



DINGWALL AMATEUR SWIMMING CLUB COMPETITION ENTRY AND TEAM SELECTION POLICY

Each year a fixture list is produced by Dingwall Amateur Swimming Club. The fixture list gives the date and name of each competition the Club intend to take part in. The Club aim to make good competition available to all swimmers. The Club will endeavour to give as many swimmers as possible the opportunity to experience competition against other clubs both in relays and, when age and ability permit, in individual events as part of a team.

Swimmers are expected to remain on the poolside with the team at galas and are **not** permitted to sit with parents in the spectator area. Swimmers are **not** permitted to enter meets/competitions that are not on the fixture list as chosen by the Head Coach.

The meets/competitions selected by the Head Coach have been specifically chosen to offer suitable competitive opportunities for all swimmers in all Squads.

Please note, the fixture list is a working document and is subject to change.

General Principles of Competition/Team Selection

The selection criteria / process is designed to reflect the two following points:

- Dingwall ASC is a competitive swimming club.
- Through competitive success the club will grow in size / strength and retain / attract good quality swimmers

Selection Criteria

Competition/Team Selection is made at the discretion of the Head Coach and is made from all eligible club members. While Competition/Team Selection is primarily based on times this is not the sole criteria as many other factors may be taken into account, such as:

Welfare of the swimmer

- Fitness
- Current Form

Behaviour / Reliability

- Can the swimmer be relied upon to turn up
- Can the swimmer be trusted to behave

Standard of Competition

- Event grading
- Strength of known competition
- Standard of judging

Competition Rules

- Limits on number of events that can be swum
- Age restrictions
- Time bands
- Any other restrictions on the eligibility of swimmers e.g. novice status

Timing of Events

- Swimmers may need recovery time between events
- Weaker swimmers' times may deteriorate during a meet

Type of Meet / Other Meets

- Long Course Meet
- Open Meets
- Graded Meets
- 2 Day Meets



Two Swims Minimum

A swimmer will not normally be selected just for one swim, if for whatever reason it is necessary to select a swimmer for just one race, the swimmer / parent will be informed before the gala.

Siblings

Whether a brother or sister is swimming is not taken into account, and it is therefore quite common for families to be split on occasions when more than one team is fielded.

Relay Selection

Selection for relays is at the discretion of the Head Coach and as per the policy detailed above.

For freestyle relays it is custom to swim the fastest swimmer last and the second fastest first.

This may be amended if:

- A swimmer is in more than one relay to give them addition time to rest
- A swimmer is in more than one relay to avoid the need for the swimmer to walk back between races.
- A swimmer has a tendency to be too quick on take-overs in which case swimming the first leg may be a safer option.
- It is thought that amending the order may achieve better results for the team.

Team Selection (additional)

Teams are also selected considering other factors such as:

Frequency of Competition

Given the number of members in the Club not all swimmers will be selected for all competitions. This is to ensure that all swimmers, irrespective of ability, are given the opportunity to compete in a variety of competitions/meets throughout the year. The Head Coach will always endeavour to ensure that as many members of the Club get competitive experience throughout the calendar year.

Selection Process

The initial selection is confirmed by the Head Coach before swimmers are notified. The Head Coach has the authority to make any changes to the team selection or event entry. Parents will be notified via email and a list of eligible entries will be posted to the Club Noticeboard. Swimmers must notify the Head Coach of their intention to compete and provide the relevant entry fees as stated in the email that has been sent to parents.

After informing swimmers further changes may have to be made depending upon availability and sickness. Any changes are made by the coaching staff and ratified by the Head Coach. Changes within two days of the gala (last minute changes) are made solely based upon the judgement of the Head Coach, although at least one other coach will be consulted if possible.

The coach present at the gala may make any reasonable changes at the gala on the day.