For each swimmer there are 3 levels of expectation:

1. MHSC Codes of Conduct
2. Head Coach Expectations – timeliness; work ethic; respect
3. Expectations wrt competing

This short document outlines MHSC’s expectations when it comes to competing.

There are different types of competition in swimming:

Team Competitions: Galas

Individual Competitions: Open Meets (including Club Championships)

Team Galas:

At a gala swimmers compete for the team. Swimmers are typically 9-10 years old before they become eligible to represent MHSC. We are part of 3 competitive leagues, each of which has 3 rounds:

* Autumn League (Sept to Dec)
* Winter League (Jan to May)
* Diddy League (Feb to Jun)

Each competitive swimmer is expected to make themselves available for selection for at least 2 out of the 3 galas within each league that they’re eligible to participate it.

The club provides the dates for the league galas in advance and sends out invitations to eligible swimmers via Swim Club Manager. Swimmers are expected to respond to these invitations within 1 week with “YES – I am available” or “NO – I am not available”. Once these responses come through the club can select the teams(s) and let swimmers know who has been selected to represent MHSC. Even if you’re not selected, by saying “YES” this counts as one of your expected gala attendances.

We also attend other 2 or 3 other competitive galas that are arranged for clubs by LASA (Leicestershire Amateur Swimming Association), and friendly galas arranged by MHSC and other local clubs.

The Head Coach selects the teams / events given to swimmers.

There is no cost to the swimmers to enter.

Club Championships

All swimmers (learn to train or competitive) can enter our Club Championships and we expect all competitive swimmers to enter. Each year we aim to organise races for each event, with dates being shown on our club calendar:

* 25m Freestyle (age 8/under)
* 50m Freestyle
* 100m Freestyle
* 200m Freestyle
* 400m Freestyle
* 800m Freestyle
* 1500m Freestyle
* 25m Backstroke (age 8/under)
* 50m Backstroke
* 100m Backstroke
* 200m Backstroke
* 25m Breaststroke (age 8/under)
* 50m Breaststroke
* 100m Breaststroke
* 200m Breaststroke
* 25m Butterfly (age 8/under)
* 50m Butterfly
* 100m Butterfly
* 200m Butterfly
* 100m Individual Medley
* 200m Individual Medley
* 400m Individual Medley

Swimmers chose which events they would like to enter (as opposed to the Head Coach at galas). They are not expected to enter every single event but should be led by their Coach’s guidance. It’s good to try new events, and Club Championships are a great place to do this. Club Championships are also a great place to start racing for your own times.

The cost to enter is kept as low as possible to encourage participation, with the club aiming to break even only.

Open Meets:

All competitive swimmers are able to enter open meets. We attend as a club (included on the club calendar) and the club enter the meet for you, once you’ve selected which events you’d like to swim.

There are different types of open meets, all of which are licensed, but to start with we have the following:

* Level 4: Club Championships; some league galas
* Level 3: Designed for all swimmers to be able to enter. Swimmer qualification times have to be ‘slower’ than those advertised
* Level 2: Designed for more accomplished swimmers. Swimmer qualification times have the be ‘faster’ than those advertised.
	+ Examples include Leicestershire County Championships

The cost to enter is set by the event promoter / organiser and is typically set per event. The average cost to enter is approximately £7.50 an event.

The club charges a flat admin fee for swimmers to attend an open meet as we have to purchase poolside passes for Coaches & Team Managers. It is a Swim England requirement for Coaches & Team Managers to accompany swimmers at an Open Meet, with poolside passes costing anything up to £20 per person per day.

There is a lot more that we could share with you, and we will do should it become relevant to you & your swimmer as they progress through the club.