



Coach Led, Athlete Centred, Parent Supported

Competition Entries - Here's What's Changing:

Starting January 2019, we will be aligning our policy on competition entry with Swim England best club practice. The club competition calendar will offer swimmers of all abilities and aspirations opportunity to race at appropriate level and intervals. Coaches will select events for their swimmers for all meets. This is in line with the Swim England Development Pathway.

Why are things Changing?

In short – to benefit individual swimmers and to benefit the team overall:

- As a swimmer you want your coaching team to be present at galas and provide feedback from which you can learn
- You want your team mates to be present and supporting you, as well as you supporting them
- Your squad season training plan is prepared with selected competitions in mind and together they form your training plan – all part of the plan for your long-term development and improvement

The vast majority of galas are training galas and form part of an overall plan for step-by-step improvement, swimmers' long-term potential, their retention in the sport, and their enjoyment and success.

How it will work:

1. The competition calendar will be published as early in the season as possible to help keep competition days free of other commitments.
2. Swimmers and coaches will receive an internal club deadline for submitting entries.
3. Lead Coaches will select the events for the swimmers in their squads in line with the squad and club training plan, and long term athletic development. Parents will need to indicate which sessions can be attended.
4. The gala team will process the gala entries and invoices will be sent to parents as usual.

BL coaches will only attend and the gala team will only process meets on the BL competition calendar. BL competition policy is reflected in Squads criteria and BL Code of Conduct for Swimmers.

Black Lion Competition Development Pathway

Open meets

BL swimmers should only participate at selected meets as per BL Competition Calendar. Different levels of meets will be included for swimmers of all levels and squads. The events selection for each swimmer will be done by coaches who are qualified to make correct decision. The event selection will be based on season's training plan and swimmers' development pathway.

Team Events

It should be viewed as an honour for BL swimmers selected to represent their Club in league galas or in relay teams. Competing at team galas is an essential part of squad criteria and all athletes will be expected to attend and perform with pride if invited. Full team will bring better team results and increase the teams' confidence. The better the confidence, the better the training attitude, the better the individual performance. Everyone benefits.

Club Championships and Medway Championships

If these championships are included in our competition calendar, swimmers will be entered in events as directed by their coaches.

County Championships

These are viewed as team championships and all swimmers with Auto or Consideration Qualifying Times will be entered automatically and expected to represent Black Lion with pride, regardless of their ranking. Being the first step on the development Championships pathway, and being held in a 50m pool, it is great opportunity to develop long course racing skills and compete against the best in the county, while preparing for the next step in this pathway in the future (Regionals, Nationals, International).

Regional Championships

These are the second step on the development Championships pathway. They are still viewed as part of the development pathway and therefore all Age Group swimmers (11-14) will be expected to compete in all events they qualify for. The Youth and Senior swimmers (15+) will have more focused approach and enter events based on coach advice. One part of the regional championships are the relay team events – this is the one and only chance to qualify for Summer Nationals. These relays will take priority over individual events should the coaching team decide to enter a team.

National Championships

For those who reach this level they will be prepared to perform at their best at these summer or winter championships. To maximise swimmers' potential swimmers must follow outlined development training and competition pathway.

Martin Jurco

Performance Director, January 2019