



# Nottingham Leander Swimming Club:

Guide to galas



# Competitive swimming

Nottingham Leander SC has been a competitive swimming club for many, many years. Our successes has seen our club become recognised and respected across the country and beyond.

Over the years, we've won countless county and regional competitions and our swimmers have also enjoyed great success at all levels of individual competition too – all the way from county to international level.

The range of club competitions, individual competitions, leagues, galas, open meets can appear daunting and confusing (for parents and swimmers alike!) so this guide is here to help.

Either way, competitive swimming and representing the club should be a fun and rewarding experience.

At Nottingham Leander SC we will always make sure that our swimmers will always feel comfortable and safe so they can compete at their best and accomplish their individual goals.

At all targeted galas and events, Nottingham Leander ensure there will always be at least two team managers and a coach on poolside to help support and encourage our swimmers – plus the groups of parents/guardians cheering on from the crowds!

You've done the training – now go and enjoy the racing!



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# Nottingham Leander Club Galas

# Leander Galas: Junior Galas

Our Junior Galas are probably the first step into competitive swimming that our swimmers will have. They're a great way to experience how a gala works and what is expected. The performances can lead to selection for external club competitions too.

Junior Galas are open to all members of the club between the ages of 7 -12 (the swimmer's age as at 31<sup>st</sup> December is used) and there are four held over the year (January, March, June and September).

Invites to take part in the Junior Galas are e-mailed to parents/guardians well in advance. Messages also appear on our website and our Leander Swimmers Facebook group too.

The Junior Gala events (male and female) are as follows:

Event	7 – 9 year-olds	10 year-olds	11-12 year-olds
25M Backstroke	X		
25M Breaststroke	X		
25M Butterfly	X	X	
25M Freestyle	X		
50M Backstroke		X	X
50M Breaststroke		X	X
50M Butterfly			X
50M Freestyle		X	X
100M Individual Medley	X	X	X

Points are awarded to the fastest five swimmers in each event for each age group at each gala. These points are added together to decide each age group's overall top three swimmers who are awarded prizes at the Junior Gala Presentation event, usually held in October – a great evening out for the swimmers!



# Leander Galas: Club Championships

Our Club Championships are an annual event to celebrate the progress made over the year. Usually held in November, the Championships are open to all club members who are capable of swimming at least 50M

Competition takes place based on the following age groups (age as at 31<sup>st</sup> December): 9 & under, 10/11, 12/13, 14/15, Open (16+).

Our Club Championships cover the majority of events open to individual swimmers at County and Regional Championships. With a Level 4 license, times achieved count towards County-level qualification.

Event	50M	100M	200M	400M
Backstroke	X	X	X	
Breaststroke	X	X	X	
Butterfly	X	X	X	
Freestyle	X	X	X	X
Individual Medley		X	X	

Invites to take part in our Club Championships are e-mailed to swimmers (or parents/guardians) well in advance. Messages also appear on our website and our Leander Swimmers Facebook group too.

To enter, a small one-off entry fee is payable which covers all events; you don't have to pay on a race-per-race basis. Swimmers (or parents/guardians) can select the number of events they wish to take part in.

Prizes, presented at the Disco in January, are awarded for:

- Top three swimmers in each event in each age group
- Overall winner across all events for each age group.
- The "Victor Ludorum" shield to the swimmer (male and female) with the highest FINA points total during the club championships.





# Inter-Club Galas and Competitions

# Club Galas: Sports Centre League

The Notts ASA Sports Centre League is series of six galas that take place over the year between various swimming clubs across the county.

Points are awarded to each club based on their position achieved at each round; the points being added into a league table where the overall winner being the club that's won the most points. Promotion and relegation between the two divisions also takes place.

The league is split into two halves, three rounds in Spring and three in Autumn. Age groups range from nine year-olds, 11/under, 13/under, 15/under and Open (under nines competing must reach their ninth birthdays as at the date of the last gala in the spring/autumn rounds).

9's and 11/unders compete in 50M distance individual events across all strokes and the 13/unders to Open compete in 100M distance individual events (inc. IM). Relays for all age groups and the Cannon finale are also involved.

Nottingham Leander use the Sports Centre league galas as a chance to both introduce swimmers to the competitive club gala environment and build their experience of competing and give others the chance to develop their leadership skills as representatives of the club.

The team selection for the Sports Centre League galas are based on a range of factors; but normally we do not select any of our swimmers who are attached to Nova Centurion.

Everybody is selected on merit and we want them to shine for themselves and the Club. The experiences gained and the team spirit that's created through the Sports Centre League is vital to the ongoing development and success of the club and our swimmers.

If a swimmer is selected to represent the club, an invite is e-mailed to parents/guardians well in advance. Acceptance is expected and early replies are appreciated!





# Club Galas: Stage Galas

Notts ASA Stage Galas offer a variety of competitive swimming events for specific age groups of the various competing clubs. Nottingham Leander use the Stage Galas as a chance to introduce swimmers to the competitive club gala environment and build their experience and showcase the overall talent of the Club.

The various age groups (Stage 1 – age on date, Stages 2&3 – age as at date of final) for each of the Stages are as follows:

Event	8	9/under	10/under	11/under	12/under	14/under	Open
Stage 1	X	X	X	X			
Stage 2			X		X	X	X
Stage 3					X	X	X

Each stage also has a different format:

**Stage 1:** Three individual rounds with trophies presented to the top three clubs of each gala. Younger swimmers race in 25M events, older swimmers in 50M events and all take part in relays. A great opportunity for our younger swimmers to be part of a successful team and get their hands on some club silverware!

**Stage 2:** Two individual rounds where clubs compete for points based on their performance. The six top scoring clubs then compete at the Stage 2 Final to decide the overall winners. Swimmers can take part in either 50M individual events and/or relays.

**Stage 3:** Two individual rounds where clubs compete for points based on their performance. The six top scoring clubs then compete at the Stage 2 Final to decide the overall winners. Swimmers take part in either 100M individual events and/or relays.

Selection is based on merit from the times/performances achieved and with input from our coaches. Given our size, we try to enter two teams to compete with the majority coming from our Senior and Junior Squads.

If a swimmer is selected to represent the club, an invite is e-mailed to parents/guardians well in advance. Acceptance is expected and early replies are appreciated!



# Club Galas: Derby & Notts League

The annual Derbyshire & Nottinghamshire League is the premier junior swimming league competition in which we compete. The winners then go onto compete in the national rounds of the competition and as past winners, we have a proud tradition to maintain!

Two individual rounds see clubs compete for points based on their performance. The six top scoring clubs then compete at the final to decide the overall winners.

Ages for the competition (age as at the date of the final is taken) are as follows: 9 year-olds, 10/under, 11/under and 12/under. Relay events per age group also take place.

Event	9 year-olds	10 year-olds +
25M Backstroke	X	
25M Breaststroke	X	
25M Butterfly	X	
25M Freestyle	X	
50M Backstroke		X
50M Breaststroke		X
50M Butterfly		X
50M Freestyle		X

Given our size, we enter two teams to ensure our swimmers have the opportunity to perform. Selection is based on merit from the times/performances achieved and with input from our coaches with Junior Squad swimmer and those attached to Nova Centurion's performance squads forming the majority of our teams.

As it is the premier event for our junior swimmers we do expect those swimmers likely to be selected to keep the dates of these galas free to enable them to compete. The dates are e-mailed out to parents/guardians well in advance.

If a swimmer is selected to represent the club, an invite is e-mailed to parents/guardians well in advance. Acceptance is expected and early replies are appreciated!



# Club Galas: Arena League

The annual Arena League is the premier swimming competition in which we compete. We compete in the East Midlands area which includes 29 clubs from across Bedfordshire, Cambridgeshire, Leicestershire, Lincolnshire Norfolk, Northamptonshire and Suffolk.

Two individual rounds see clubs compete for points based on their performance. The six top scoring clubs then compete at the final to decide the overall winners who then go onto compete in the national final. We again have a proud tradition to maintain!

Ages for the competition (age as at 31<sup>st</sup> December is taken) are as follows: 11/under, 13/under, 15/under and Open.

Relay events per age group also take place (9 year-old swimmers can take part in 11/under relays only)

Selection is based on merit from the times/performances achieved and with input from our coaches. Given our size, we enter two teams to ensure our swimmers have the opportunity to perform. Senior and Junior Squad members and those attached to Nova Centurion's performance squads will form the majority of our teams.

As it is the premier event for our club, we do expect those swimmers likely to be selected to keep the dates of these galas free to enable them to compete. The dates are e-mailed out to parents/guardians well in advance.

If a swimmer is selected to represent the club, an invite is e-mailed to parents/guardians well in advance. Acceptance is expected and early replies are appreciated!

Given the distances we have to travel, the Club will arrange transport to the galas wherever necessary.



# What to do if I've been selected?

Firstly; congratulations! We're both pleased and proud of the development you've made in your training and your performances and we want to help support you achieve your goals.

For parents/guardians we realise the commitment you are making too in support your swimmer's development and we will endeavour to keep you informed in as good time as possible to help you plan and prepare as best as possible.

If a swimmer is selected, either they or their parent/guardian will receive an e-mail notification of the event well in advance. This will include the date/time of the gala and it's location.

Acceptance of an invite to represent the club at an event is expected.

The actual event(s) the swimmer will compete in is given to the swimmer when they arrive at poolside. Event selection is made by the coaches.

An early response to these invites is always appreciated to help the Club plan effectively, especially if you can't attend as that gives us more time to find a replacement.

If you can attend, please arrive at the event at least fifteen minutes prior to the scheduled warm-up time to enable them to get changed and report to the team manager on poolside ahead.

Please also ensure your swimmer arrives with the correct kit and refreshments (drinks to rehydrate and snacks to replace energy – no glass bottles!)

Most importantly, is for them to have a smile on their face. Please don't over burden them with expectations - most do this themselves.

Encourage them, be positive and support them if a race didn't go as it might have done.

Happy swimmers make fast swimmers and Nottingham Leander like to have the happiest swimmers around!





# Individual Competitions

# Individual Competitions: Open Meets

Open Meets are events hosted by swimming clubs designed to give all competitive swimmers the chance to develop, improve and achieve performance targets. Prizes, medals and trophies are always on offer too!

To ensure fair competition, all open meets have to meet certain standards to be licenced by Swim England. There are four levels of licensing:

**Level 1:** Long course (50m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships.

**Level 2:** Short course (25m) only and cover National, Regional and County Championships. Their purpose is to enable athletes to achieve qualifying times for entry into National, Regional and County Championships in short course.

**Level 3:** Both long and short course events to enable athletes to achieve times for entry into Regional and County Championships and Level 1&2 meets. Majority of Club Open Meets will be at Level 3.

**Level 4:** Entry level meets events in pools 25m or greater for inexperienced athletes and swimmers seeking to compete outside their club environment.

Swim England provides a calendar of all Open Meets which can be searched per region, and by year: [Open Meets Calendar \(external site\)](#)

As a club, Nottingham Leander target's various Open Meets throughout the season to compete in. Information about taking part in these are e-mailed to parents/guardians and messages also appear on our website and our Leander Swimmers Facebook group too

A 'per-race' entry charge is usually levied by the host club to take part in the event. These charges will differ from club to club and there are time requirements to enter an event.

Open Meets are a great way for a swimmer to build confidence, gain experience and make progress in a competitive environment but there is no requirement that any swimmer must take part in Open Meets.



# Individual Competition: Tony Holmes Open Meet

The Tony Holmes Open Meet is Nottingham Leander's annual open meet, named in the memory of our inspirational former head coach/driving force.

Taking place annually in July, it's a Level 3 Open Meet focusing on the sprint events across all strokes and is open to swimmers over the ages of nine-years-old.

Event	9 year-olds	10 year-olds	11 year-olds +
25M Butterfly	X		
50M Backstroke		X	X
50M Breaststroke		X	X
50M Butterfly			X
50M Freestyle		X	X
100M Individual Medley	X	X	X

The six fastest swimmers in each race / age group compete in finals to decide the overall winner; all finalists receive a trophy. The fastest six swimmers in the 100M IM (male and female respectively) also qualify for the 'Skins' racing event – a knockout series of races over 50M with the stroke being decided just before each round.

Invites to take part in these are e-mailed to parents/guardians well in advance and messages also appear on our website and our Leander Swimmers Facebook group too. A 'per-race' entry charge is levied.

The Tony Holmes Open Meet is a celebration of swimming and a fitting tribute to the man who more than most made Nottingham Leander the club that is it today.



# Individual Competitions: County Championships

The Nottinghamshire ASA County Championships, are an annual event, usually held in January, that brings together the county's best swimmers for competition against each other in all recognised events.

Competitions is split into the following age groups: 10/11 years, 12 years, 13 years, 14 years, 15 yrs and 16/over. The swimmers age is taken as at 31<sup>st</sup> December of the championship year.

Entry into the Championships is achieved by the swimmer achieving the minimum qualifying time, from 1<sup>st</sup> January of the previous year onwards, for a respective event for that age group. Swimmers must also be registered members of the Club for at least sixty days prior to the Championships.

The exact qualifying times are usually set in September; more information can be found here: [Notts ASA County Championships \(external site\)](#)

Event	50M	100M	200M	400M	800M	1,500M
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Freestyle	X	X	X	X	12+ only	12+ only
Individual Medley			X	12+ only		

The 50m and 100m events all have finals. All other events are heat declared winners.

Nottingham Leander has a long history of success at the County Championships, not just in medals and victories but also the number of our swimmers who qualify.

The record and performances of our swimmers is a source of great pride to everybody connected with the Club; there's nothing better than seeing any swimmer achieve this performance level for the first time.





# Individual Competitions: Regional Championships

The Swim England East Midlands Regional Championships, are an annual event, usually held in April, that brings together the Region's best swimmers for competition against each other in all recognised events.

Competitions is split into the following age groups: 11/12years, 12 years, 13 years, 14years, 15yrs, 16 and 17/over. The swimmers' age is taken as at 31<sup>st</sup> December of the championship year.

Entry into the Championships is achieved by the swimmer achieving the minimum qualifying time, from 1<sup>st</sup> September of the previous year onwards, for a respective event for that age group.

The exact qualifying times are usually set in September; more information can be found here: [Swim England East Mids. Regional Championships \(external site\)](#)

Event	50M	100M	200M	400M	800M	1,500M
Backstroke	X	X	X			
Breaststroke	X	X	X			
Butterfly	X	X	X			
Freestyle	X	X	X	X	Female only	Male only
Individual Medley			X	X		

Nottingham Leander again has a long history of success at the Regional Championships, not just in medals and victories but also the number of our swimmers who qualify.

The record and performances of our swimmers is a source of great pride to everybody connected with the Club; there's nothing better than seeing any swimmer achieve this performance level for the first time.

