateur Swimming Association) rules and so prepare young swimmers for competition in external galas. For details of what is expected of a swimmer at a badge gala, please see the section on

Once the swimmer has completed their events, their times are recorded and a list is placed on the windows at the back of the seating balcony showing the times achieved in their events. (The computer team get these results out as quickly as they can, so please be patient) This list is split into categories. Swimmers who have achieved Platinum, Gold, Silver or Bronze times need to get their times recorded on their personal record card. Swimmers who did not achieve these times will need to try again at the next Gala.

Personal record cards can be obtained from the volunteers at a desk on the seating balcony, where they also record the times and issue the badges.

This is a copy of the times needed. Please note that in most sections two times are required to obtain a badge. These two times must be the same stroke, but at different distances, so it will quite often take two or more galas to obtain the required times. Times achieved at other galas can be used to obtain badges at Warriors Badge Galas. Just bring along your P.B. (Personal Best) sheets (which can be ordered by putting the swimmers name and class on the P.B. request sheet's via pbsheets@wowsc.org.uk).

CARDS FOR DISABILITY CATEGORIES CAN BE PROVIDED UPON REQUEST.

Although all this seems quite complicated, please do not be put off. Remember it is in the swimmers best interest to take part and there are always people around who you can ask if you are not sure about any of the above or you can contact us via the website.

All officials on poolside and on the balcony are unpaid volunteers, and have free entry to the Badge Gala. Parents and friends are always needed to help. So please come along and volunteer your services.

REMEMBER ...BADGE GALAS ARE FUN - GOOD LUCK!

EXTERNAL GALAS

External Galas may either be Team Galas or Open Meets. It is the responsibility of the Chief Coach to select swimmers for Team Galas. A swimmer's coach will advise on which Open Meets each swimmer should enter. Swimmers under the age of 9 (8 in Wales)

are not permitted to enter Open Meets. For completeness, a brief description of the different levels of Open Meet has been included in this section.

Bolton & District Mini League

For swimmers age 9 to 12 years. This competition is held around the North West of England. There are three rounds usually held in February, March and April, with the semi final in June and the final in October.

Liverpool Junior League

For swimmers age 9 to 12 years. This competition is held around the North West of England. There are three rounds usually in May, June and July with the final taking place in October.

National Swimming League North West

For swimmers aged 11 years and upwards. There are two rounds in October and November and a final in December.

Open Meets

There are a great many Open Meets held across the country each year. The Warriors' Chief Coach selects a subset of these to make up the Warriors Yearly Competition Calendar. Different classes and squads in Warriors enter different Open Meets, and swimmers should always consult their Coach before entering a competition. If a swimmer enters a Meet without consent, their time will not be added to the Club's computer rankings list.

Warriors host their own Open Meet in December each year at Orford Leisure Centre. (The Warriors Graded Meet has a Christmas flavour to it, with some coaches, officials and competitors choosing to wear festive head gear! All officials are unpaid volunteer parents and relatives, whose only perks are free entry and free refreshments during the day. More helpers are always needed, both on poolside and on the balcony, so please volunteer your services when you see the request for help on the notice board or the website.)

Percy Mason Memorial Gala

This meet is typical of the type of Open Gala which many clubs across the country host each year. The Meet is advertised on the Warriors Website and in Swimming magazine, and many clubs enter their swimmers for individual events. Swimmers win medals for a top six placing and also earn points for their club. Warriors award a "Best Club Trophy" to the club with the most points, which is returned in time for the following year's Open Meet. Warriors also give a top girl and top boy award each year to the individual swimmers with the most points. The Warriors Open Meet is called a "Graded" Meet because Warriors set upper time limits on each event. A swimmer whose Personal Best in an event is faster than this limit is not permitted to enter that event.

Liverpool & District Age Group Championships

Held in February each year at Huyton Leisure Centre for swimmers who are members of clubs in the Liverpool and District area only. Medals are awarded to the top three girls and boys of each age group in each event. Medallists in some events are selected to compete for the Liverpool & District team in the Inter-Association Gala in June against teams from other Districts.

Cheshire County Championships

Held each year at Stockport and Macclesfield for swimmers who are member of clubs in Cheshire only. To enter an event a swimmer must have previously achieved an official time at one of the designated galas held around the country. Some swimmers with slower times may be rejected if the event is over-subscribed. Medals are awarded to the top three girls and boys of each age in each event. BAGCAT points (see BAGCAT explanation on following pages) are awarded for each category of events, and the swimmers with most points in each of the younger age groups are invited to take part in a special Cheshire Development day which includes land work, pool sessions and lectures. Swimmers who do well at the Cheshire Championships may also be selected to compete for the Cheshire County team at various County Galas during the year.

A.S.A North West Regional Championships

Every year the North West Region hold an Open Championships (all ages, but no separate age group awards) in November, a Youth Championships (14-18yr) in early May and an Age Group Championships (11-14yr) in June. To enter these galas it is necessary to have previously swum a qualifying time at a Designated gala such as the Cheshire Championships or certain Open Meets. Medals are awarded to the top three swimmers in each event. These Championships are usually held in the 50 metre pool at the Manchester Aquatic Centre.

A.S.A National Age Group Championships

These Championships are held annually in late July, usually at Ponds Forge in Sheffield (50metre pool). The Age Groups competing are 11 - 13 yr girls and 11 - 14 yr boys. Qualifying times for entry to this National Gala are known as NQTs (National qualifying Times). They are set annually for each event at a level which only the top 40 or so swimmers in Britain in each single-year age group are expected to achieve, so to achieve your NQT is to be amongst the top age group swimmers in Britain.

A.S.A National Youth Championships

These Championships are also held annually in early August in Ponds Forge's 50 metre pool. The Age Groups competing are 14 - 17 yr girls and 15 - 18 yr boys. Qualifying times for entry are set annually as for the A.S.A National Age Group Championships. In the Youth championships, all events are for double age groups (i.e. 14yr and 15yr girls have different qualifying time but all swim in one event, with one set of medals for the overall winners).

P B SHEET

What is a PB Sheet?

A “personal best” sheet is your child’s record of best achievements in galas in each stroke and distance. It will inform you of ‘AA’, ‘A’ & ‘B’ times achieved and where and when achieved. It also converts the short course times in metres to long course metres and short course yards.

How do I get a PB Sheet?

Email pbsheets@wowsc.org.uk

DISQUALIFICATIONS – WHY?

Swimmers may find themselves disqualified from a race for a variety of reasons. While this can be very disappointing, the important thing is to understand why the disqualification has taken place. The reasons can be summarised under the following headings:

Starts

Strokes

Turns

Finishes

Fouls

The ASA (Amateur Swimming Association) lays down technical rules for how swimmers should start and finish races, how turns should be performed and how each of the recognised strokes should be executed. Any swimmer failing to swim according to these standards will be disqualified. The best person to advise on each of these is your swimming Coach. Although it can be upsetting for young swimmers to find themselves disqualified from a race, it is important not to become disheartened – it happens occasionally at all levels of competitive, even to world champions! The important thing is to find out the reason for the disqualification from the judge or your coach and learn from the experience. The rules on fouls cover a whole range of possibilities, but it is sufficient to note at this point that a foul is defined as any action which results in another swimmer suffering an unfair disadvantage.

Anyone wishing to study the technical rules in detail should consult The Extract of ASA Law and ASA Technical Rules.

VOLUNTEERS

REMEMBER – Warriors is run by VOLUNTEERS, the more help we get, the better the club, so don’t be shy!!

If you have a specific skill/ talent e.g. Keyboard skills/ fund-raising / accounting, or you just fancy getting involved, please do not hesitate to offer your services, either directly to a member of the Executive or to the Secretary via the Warriors web-site

www.swimwarriors.org.uk

It is essential that where possible ALL parents or carers volunteer at some stage in their child's progression through the club. Some people think that they have nothing to offer, or what they do have to offer will not be of any value to the club, when what we require mostly is just someone's time. All of the tasks for volunteers are relatively simple and there will always be somebody there to show you the ropes and support you for the first couple of times you do the task. Badge galas require a large numbers of volunteers to function, some of the tasks need some training such as time keepers and officials (courses are run occasionally through the year, look on the website for details if you are interested). Other tasks include :- supplying volunteers with refreshments (squash) on poolside, sitting at the door and taking admission fee's and selling raffle tickets, being a 'runner', a steward or a team manager on poolside. If you have a flair on the karaoke then maybe the announcers job would suit you!

GET INVOLVED, HELP THE CLUB TO FUNCTION !!!!

RESPONSIBILITIES OF TEAM MANAGERS

Team Managers are parents who have volunteered to take on that role for a specific gala. These notes may be of use to anyone who has not been a team manager before. They are not meant to be patronising but an attempt to ensure that we are aware of the role of the Team.

Manager.

Team Managers are responsible for the behaviour of the swimmers when they are on poolside. Swimmers should not leave the poolside unless they have asked and been given permission to leave and must return in time to race.

If possible, particularly if there is no coach, swimmers should be timed and at the end of every meet, a full set of official results should be collected. If results are not ready from the final sessions, please request that results are sent to the Warriors of Warrington Club. Encourage swimmers to place their rubbish in bins/bin bags or their own bags i.e., keep poolside tidy. If a Team Manager has any concerns about any incidents or problems that have occurred on the poolside, please let the Competitions' Secretary or Welfare Officer know as soon as possible. Please note that following ASA Child Protection guidelines the Club will ask all poolside helpers to complete an ASA Criminal Record Bureau check. Please contact the Welfare Officer for a form or further information.

Glossary of Common Swimming Terms

Adapted Swimming -- Swimming for persons with a disability.

Age Group Swimming - Is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent. Nationally recognised age groups are 10 and under, 11-12, 13-14, 15-16, 17-18, and 15-18.

ASA Swimming -- The national governing body for amateur competitive swimming in England

ASA Swimming Number – A number assigned to a swimmer upon joining the ASA. The membership card with this number may be required at any given competition.

Block – The starting platform.

Bulkhead – A wall constructed to divide a pool. For instance, many 50-meter pools have moveable bulkheads that allow the pool to be used for a 50-meter competition or a 25meter competition. By moving the bulkhead, the length of the pool can be changed.

Cap – A latex or lycra swim cap used during a race or workout to reduce the water resistance from a swimmer's hair. A cap also helps protect a swimmer's hair from the effects of chlorine in the water and helps identify the team for which he/she is competing.

Circle Swimming -- Performed by staying to the right of the black line when swimming in a lane to enable more swimmers to swim in each lane. Circle swimming is used during practices and meet warm-up.

Coach – A person who trains and teaches athletes in the sport of swimming.

Code of Conduct -- An agreement signed by a swimmer, coach, or parent, stating that the swimmer will abide by certain behavioural guidelines.

Competition Suit – A team racing suit. This suit is often a smaller size than the practice suit to reduce resistance. The material is either lycra or nylon.

Cut – Slang for qualifying time. A time standard necessary to compete in a particular meet or event. "Did you make the NAG cut in the 100 free?" is translated as: "Did you achieve the National age Group qualifying time in the 100 freestyle?"

Distance -- Term used to refer to events over 400 metres.

DQ, Disqualified, Disqualification -- This occurs when a swimmer commits an infraction of some kind (e.g. freestyle kick in butterfly). A disqualified swimmer is not eligible to receive awards, nor can the time be used as an official time.

Drag Suit – A second, loose fitting swim suit worn by swimmers in practice and warm-up to add a certain amount of weight and resistance to the flow of the water around the swimmer. The concept is similar to a batter swinging two or three bats (or using bat weights) while on deck in a baseball game.

Drill – An exercise involving a portion of a stroke, used to improve technique.

Dry Land Training – Training done out of the water that aids and enhances swimming performance.

Entry Form – Form on which a swimmer enters a competition. Usually includes ASA Swimming number, age, sex, event numbers, and entry times (seed times).

False Start – Occurs when a swimmer leaves the starting block, or is moving on the starting block, before the starter officially starts the race. In some competitions one false start results in an automatic disqualification from the race.

FINA – Federation Internationale de Natation de Amateur – the international governing body of competitive swimming, diving, water polo, and synchronised swimming.

Final – The championship final of an event in which the fastest swimmers from the preliminaries compete.

Finish -- The final phase of the race; the touch at the end of the race.

Fins – Flippers that are worn on the feet and used for stroke technique and speed assisted training.

Flags – Backstroke flags. They are located 5 meters (in 25 and 50 meter pools) from the ends of the pool. The flags enable backstroke swimmers to execute a turn more efficiently.

Goal – A specific time achievement a swimmer sets and strives for. Can be short term or long term.

Goggles -- Eye wear worn by swimmers in the pool to enhance vision and to protect the swimmers' eyes from the effects of chlorine in the water.

Gravity Wave – Wave action caused by the swimmers' bodies moving through the water. Gravity waves move down and forward from the swimmer, bounce off the bottom of the pool, and return to the surface in the form of turbulence.

Gutter -- The area at the edges of the pool in which water overflows during a race and is recirculated through the filtration system. Deep gutters catch surface waves and don't allow them to wash back into the pool and affect the race.

IM – Slang for individual medley, and event in which the swimmer uses all four competitive strokes in this order: butterfly, backstroke, breaststroke, and front crawl.

Kick Board – A device, usually made of plastic or styrofoam, used to isolate the kick portion of a stroke.

Lane Lines – The dividers used to delineate the individual lanes. These are made of individual finned disks strung on a cable, which rotate on the cable when hit by a wave. The rotating disks dissipate surface tension waves in a competitive pool.

Lap Counter -- A set of plastic display numbers used to keep track of laps during a distance race. This term also refers to the person who counts for the swimmer, stationed at the opposite end of the pool from the starting end.

Long Course -- A pool 50 meters in length. World records may be set in long course and short course competition. The Olympic Games, as well as all major international competitions, are conducted in long course.

Long Distance -- Term used to refer to the following freestyle events: 800 meters, 1500 meters.

Meet -- Competition designed to be a learning experience. By implementing what has been learned in practice, the swimmer tests himself/herself against the clock to see how he is improving.

Middle Distance – Term used to refer to events of 200 yards/meters, 400 meters, and 500 yards.

Negative Split – Swimming the second half of a race faster than the first half.

Official – A judge on the deck of the pool at sanctioned competition who enforces ASA Swimming rules. There are stroke and turn judges, administrative officials, starters, timers, and referees.

Open Water Swimming – Swimming in an open body of water (such as a lake, ocean, or bay, as opposed to a swimming pool). Open water swims are conducted in distances of over 1500 meters.

Pace Clock – A clock used during practice to check pace or maintain intervals.

Paper Suit – A slang term for a swimsuit designed to have minimum drag in the water. While many swimmers use the traditional knitted lycra, the newest suit is woven lycra (called a "paper" suit because of its texture). There are continually new styles and fabrics put on the market.

Practice Suits -- Swim suits worn by a swimmer during practice sessions. They are generally made of nylon, lycra, or stretch nylon. Many swimmers train wearing several suits for the purpose of creating drag.

Prelim – Short for preliminary. Those races in which swimmers qualify for the championship and consolation finals in the events.

Pull Buoy – Usually made of styrofoam, this device is placed between the legs to isolate the use of the arms. The pull buoy is used to strengthen the arms and is sometimes used for stroke work.

Ranking Lists - Lists of swimming performance are published twice yearly. Results are ranked by Gender, Age, Stroke and Distance.

Relay – An event in which four swimmers compete together as a team to achieve one time.

Relay Exchange – The exchange between the swimmer in the water and the next swimmer on the relay team. A perfect exchange will simultaneously have the finishing swimmer's hand on the touch pad and the starting swimmer's toes just touching the starting block with the rest of the starting swimmer's body extended over the water.

Relay Split – The time for one of the four individuals in a relay race. Under certain conditions, the lead swimmer's time in a relay may be used as an official time for an event.

Roll – To move on the starting block prior to the starting signal. A roll is usually caught by the starter and called a false start.

Scratch – To withdraw from an event or competition.

Shave – Prior to a major competition, a swimmer will shave his/her entire body. The removal of hair and the top layer of skin provide less resistance between the swimmer's body and the water. This also heightens the swimmer's sensations in the water.

Short Course -- A pool 25 meters long. Most of the world swims short course meters (using 25-meter pools) in the winter. World records are recorded for short course and long course meters only.

Split – A swimmer's intermediate time in a race. Splits are registered every 50 meters and are used to determine whether or not a swimmer is on pace. Splits are very useful in planning future race strategy.

Sports Medicine and Science – A comprehensive use of the science and technology to develop better training methods for athletes. In swimming, the sports medicine and science program deals with everything from blood and respiratory condition, to the biomechanics of the swimmer, to proper nutrition.

Sprint – Describes the shorter events (50 and 100 meters). In practice, this refers to swimming as fast as possible for a short distance.

Streamline -- The position used by swimmers under water when starting or pushing off the walls after a turn. A streamlined body position is used to reduce water resistance.

Stroke count - The number of strokes it takes to swim one length of the pool.

Recommended stroke counts are

Boys - Fly(8 / 25), Back (12 / 25), Brstk (8 / 25), Free (12 / 25);

Girls - Fly(10 / 25), Back (14 / 25), Brstk(10 / 25), Free (14 / 25);

Stroke rates - Stroke frequency or the number of strokes taken per minute. Usually calculated on the coach's stopwatch.

Taper – The final preparation phase before a major meet.

Team Uniform – A team uniform is usually made up of one or more of the following: swimsuit, cap, T-shirt, track suit. Each team has a uniform, which is usually a requirement, and unique to the team.

Time Trial – A time-only swim that is not a part of a regular meet. Swimmers usually compete in a time trial or attend a time trial meet in order to attempt to achieve qualifying times for a championship meet.

Touch – The finish of a race.

Touch Pad – A large sensitive board at the end of the lane where a swimmer's finish is registered and sent electronically to the timing system.

Trainer – In the United States, an athletic trainer is referred to as a "trainer". In Europe, "trainer" is the term used for a coach.

Turnover -- The number of times a swimmer's arm turn over (cycle) in a given distance or

time during a race.

Warm Down – Easy swimming or calisthenics used by swimmers after a race or anaerobic practice set to rid the muscles of lactic acid and gradually reduce heart rate and respiration.

Warm Up – Easy swimming or calisthenics used by swimmers prior to a race or practice to get the muscles loose and warm. Warm up gradually increases heart rate and respiration, and helps prevent injuries.

ROLL OF HONOUR LIST

1974-1986

Elizabeth Burroughs Junior International
Marie Conroy Junior International
Alyson Gillan National Youth Squad
Lynsey Heggie British International
Mark Jones National Youth Squad
Keith Mullholland Junior International
Ian Pritchard National Youth Squad

1987

Judy Lancaster England Youth Squad
Great Britain Junior Championship Team
David Mulry English Catholic Schools

1988

Louise Appleton England Youth Squad
Great Britain Junior Championship Team
English Schools
Kevin Crosby England Youth Squads
English Schools Team
Judy Lancaster England Intermediate Squad
British Junior Short Course Record 50m Fly
Alison Mckay Scottish Youth Squad

1989

Patricia Alcock England Youth Squad
Kevin Crosby England Youth Squad
Great Britain Junior Record 200 Fly
Judy Lancaster England Team Commonwealth Games
England Intermediate Team
England TSB Senior Squad
Alison Mckay Scotland Youth Squad
Scotland Senior Squad
Gillian McMichael English Catholic Schools
Claire Wanbon Wales Youth Squad

1990

Patricia Alcock England Youth Squad
Kevin Crosby England Youth Squad
Great Britain Junior Championship Team
England International Squad
English Schools International

Judy Lancaster	Silver Medallist Commonwealth Games Great Britain International
Alison McKay	Scotland Senior International Scotland Youth Squad English Schools International
Helen Slatter	Great Britain International World Championship Selection England Senior Squad
Claire Wanbon	Welsh Youth Squad Welsh International Squad

1991

Kevin Crosby	England Intermediate Squad ASA 200m Fly Champion
Melanie Lang	England Intermediate Squad
Alison McKay	Scotland Senior Squad Scotland Youth Squad
Stuart Turley	English Catholic Schools

1992

Kevin Crosby	England Senior Squad
Mathew Hickey	England Schools International
Melanie Lang	England Intermediate Squad
Alison Mackay	Scotland Senior Squad
Helen Slatter	Great Britain Olympic Team England Senior Team

1993

Kevin Crosby	ASA 200m Fly Champion World Student Games Finalist ASA Speedo England Senior Team
Simon Hutchinson	National Mycil 2000 Training Squad
Rachel Line	Speedo England Junior Squad English Schools International
Alison Mckay	Scottish ASA 100m Fly Champion Scottish ASA 200m Fly Champion Scottish 50m Fly Record Holder Scottish 100m Fly Record Holder Scottish Senior Squad
Gill McMichael	Speedo England Senior Squad English Catholic Schools Team

Graham Pierce	Welsh Senior Squad
Colin Prescott	English Catholic Schools
Helen Slatter	Great Britain Team For European Championships
	ASA Speedo England Team
Daniel Wilks	National Mycil Training Squad

1994

Anthony Bacon	National Mycil 2000 Training Squad
Laura Corkhill	England North
Nicola Crosby	England 5 Nations Youth Squad
	England North Team

Kevin Crosby	World Championship Team
	Commonwealth Games Team
	England Senior Team
Rachel Line	England Junior Squad
Andrew Lomax	England North
Alison Mackay	Scotland Senior Squad
Helen Slatter	European Championships
	Commonwealth Games Team
Paul Stout	2 Nations Junior Team
Danny Wilks	National Mycil 2000 Training Squad

1995

Danny Barker	National Mycil 2000 Training Squad
Laura Corkhill	England Yuoth International
	England North Squad
Kevin Crosby	England Senior Squad
Stephen Dew	England North Squad
Ian Fairhurst	England North Squad
Mathew Hickey	England North Squad
Rachel Line	England North Squad
Helen Slatter	GB Senior Team European Championships
	Ladies Team Captain
Danny Smith	England Youth International
Paul Stout	Great Britain 8 Nations Junior International
Fraser Walker	ASA 200IM Champion
	Scottish Elite Squad
Danny Wilks	GB European Junior Championships Silver Medal 4*100 fr Relay
	England Speedo 98 Squad
Michaela Yates	British Record Masters (25-29yrs) 1500 freestyle 21:46

1996

Nicola Crosby	England North Squad
Stephen Dew	England North Squad
Ian Fairhurst	England North Squad
Mathew Hickey	England North Squad
Rachel Line	England North Squad
Helen Slatter	Great Britain Olympic Team
Fraser Walker	Scotland Senior Squad
	Scottish National 200im Champion
Danny Wilks	GB European Junior Championships 100 fr Bronze Medallist
	GB European Junior Championships 4*100 Silver Medallist

1997

Danny Wilks	GB European Junior Championships 100 & 200m free
	GB European junior Championships 4*100 free team new record
Ben Harkin	England 4 Nations Youth Squad
	England North Team
	Scottish 200IM Champion

1998

Ben Harkin	England North Team
	Scottish Elite Squad

1999

Ben Harkin	England North Team
	Scottish Elite Squad
Peter O'Riorden	England North Team

2001

Ben Harkin	England North Team
	Scottish Elite Squad
Peter O'Riorden	England North Team
David Holt	Welsh Youth Squad

2002

Peter O'Riorden	England North Team
David Holt	Welsh Youth Squad

2004

Timothy Almond ASA National Age Group Champion 100 BR
British National Age Group Programme

2005

Timothy Almond ASA National Age Group Champion 200 BR
British National Age Group Programme
Mathew Verdon ASA National Age Group Champion 100 Bk
12yr old British Record Holder 100m bk 1:05.79
Jonathan Gatley Northern England Team

2006

Timothy Almond ASA National Age Group Champion 200 BR
British National Age Group Programme
Mathew Verdon ASA National Age Group Champion 100 Bk
12yr old British Record Holder 100m bk 1:05.79
Martin Holmes ASA National Age Finalist 100m Fly

2007

Mathew Verdon National Champion 100m Backstroke
Tim Almond National Champion 100m & 200 Breastroke
Mathew Verdon British Record Holder 50m & 100m Backstroke
Jordan Barlow British National Age Silver medallist 100mFr
Aisha Thornton British Youth Finalist 400m / 1500m Free
Jon Gatley British Youth Finalist 400IM
Warriors National Age Relay Bronze Medalist's

2008

Timothy Almond ASA 15/16 British Youth Champion 200m Breaststroke.
Timothy Almond ASA 15/16 British Youth Bronze medallist 100m Breastroke
Jordan Barlow ASA National Age Bronze medallist 100 fr / 100 fly
Andrew Mclay ASA National Age Silver & Bronze medallist 200 BR/400 IM
Aisha Thornton ASA Senior National silver medallist 1500m & 3k silver medallist
Michael Ross ASA National Age Finalist in 100m & 200m Bk

2009

National Swimming League Finalists (Warriors Of Warrington 1st time in 14 years)
Charlotte Bradbury Great Britain Team for European Youth Olympic Festival
Aisha Thornton Scottish National Age Group Record 17 year age 1500m freestyle
Warriors 23 British National Qualifiers in Warrington Qualified for Championships including 16 @ Age groups.

The 16 swimmers at National Age Groups were the largest number of age group qualifiers by any club in Britain.

Adam Ravenscroft British Record 11 years 50m Breastroke 35.89

2010

Ewan Miller Scotland representation at international Open Water Meet

David Richardson Great Britain Open Water Team

Kathleen Dawson Great Britain Open Water Team

Kathleen Dawson Scottish Team Eindhoven international Meet

*National Swimming League Joint 1st place on points with the City of Cardiff.

*25 National Qualifiers with 15 at National Age group championships which was the largest amount of any club in Britain. 8 National Finalist.

Awarded Top Swimming Club in Cheshire at County Championships 3rd year running

2011

David Richardson British National Champion 1500m frontcrawl

Kathleen Dawson Silver medallist 400m frontcrawl and 200 IM at British National Championships

Kathleen Dawson Scottish National age group record 200IM, and 800m frontcrawl.

Awarded Top Swimming Club in Cheshire at County Championships

*18 British National Qualifiers

*2nd in National swimming league finals

2012

18 National Qualifiers

3rd year running Awarded Top Swimming Club in Cheshire County Championships

Kathleen Dawson British National Age Group Champion 14 years 100m Backstroke

Kathleen Dawson Top Bag Cat Age Group Winner @ British Champs

Dave Richardson Silver Medalist 200m Individual Medley

Warriors of Warrington Boys 14 & under 4x100 Im Team Gold Medallist's

Kathleen Dawson Senior Scottish 100m Backstroke SC record holder 60.23

2013

Kathleen Dawson Great Britain representation at European Junior Championships Silver medallist 50 & 100m Backstroke (New British Record 50m Backstroke 16 year age group)

David Richardson British Youth champs Bronze medallist 200Im New English Record 2.07.73 (15years)

2014

Kathleen Dawson Qualified for Commonwealth Games 5th in the 50m Backstroke in New British 17 year age group 28.47

Aisha Thornton Qualified for Commonwealth Games 800 freestyle

Kathleen Dawson British Champion 200m Backstroke & Scottish National record holder.

Caitlin Shingler British Age group finalist 200m Breastroke

2015

Kathleen Dawson Great Britain representation in Flanders Meet Jan 2015

Coral Farrell Great Britain representation in Berlin Open

Kathleen Dawson Summer Nationals Gold Medalist 50m Backstroke
Summer National Bronze Medalist 100m Backstroke
ASA Summer Nationals 200m Fly Champion 207.4
ASA Winter Nationals B final winner 400IM 4.21.7

Aaron Hill Swim Ontario Meet Top World Ranking Swimmer of the Meet. 3 New Scottish Records, 58.11 100m Backstroke, 206 200m Backstroke & 26.71 50m Backstroke (world ranked 7th senior 50m Backstroke)

Mathew Domville

Kathleen Dawson

