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Welcome to

# Dover Life Guard Club

[www.doverlifeguards.co.uk](http://www.doverlifeguards.co.uk)

Registered Charity Number 270111

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# A Brief History

Dover Life Guard Club takes its name from the Life Guard Corps which was founded in 1935 by members of Dover Swimming Club, which itself originated in 1886. On amalgamation of the two clubs in 1959 it was decided to retain the name of Dover Life Guard Club for practical purposes and to incorporate the name, Dover Swimming Club, in the full title. The club is proud of its record as the oldest Life Guard Corps in the country and in 1975 we became a registered charity (No. 270111) in view of our service to the community in the saving of human life by our extensive life saving and swimming teaching activities.

Dover Life Guard Club is a registered charity and as such a non profit making organisation. We are a club like any other (Cubs, Brownies, Rotary etc) and are run entirely by volunteers. Everyone you see is kindly giving up their time, purely to help children enjoy water sports & lifesaving and reach their full potential. As well as our water based activities we have social events and fund-raising to help with our many overheads (such as pool hire, coach/teacher training).

The Club is affiliated to :

Amateur Swimming Association	<a href="http://www.britishswimming.org">www.britishswimming.org</a>
ASA South East Region	<a href="http://www.southeastswimming.org">www.southeastswimming.org</a>
Kent ASA	<a href="http://www.kcasa.org">www.kcasa.org</a>
East Invicta ASA	<a href="http://www.east.invicta.btinternet.co.uk">www.east.invicta.btinternet.co.uk</a>
Royal Life Saving Society	<a href="http://www.lifesavers.org.uk">www.lifesavers.org.uk</a>
Kent Youth Service	<a href="http://www.kent.gov.uk">www.kent.gov.uk</a>
Dover District Sports Council	<a href="http://www.doverdc.co.uk">www.doverdc.co.uk</a>

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# Volunteers and Helpers

DLGC is a charitable organisation that relies on volunteers to keep it running. Many of our volunteers have remained long after their children have finished swimming with the club. Their knowledge and expertise, helping the current group of up-and-coming swimmers to reach their full potential.

We are always looking for new volunteers and feel that everyone may have something to offer from administrative duties, catering, helping find sponsorship, fund raising, committee membership and poolside assistants.

You do not have to be an expert swimmer or be able to cover all the sessions to help on poolside. The best volunteers are sometimes those who are keen and are able to build a good rapport with the swimmers. Courses are also available periodically for poolside assistants. All volunteers are subject to the appropriate CRB checks to safeguard the welfare of the swimmers.

We also have an active 'Friends of Dover Life Guards' group plays a central role in some of the fund raising affairs of the club by organising fundraising events and social occasions. If you are interested in joining or helping the 'Friends of Dover Life Guards' please speak to any of the committee members (their names are included in the list of officials posted on the club's notice board at the Leisure Centre and on our web site) or ask at the desk on a Thursday evening or Saturday morning.

It is very rewarding to be part of Dover Life Guards, you can make new friends and feel that you have been able to assist some incredible children to learn to swim and move on into the other water based disciplines which the club is able to offer.

Any help however small is appreciated so if you feel you are able to help please contact any of the committee members for further information.

Thank you

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# Learn to Swim Scheme

Our Learn to Swim Scheme operates on Thursday evenings from 6.35pm and on Saturday mornings from 7am at the Dover Leisure Centre.

The club offers lessons from the age of 5 for all abilities and participates in the ASA Awards Scheme using the National Plan for Teaching Swimming.

If you would like to know more about these sessions, you can either e-mail the club at:

[mail@doverlifeguard.co.uk](mailto:mail@doverlifeguard.co.uk) or come along on Thursday or Saturday and talk to one of the teachers.

## Lesson Times on Thursday Evenings

**Small pool** (width 6 metres, length 12 ½ metres)

Time	NPTS Stage	Duration of lesson
6:35 – 7:05	1 & 2	½ hour
7:05 – 7:35	3	½ hour
7:35 – 8:05	4	½ hour
8:05 – 8:35	upper 4	½ hour

**Big pool** (width 12 ½ metres, length 25 metres)

Time	NPTS Stage	Duration of lesson
6:35 – 7:15		40 mins
Lane 1	5	
Lane 2	7	
Lane 3	7	
Lane 4	6	
Lane 5	6	
Lane 6	6	
7:15 – 8:00		¾ hour
Lane 1	8	
Lane 2	8	
Lane 3	8	
Lane 4	9	
Lane 5 & 6	Rookie Lifeguard	

**Lesson Times on Saturday Mornings**

**Small pool** (width 6 metres, length 12 ½ metres)

Time	NPTS Stage	Duration of lesson
7:00 – 7:30	1 & 2	½ hour
7:30 – 8:00	1+ & 3	½ hour
8:00 – 8:30	4	½ hour

**Big pool** (width 12 ½ metres, length 25 metres)

Time	NPTS Stage	Duration of lesson
<b>7:00 – 8:00</b>		
Lane 1	5	45 mins
Lane 2	6	45 mins
Lane 3	7	45 mins
Lane 4	8	45 mins
Lane 5	Masters	1 hour
Lane 6	Masters	1 hour
<b>8:00 – 9:00</b>		
Lane 1 (8.15)	9	45 mins
Lane 2	10	1 hour
Lane 3	Social	1 hour
Lane 4	Junior Masters	1 hour
Lane 5	Masters	1 hour
Lane 6	Masters	1 hour

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# Awards Schemes

## ASA National Plan for Teaching Swimming

ASA Stage 1	ASA Stage 6
ASA Stage 2	ASA Stage 7
ASA Stage 3	ASA Stage 8
ASA Stage 4	ASA Stage 9
ASA Stage 5	ASA Stage 10

ASA Competitive Start Award

## Kellogg's Distance Badges

5 metres	1500 metres
10 metres	2000 metres
25 metres	2500 metres
50 metres	3000 metres
100 metres	3500 metres
200 metres	4000 metres
400 metres	4500 metres
800 metres	5000 metres
1000 metres	6000 metres

## Royal Life Saving Society

Rookie – Bronze, Silver, Gold Levels 1 – 3

Life Support Levels

Survive & Save (previously Bronze Medallion)

Award of Merit

Distinction

Open Water Bronze & Silver Cross

# Membership & Fees



DLGC membership fees are due to be paid annually by members on the 1st of January each year. The ASA insurance is included within these fees.

ASA membership is mandatory for the club and therefore all members must be registered with the ASA. There are 2 levels of ASA registration / membership.

- Level 1 – This is for all ‘learn to swim’ & non-competitive members and is the minimum membership
- Level 2 – This is for all competitive members. Squad members **must** have this level as soon as they are asked to enter competitions outside of the club.

Please contact the Membership Secretary for advice.

Swimmers will receive an ASA membership card which displays the individual reference number needed to enter competitions. All officials (judges, timekeepers, coaches, helpers etc.) also need to be registered. Please contact the Membership Secretary should you have any questions or need advice.

## SWIMMING FEES

Swimming fees vary according to the number of sessions attended and are paid monthly by standing order.



Please ensure that you are paying the correct fees. You must notify the Treasurer if there is any change to your sessions and any changes apply from the start of the month of change regardless if the change is later in the month. We are a registered charity and therefore we must keep accurate records.

Club funds are used for

- Pool hire (by far our biggest expense)
- Training courses for poolside helpers
- Coach passes for adult helpers at gala's (gala's could not run without them)
- Equipment for use at pool
- Insurance
- Underwrite cost of coach hire to galas
- Day to day expenses of club

# Competitive Swimming

## PROGRESSION FROM 'LEARN TO SWIM' TO SQUAD SWIMMER

Swimmers who have reached Stage 6 or above and have an interest in becoming a DLGC competitive squad swimmer should ask their swimming teacher on a Thursday night or Saturday morning who will advise them on how they can be assessed or contact the Head Coach. Alternatively, non squad swimmers who take part in the DLGC Minnows Gala, Dolphins Gala or Club Championships may be invited to join the pre-development squad.

## PRE-DEVELOPMENT SQUAD

Training times – Monday & Wednesday 7:00 am to 8:00 am – small pool

Then progress to – Tuesday & Thursday 7:00 am to 8:00 am – small pool

Swimmers must continue their Thursday & Saturday sessions in order to complete their Stages under the ASA National Teaching Plan.

These sessions concentrate on the development of all four strokes. The emphasis is always on good technique rather than speed and swimmers will only progress from this group when the coaches feel they are confident and competent in all strokes.

Swimmers in the pre-development squad should compete in the Minnows Gala & Dolphins Gala (where eligible) and Club Championships. Occasionally they may also be advised to enter an 'Open' Galas at the discretion of their swim teacher.

## Equipment

To start with swimmers will need a kick board, fins (not flippers) and a pull buoy. **For all swimming sessions** they should also have at least 1 litre of water or squash (no fizzy drinks or juice) in a sports bottle, a swimming hat (both boys & girls) and well fitting goggles.

It is advisable to invest in swimming costumes & trunks designed for swimming training as these will last much longer than standard swimming costumes. They should fit well and be comfortable but not too loose. The more expensive costumes or 'skins' are not necessary at the pre-development stage as they only really benefit swimmers competing at a higher level.

## DEVELOPMENT SQUAD

Training times – Tuesday & Thursday 7:00 am to 8:00 am in the main pool at Dover Leisure Centre. Swimmers should continue on Thursday evenings & / or Saturday mornings to complete all stages under the ASA National Teaching Plan.

Once swimmers progress to the Development Squad they will swim faster and further than they have before. However, the emphasis very much remains on the development of good technique in **all strokes** including starts, turns and finishes.



Swimmers will start to become more disciplined in their approach to training – they will be expected to arrive on poolside for training in good time with all the required equipment, take part in poolside warm up and start to use the clock during training. As they progress through the lanes, they will be expected to become increasingly aware of their own personal best times and start to set themselves targets under the guidance of the coaching team.

After joining the development squad, swimmers will be invited to train to carry out the correct competitive racing starts. Once swimmers can demonstrate shallow racing dive competence they will receive the ASA Competitive Starts Award. This standard is a requirement for competitions under ASA Laws and Technical Rules and enables the swimmer to dive in shallow water.

Competitive start training takes place during Saturday morning training sessions and will be carried out over a number of weeks finishing with a practical test.

Once in the Development Squad, swimmers may be invited by the Head Coach to take part in the Development series of galas which take place throughout the year. They may also receive information and entry forms for 'open' galas. (Further information about all galas and meets can be found later in this booklet). Swimmers will really begin to feel part of the DLGC team and strong friendships start to develop.

Swimmers will be invited to take up additional sessions as they develop and progress through the Development Squad. It is encouraged that they take up as many of these sessions as they are able to. However, it is accepted that compromises sometimes have to be made. It is important that swimmers or parents talk to the coach if they have concerns about any of the sessions that they have been offered.

## **Equipment**

As before, with the addition of finger paddles (hand paddles for the over 12's).

## **SENIOR SQUAD**

**Training times** – Monday to Friday 6:00 am to 8:00 am in the main pool at Dover Leisure Centre. Additional evening sessions will also be offered according to swimmers ability. These take place Monday, Tuesday, Wednesday & Friday evenings 6:00pm to 8:00pm.

## **Equipment**

Pull buoy, float, fins, fingers or hand paddles (according to age – please check with your coach), snorkels may also be required.

Senior swimmers will be expected to have a professional and disciplined approach to their training.

# Lifesaving

DLGC Lifesaving Section offers Royal Life Saving Society courses. The RLSS have introduced the new Survive and Save Programme after comprehensively reviewing their past awards. Consequently this means that DLGC will have to update the whole lifesaving section, therefore until the Survive and Save Programme is fully operational lifesaving courses are on hold however we do run Rookie Lifesaving sessions on a Thursday evening.

DLGC Lifesaving section holds two club competitions a year. The open water competition takes place in September or October on Dover beach and the pool competition is held at Dover Leisure Centre usually in November. Both these events are part of the Club Championships, therefore points are awarded.

Our qualified Lifeguards provide valuable lifeguard cover at open water events and the annual Boxing Day Dip in Dover Harbour.

Information about the Lifesaving Section can be found on the DLGC website or ask at the desk on a Thursday evening.

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## Open Water

Dover Lifeguard Club has a long established Long Distance / Open Water section which is active during the summer months.



Open water swimming is about personal challenges and achievements.

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Dover Life Guard Club

**Club organised swims**

- Training sessions take place on a Sunday morning from May through to September (this is the open water season).
- Training throughout the season is open to all 11 years and over – we swim come rain or shine.....
- Dover Life Guard Club hosts Open Water Club Championship swims from the Dover Sea Sports Centre located on the Dover seafront, for different age groups. You can train for the 200m 400m, 800m, 1000m, 2000m and 4000 metre (Freestyle), 1000 metre (Backstroke) and/or 3x400 metre Individual Medley. Medals and fantastic trophies are awarded. You can also earn points towards the Club Championships.
- The activities of the Open Water season include the Dover Regatta; Deal Regatta; Eastbourne Open Water; Brighton Open Water Pier to Pier; South East Regional Championships: DLGC Open Water Championships; DLGC English Channel Relay; English Channel Solo swims.
- The Open Water competitions held at Eastbourne, Brighton and Portsmouth provide an excellent opportunity for those swimmers keen to experience and compete in the Open Water circuit.
- DLGC hosts the annual Boxing Day Dip every year. It is traditionally well attended and supported by friends, families and the Dover community. Come and join us, it is great fun!!!
- DLGC have a history of solo and relay team successes across the English Channel (escorted by the Channel Swimming & Piloting Federation). For the relay, swimmers need to qualify by completing a two hour continuous sea swim and will experience swimming in the sea at night – a totally different experience.

*2011 Channel Relay Team – Swim Completed in 11 hours and 39 minutes*



### **What you need to take on the open water challenge:**



## **Dover Life Guard Club**

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Anyone who fancies joining in can find us next to the Channel Swimmers Registration point – centre point of the sea front. A parent/guardian however must stay for the duration of

the session to assist the swimmer with drying, dressing, eating, drinking – be under no illusion, they will need you. Be sure to bring 2 costumes, 2 towels, warm clothes including a woolly hat, gloves, sweatshirts, fleece trousers, socks, waterproof coat, beach shoes and sun tan lotion.....

also a flask with a hot drink and some filling food – You are better off bringing too much than too little!!!

If you fancy doing something different outside of the pool (over 11's only), want to have some fun and take on the challenge of this extreme sport for your own personal satisfaction then come and join us. You may even be joined by the occasional seal.....



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# Dover Water Polo

We are a very friendly and socially active club competing at East Invicta, Kent and London leagues.

- All of our players are friendly and easily approachable.
- We have a very healthy senior squad which includes experienced Kent and Great Britain squad players.
- Our Junior Squad is encouraged to train with the Kent development squad and now plays in the Kent squad.
- You will quickly pick up the skills you see being used around you at the training sessions and games.

You will be made to feel very welcome as part of our team and we look forward to meeting you.

**TRAINING IS AT DOVER LEISURE CENTRE:**

**SENIORS - THURSDAY EVENINGS 21:00 - 22:00**

**JUNIORS - details available on request**

**CONTACT:**

**MANAGER - Karen Clark - karenclark1770@gmail.com**



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Dover Life Guard Club

# Nutritional Advice for Swimmers

## **The right diet is making sure....**

- You choose high grade fuels for high output performances.
- You look to form healthier habits in what you eat. It's not about your size or losing weight.
- You are what you eat – do you eat junk?
- The most important meal is breakfast.

## **A balanced diet is ....**

- Ensuring your diet is rich in carbohydrates.
- Low in fat, salt and sugars.
- Plenty of fresh fruit and vegetables.

## **When you swim....**

- You burn 7 – 9 calories a minute...which is a lot!
- You need high muscle endurance so good fitness is required.
- There is high fluid use...you use and lose lots of water when you swim.

## **Energy for swimming comes from....**

- Complex Carbohydrates...which means you need to eat plenty of good foods!!!
- Water in fluids...so as well as swimming in it, you need to drink lots of water.

## **Avoid false energy....**

- Swimmers should be aware that eating sweets and chocolate before training and racing should be avoided.
- These make you feel energetic for a while before feeling very drowsy after the sugar rush.
- They also have a de-hydrating effect that will impair performance.

## **Dover Life Guard Club**

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## **Why you need to keep hydrated....**

- Physical activity generates heat within the muscles. As a result of this the body needs to cool down and this is done by losing sweat. Therefore hydration levels fall.
- Training and race performance drop with dehydration.
- Swimmers do not feel they are sweating because they are in the pool.
- A drinks bottle should be brought to each training session. Add a little fruit juice to a bottle of water with a pinch of salt (replace salt lost through sweat). Avoid fizzy drinks. Dilute sports drinks like Lucozade Hydro-active or Powerade with water.

#### **When and how to drink....**

- Before you get thirsty
- Check your urine – the lighter the colour the better. If it is dark then you are becoming dehydrated.
- Swimmers should be trying to drink throughout the day, even in colder months.
- Do not take gulps or drink too quickly. Sipping frequently is more effective.

### **WAYS TO INCREASE CARBOHYDRATE LEVELS**

#### **High Energy Breakfast**

- Cereals with semi-skimmed milk, topped with banana, sultanas or yoghurt.
- Toast with jam or honey.
- Baked beans on toast.
- Muffins or waffles with honey or jam.
- Banana milkshake (low fat milk).
- Fresh fruit or tinned fruit.
- Fruit smoothie adding possible honey or malt.

#### **High Energy Lunches**

- Beans or spaghetti on toast.
- Jacket potato with filling such as tuna, cottage cheese.
- Pita bread filled with chicken salad.
- Pasta, rice or bean salad.
- Low fat protein based sandwich e.g. turkey, lean ham etc.
- Fruit smoothie and vegetable salad.

#### **High Energy Main Meals**

- Pasta and sauce (preferably not cheese based).
- Stir-fry chicken and noodles.
- Tuna or other fish risotto.
- Lean meat (trim with fat trimmed off) with steamed vegetables and potato.
- Chilli con carne (more rice, less meat).
- Vegetable or meat lasagne in a low fat sauce.
- Shepherds pie (lots of mashed potato and vegetables).
- Grilled chicken (skin removed) with salad or vegetables and rice.

## **High Energy Desserts**

- Fresh fruit salad with yoghurt.
- Rice pudding with low fat milk, sultanas or raisins added.
- Muller rice.
- Bread pudding.
- Sweet filled pancakes.
- Low fat ice cream and bananas or other.

## **Daily intake**

- 5-6 portions of fruit and vegetables.
- 1-2 portions of grains or cereals.
- 1-2 litres of water.
- 2-3 servings of dairy (small piece of cheese, yoghurt, low fat milk etc).
- 2 servings of protein (low fat meat, fish, beans, peas, lentils, unsalted nuts).

## **Variety**

- Ensure that a variety of foods are eaten.
- Eating the same food cannot provide the full benefit of nutrition.

## **OTHER POINTS TO NOTE**

### **High Energy Snacks – One when training straight from school**

- Fresh fruit such as apples, satsumas, pears, grapes and bananas
- Dried fruit like apricots, dates, currents, raisins.
- Banana, honey or jam sandwiches.
- Teacakes, muffins, swiss roll, crumpets, malt loaf, fruit cake.
- Low fat cereal bars, fig rolls, digestive biscuits, pop tarts.
- Plain popcorn.
- Sports drinks.

### **The go slow foods include....**

- Crisps
- Confectionery such as chocolate bars, sweets, biscuits.
- Plain salted peanuts.
- All fried food
- Take away fast food.
- Chips.

## **Meet Preparation**

- Ensure your carbohydrate levels are high before the first race by practicing good nutrition in training leading up to an event.
- Take extra fluids during the day before the meet.
- Practise your eating and drinking routine during training. Never try something new on the day of the competition.
- Take your own food with you and do not rely on adequate food and drink being available at the venue.



- Avoid go slow foods at all costs. Do not eat food rich in spices such as garlic, chilli, paprika etc. at least two days before competing.
- Get enough sleep the night before.
- It staying in accommodation overnight pack you own pillow. Your bed may be different but your own pillow is familiar to ensure you get a good night's sleep.
- Pack your own bag knowing you have everything you need. At least two costumes, two pairs of goggles and two hats.

#### **Before, during and after the race**

- 4-6 cups of fluid 1-2 hours before training / race.
- 1-2 cups of fluid 15-20 mins before the training / race.
- 1-2 hours before training / race eat some complex carbohydrates.
- 2-3 small cups of fluid within 15-20 mins of race end.
- Within 20 mins of finishing, eat some complex carbohydrates (with a small amount of protein, only if it is the last event of the day).
- Re-hydrate slowly over 1-2 hours.

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## Competition Information

As a condition of entry into the squads, swimmers are expected to represent Dover at galas they are selected for. There are other galas that swimmers can choose to enter, this is to try and guide you through the maze of galas that are attended by DLGC during the year



### **1. GALAS RUN BY OUR CLUB THAT ONLY HAVE DLGC SWIMMERS:**

#### **Minnows Gala**

These galas are run in our own pool for novice swimmers, recreational swimmers on Thurs eve/Sat morning, and small pool morning swimmers lower level. All races are short distances (usually 25m) and this is a springboard and showcase for all those who would like to progress through the early morning training squads.



## Club Championships

- An annual event held over several sessions (usually June/July) that is open to all members of DLGC. Swum under ASA Laws and Technical Rules, it is an ideal opportunity to have a go at strokes and distances you are not too confident in and to get some PBs, as all strokes and distances are competed. All squad swimmers are expected to swim as many events as possible. There is lots of silverware to be won and gives swimmers a chance to see their ranking within the club.
- Club Championship Points: Swimmers entering our Club Championships can get points towards our overall championship.  
Points are awarded in the following age categories: 9 and under, 10-12, 13-16, Seniors (17 and over), Masters (as ASA Master age groups). All ages are as at 31<sup>st</sup> December.  
Club championship points are awarded in the following disciplines: pool competition, open water competition, lifesaving competitions (pool and open water). Points are awarded as 10 points for 1<sup>st</sup> place, 9 points for 2<sup>nd</sup> etc down to 1 point for 10<sup>th</sup> place.
- The 1500m and 800m events are awarded club championship points when swam during the club championships; however the cups for these events are awarded to the swimmers who record the fastest times throughout the year.

## 2. TEAM GALAS, WHEN THE COACH WILL SELECT WHO WILL SWIM

### Development Galas

There are 6 of these team galas throughout the year. One hosted by each of the teams in the series. As the name suggests these are aimed at the less experienced developing swimmers. Therefore there are time restrictions on all events. If swimmers do swim faster and break the permitted time, they are awarded a 'speeding ticket' as a badge of honour. Development Galas are a good introduction to competitive swimming. Although run under ASA Laws and Technical Rules, they are generally light hearted galas which offer a chance for swimmers to improve their times without being too daunting.

All swimmers will be selected for at least one individual race and one relay depending on the needs of the team. Swimmers will not usually know what events they are entered for until they arrive at the gala. As with all team galas, swimmers must be prepared for changes on the night if issues arise.

### Kent Junior League

There are three of these team galas each year. Ages 9 to 13 (age at 31 December). Swimmers will be selected by the coaching team taking into account the latest PB times. Swimmers should be prepared that they could be expected to swim anything from one relay event up to several individual/relay events in order for us to enter the strongest possible squad. It is therefore essential that **those selected swim** wherever possible. The Kent Junior League is the next step up from the development series of galas. These galas are taken very seriously by all the teams entered. However the atmosphere remains relaxed.

## Dover Life Guard Club

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## National Arena Swimming League

This is another team event for all age groups up to and including open age group. It is crucial that our club does well in the Arena League as this is a national league. Again, the strongest possible squad will be entered so, as with the Kent Junior League, swimmers must be prepared to swim anything from one relay up to several individual/relay events. **All swimmers have an important part to play, no matter how small.**

### 3. COMPETITIONS HOSTED BY OTHER CLUBS

#### Open Meets

During the year swimmers will be given/sent entry forms for various open meets that have been targeted by the coach. Each open meet will have its own entry conditions and may be subject to age restrictions or may have upper or lower cut off entry times. Please speak to the coach or Competition Secretary if you are uncertain whether to enter.

There will be an entry fee for each event that a swimmer enters, and anyone going to watch that gala will have an entrance fee to pay at the event. Members of the coaching team will be in attendance on poolside at all meets targeted by DLGC.

#### Licensed Meets

These are set up to help swimmers qualify for Regional and National Championships. There are various levels from level 1 (which is the highest) to level 4 (lowest). Qualifying times become increasingly more difficult as you move from Licensed Level 4 to Level 1.

- **Special Meet: East Invicta Championships**

These are held at Canterbury every year over several dates, usually in October. There are time restrictions but most of our swimmers will achieve at least one entry time. It is really important for the club that all who qualify enter, as all swims attract points for the club. This is our local gala and we strive to do well in this competition against our neighbouring clubs. It also has relays, the teams being selected by the coach.

- **Special Meets: Whitecliffs and Icebreaker**

Whitecliffs (usually June) hosted by us for novice swimmers. Icebreaker (January) co-hosted with Canterbury, usually a higher level meet used to get Kent County qualifying times.

### 4. GALAS SWIMMERS SHOULD BE AIMING FOR:

- **Kent County Championships**

These are held in February and March each year and are a step up from the East Invicta Championships. It includes events for sprints, distance and relays. Entry times are set for all events except relays. Many of our swimmers who train regularly will be able to attain times on their stronger strokes. However this is quite a high level of competition and a lot of swimmers may not achieve this standard. If you have times for county championships you should **always** swim as it shows a considerable achievement.

- **ASA South East Regional Championships**

We are in the ASA South East regional area which is one of 6 regions in England. The Regional Championships are held in a 50m pool and are the next step up from County Championships. Entry times are usually hard to attain and only the top swimmers in each age group throughout the region attend. If you achieve these levels this is a major accomplishment and should be recognized as such. It cannot be stressed enough the importance of attending these galas if swimmers have the entry times.



- **National Age Group and Youth Championships**

These are held at Ponds Forge in Sheffield (usually) in July or August. Aimed at top swimmers nationally, it is from these championships that the Youth and Age Group **National** Development Squads are chosen. Therefore there are very tough qualifying times. Ages are 11-18. If swimmers qualify for National Championships they are expected to attend, the club coach going with them.

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## ENTERING GALAS

### What to do when?

When your son/daughter starts training with Dover Lifeguard Club, the galas they enter will depend on age and ability. The usual progression is to swim in development galas, and our own competitions, whilst getting an idea of improving their times in various strokes and distances. As they get better they can enter any of the galas hosted by other clubs. These usually have qualifying times that have to be met, or they have an upper limit on times to prevent faster swimmers from competing in that competition. This means that there are galas to suit all levels of ability.



### The Progression...

Our top competitive swimmers are aiming to achieve qualifying times to compete in the Kent County Championships (Feb/Mar), then to try to achieve even faster times at Licensed Meets to compete at the South East Regional Championships (May) and then the very best aim to compete at the National Championships (July/ August)! The season then starts all over again in September!

### How do I enter a gala?

Our Competition Secretary helps with sorting out paperwork and emailing out information.

You can enter any gala if you satisfy the entry criteria. At some times of the year there can be galas every weekend, but our swimmers are not expected to do every one!! However, team galas should be given priority so keep those in mind when deciding which galas to enter.

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## Dover Life Guard Club

## To enter galas you will need:

- Your ASA number from your ASA membership card-if you do not have this number please see our Membership Secretary. [You must have the level 2 ASA membership to compete.](#)
- Your up-to-date personal best times (pbs). **Every swimmer should be encouraged to keep their own record of their pbs.** A club pb list, which contains all swimmers pbs, is sent round regularly by email, if you do not receive it please let us know.

## What happens:

1. E-mails about upcoming galas are sent out, information is also on our club website. This should give details of the level of gala, date, costs, entry form, entry qualifying times etc.
2. Fill in the form, **ASA number is especially important**, and put in entry times for the events you wish to swim (these are your pbs)
3. Hand in the form, with payment (either by cheque, payable to DLGC, or direct bank transfer) in an envelope, by our cut-off date.  
(This will be different to the cut-off date given by the hosting club)
4. Our Competition Secretary then collates all the forms, checks times and sends it all to the club hosting the gala.

It is important that we have an up to date [email contact](#) for you

## What do I take to a gala?

- When a swimmer is selected for their first team gala, they will be given a DLGC black polo shirt free of charge
- For all team events swimmers are expected to wear the DLGC tracksuit which can be purchased from our swim shop on a Thursday evening.
- Need to take: 2 well-fitting costumes/trunks; 2 towels for each session; DLGC polo shirt; poolside shoes e.g. flip-flops; 2 pairs of goggles; DLGC swim hat; lots of drink; food such as cereal bars-not chocolate!!
- Please name all equipment and clothing as DLGC will accept no responsibility for losses.

## What happens at a gala?

- Aim to arrive about 30 mins before the warm up time, this can be up to an hour before the gala start time.
- Some galas you have to 'sign in' for your races at the beginning of each session, usually positioned near the pool entrance.
- All swimmers will do a land warm up before a warm up in the pool.
- After your race your coach will speak to you about how you did.
- If there is a separate pool you may be advised by your coach to 'swim down', especially if you have competed in a longer distance race.
- Most galas will have an entry fee for spectators, and these prices can vary considerably. If a swimmer is entered in events in more than one session there may be more than one entry fee to pay.

- All swimmers have signed the club 'Code Of Conduct' and are expected to behave well at all times – especially remember that no swimmer is allowed to leave poolside without the permission of a DLGC poolside coach, as they are responsible for you throughout the gala.
- After your last race, *ask the coach if you want to leave*. If it is a team gala you will be expected to stay until the end of the gala when the results are announced.
- Support your friends and team-mates, and ..... enjoy yourself!!!
- Disqualifications – all swimmers will be disqualified at some time in their swimming career. This can be for many reasons including moving at the start, incorrect strokes, incorrect turns, faulty handovers in relays, etc. It can be upsetting for swimmers and the poolside helpers will do their best to comfort them.
- It is usually best to acknowledge the disappointment but to put it down to experience – after all it is not the end of the world!!
- If a swimmer has a DQ they must ask a member of the coaching team for the reason, then they can avoid making the same mistake again!

### IT'S NOT JUST GALAS.....

- Periodically DLGC offer training camps – these can be local or abroad! These are subject to the training schedule at the time and commitments of the coaching staff. They are intensive training programmes and swimmers are expected work hard and to follow the DLGC Code Of Conduct at all times in order to remain on the camp.
- And there is also our international competition/fun weekend at Calais in May!

### **F.A.N.S Scheme**

The F.A.N.S scheme aims to provide the County's leading talented and elite sports performers with support and encouragement. This is achieved by providing national level sports people with free access at designated off-peak times to a number of the County's leisure and sport facilities for personal training and development.

For more information see [www.kentsport.org](http://www.kentsport.org)