



To enable every member to become their best and developing a life-long love of swimming is the foundation for all that we do. Central to achieving our vision is a core set of shared values.

1 PEOPLE

Our swimmers, coaches, volunteers, officials, administrators and swim parents. We care about and develop our people to become their best for the benefit of our programme.

2 HIGH-PERFORMANCE

Our culture supports our members at every level to channel their energy and focus into delivering excellence. We recognise that high-performance looks very different for each member.

3 EMPOWERMENT

We develop our members to make their own informed decisions and enjoy a level of autonomy within our environment. With empowerment comes an expectation of respect, responsibility, ownership and team ethos. These life skills will also benefit our members away from our environment.

4 LONG-TERM

Our programme is focused on developing our people long-term. This will enable our members to enjoy a life-long love of swimming. The benefit to our club will be a consistent approach and progressive performances.

5 DIVERSITY

As a 'club for all' we are a group of people from different backgrounds and cultures who share a love of swimming and the will to succeed.

CITY OF NORWICH SWIMMING CLUB

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SHORTHAND TERMS

- PB** - Personal Best **DQ** - Disqualification
- DNS/DNC** - Did not swim or compete
- X** - Exhibition swim **ACAD** - Aqua Academy
- PENG** - Norwich Penguin
- NORT** - City of Norwich SC Squad Swimmer



City of Norwich Swimming Club
& Norwich Penguins

MINI MEET GUIDANCE

PARENTS' GUIDE FOR GALAS

WHAT TO PACK?

- Plenty of water and healthy poolside snacks.
- Spare t-shirt for between races.
- Padlock for changing room locker.
- Swimming Hat, 2 pairs of goggles, costumes, 2 towels.

WHERE TO GO?

- Sportspark, UEA, Norwich NR4 7TJ
- Always leave in time to get to the pool.

WHAT TO DO?

- Arrive 15 mins before warm-up so swimmers can register and change.
- Cheer and support your child, it makes a great atmosphere.
- Bring your camera – first galas are exciting.
- Encourage your child and never be disappointed. Each and every swimmer is brave for taking part and will gain experience, no matter what the result.
- If your swimmer is unable to compete please make sure you contact the meet promoter to ensure they are withdrawn from their events. Failure to do so results in empty lanes.
- Any parents with Penguin or Academy swimmers with medical conditions that require attention during the gala should notify their swimmer's Coach/Teacher or Team Manager prior to gala entry to ensure they are looked after. Team Managers will have details for squad swimmers.

RESULTS

- Results are posted in the gallery.
- Results will be on the website.

SWIMMERS' GALA GUIDE

- 1 Make sure you help your parents pack your kit bag – so you know what is in there!
- 2 Report to a Coach/Teacher or Team Manager when you arrive. They will be wearing a club t-shirt.
- 3 Stay with your team.
- 4 Drink plenty throughout the gala.
- 5 Listen to your Coach/Teacher or Team Manager, they will tell you when to go for your races.
- 6 Talk to your Coach/Teacher or Team Manager before and after each swim/event.
- 7 At the start of your race you will hear:
 - 4 loud whistles, be ready to start.
 - 1 long whistle – get on the blocks or in position.
 - When the starter (in white) says "Take your marks" get ready.
 - When the buzzer goes, dive in or push off the wall and swim as fast as you can!
 - When you finish your race, wait until the starter tells you to get out of the pool.
 - When you get out, put a shirt on and stay warm.
- 8 If not swimming, when you hear a whistle blow 4 times **BE QUIET**. It means a race is about to start and you mustn't distract the swimmers on the blocks.
- 9 When you have finished all your races let your Coach/Teacher or Team Manager know and go with a Team Manager to wave to your parents and get changed. Make sure you only leave the pool when your parents are there to collect you.

COMPETITION RULES FOR NOVICE GALAS

STAY VERY STILL WHEN THE STARTER SAYS...

TAKE YOUR MARKS!



FREESTYLE

Start after the beep, hit the end wall as soon as you can.



BACKSTROKE

Stay on your back at all times, especially at the end, unless you are doing a tumble turn.



BUTTERFLY

Make sure your feet are together when you do the fly kick, make sure you use both hands at the turns and at the finish, make sure your hands come out of the water and go into the water at the same time.



BREASTSTROKE

Hit every turn and the finish with both hands.

Try to swim in the centre of the lane to avoid hitting the lane ropes.

If your goggles come off, don't stop and don't touch them, just keep swimming!

Follow these rules to avoid disqualification, and remember, **THE REFEREE'S DECISION IS FINAL.**

NOTE: Parents are not permitted into the changing rooms for galas. Makes sure your swimmers are aware. We have a fantastic team of volunteers – teachers and coaches and youth swimmers – to look after the younger swimmers. Once poolside swimmers will be the responsibility of our team of Coaches, Teachers and Team Managers. They will ensure they perform a suitable warmup for their ability, endeavour to get them to their heat in a timely manner, and provide feedback on technique and performance, whilst encouraging them to drink plenty of water and stay warm. Your role as parents and relatives is to support and encourage the swimmers.