



Summer Diddy Championships

The “Diddy’s” as they are known are the first occasion when younger members of the club have a chance to experience competitive swimming.

This time it is for children born in 1999, 2000, 2001 and some 2002’s. It can be quite a daunting experience for the younger swimmers, so every encouragement is given to them. Parents – please don’t worry. Everyone on poolside are mostly mums and dads of swimmers or ex-swimmers, or older swimmers helping out, and any attacks of nerves will be dealt with in a very kind way.

The ‘event’ includes a **possible** swim of 25m IN EACH OF THE FOUR STOKES. Selection to compete is based ENTIRELY on the discretion of the coach concerned and swimmers will only be entered in strokes where they are thought capable of demonstrating a legal stroke. Girls swim against girls/boys swim against boys in their own year group.

The Diddy’s are Heat Declared events. This means that the final placing for the whole event is based upon the times recorded in the heats, so a child can win their heat but NOT be placed in the top 6 if the other heats were faster. A presentation is made at the end of the evening only to those swimmers who were in PLACINGS 1 to 6 across ALL the heats. On this occasion the awards will be ribbons.

Coming Prepared for the Diddy Championships

The evening will last for about 3 hours. PLEASE NOTE THAT ALL SWIMMERS ARE EXPECTED TO STAY ON POOLSIDE AFTER THEIR SWIM UNTIL THE END OF THE PRESENTATIONS. This gives them a chance to cheer for their friends, and gives them a taster of the poolside etiquette expected of them if they wish to progress in a competitive swimming club. (Only swimmers whose parents have made special arrangements with their coach prior to the evening may leave early).

In preparing for the event, please ensure all swimmers have:

- . A TIGHT FITTING SWIMSUIT OR TRUNKS. Please – no bikinis, costumes with floppy straps, or baggy Bermuda shorts.
- A PLASTIC DRINKS BOTTLE of weak squash or water
- A CLUB T BAG OR T SHIRT to put on before and after swimming each race
- . TWO TOWELS (one to sit on and the other to keep dry)
- CORRECTLY TIGHTENED GOGGLES, so they will not fall off during the races. (We would advise the use of Zoggs Junior or Speedo Junior Goggles)
- a spare pair of goggles (if possible)
- ..A WOKING SWIMMING HAT. (All swimmers must wear a hat)

NO FOOD OR SWEETS are allowed on poolside for obvious reasons, so a carbohydrate based meal (e.g. pasta) a couple of hours before the event is advised to help maintain energy levels.

The pool gallery can be a very hot and humid place for those spectating. Please bring a bottle of water for yourselves, and wear cool clothing and footwear.

Disqualifications

Sadly, during the evening some swimmers may well be disqualified. Like all sports, competitive swimming has its own set of strict rules. Whilst upsetting we have to get the children used to these rules from the start. When a disqualification (or DQ) occurs, a reason will be given when the result of the race is announced. The main reasons for DQ's are:

- . A false start
- . Incorrect stroke technique
- Incorrect touch at the finish
- Finishing on front when swimming backstroke
- Getting out of the water too soon, before the referee has released the swimmers.

The judges and referees have passed examinations (theory & practical) and would prefer NOT to disqualify, however they have to maintain standards without which some swimmers could gain an unfair advantage.

If your child is disqualified, please use this as a learning experience. IT IS NOT THE END OF THE WORLD it happens to swimmers at all levels and is part of the preparation for later competitive events. It is essential that in addition to being able to swim fast that a swimmer understands the rules and can be disciplined enough to follow them.

If you are unclear as to why your child was disqualified please **DO NOT COME ON POOLSIDE DURING THE EVENTS**, but discuss with the relevant coach at the **END** of the evening.

Throughout the evening **please cheer loudly**, EXCEPT at the beginning of the race when the swimmers assemble at the blocks. Then please – **SILENCE** - or you could disqualify a child who moves on the block due to your shout.

Parental Help

This message is particularly aimed at parents of '98 , '99 and 2000 age group swimmers.

The club always needs parental help. Indeed it is expected from parents, since the club is run as a voluntary organisation and depends on new blood coming forward..

Volunteers are essential to maintain the competitive programme so **PLEASE** look at the notice board regularly and be prepared to give us a little of your time. You will not be asked to undertake anything onerous.

- If you are prepared to:
- hand out drinks to officials and coaches
 - learn how the points scoring system works
 - act as a whip
 - help on poolside
 - learn about Time Keeping or Judging

please let us know. Don't think that you are 'too new' to help. You will learn so much and meet so many other parents – and have some fun! We don't bite - I promise!!!

Karen Eastwood.
Deputy Head Coach.