



Athlone Swimming Club Handbook 2024/2025

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Introduction

Club Mission Statement

Athlone Swimming Club is dedicated to the promotion and encouragement of competitive swimming in an enjoyable and motivating atmosphere.

As competitors, our swimmers will strive towards excellence to achieve the best they can at their level of ability. The club supports the values of fair play – respect for self, coaches, teammates and opponents.

Club Vision

Through the sport our swimmers will have an opportunity to develop healthy behaviours and a lifelong love of swimming.

Our swimmers will develop high self-esteem, responsibility and self-motivation. Our swimmers will demonstrate teamwork, respect, trust, honesty and good sportsmanship.

Club Roles

Committee 2024/25

Chairperson – Deirdre Lowe

Assistant Chair – Sinead Nolan

Secretary – Jane O’Neill

Treasurer – Patricia Cleary

Assistant Treasurer – Loretta Fagan

CCO – Edwina Connell

Committee Member – Fiona Fallon

Committee Member - Aisling Fitzgerald

PRO/Committee Member – Edel Mullane

Education Officer – Joan Brown

Non Committee

Technical Chair - Barbara Quinn

External CCO - Ted O’Brien

Club Children's Officer

Club Children's Officers' role is to liaise between the children and the committee of the club, ensuring that the children have a voice with regard to Club matters. The Club Children's Officers are available to any child or swimmer if they have a problem or a concern.

Athlone Swimming CCO - Edwina Connell – Tel 087 961 7395

Club Captains

Athlone Swimming Club Captains; are selected in September each year. To be considered for the role of Club Captain, swimmers must demonstrate a high level of commitment through regular attendance at both Swim Sessions and Galas.

Candidates must have a minimum of three years' experience swimming as part of the Elite Squad, reflecting seniority and leadership within the club. Captains will serve a one-year term and are expected to actively contribute to the development of the club in a positive and meaningful way, serving as role models for their peers and promoting a supportive and motivated team environment.

Club Captains 2024/2025 ;

Leah Connell, Sasha Coleman, Sean O Neill & Kyle Fagan

Club Membership

Joining the club

The entry standard is set by the head coach. Assessments for joining the club are offered at the start of each term at the discretion of the committee and head coach. The swimmer should be between the ages of 7-12 years old. Places will be offered based on available capacity in the swimming squads and on the trial assessment outcome. The applicant will need to show correct stroke technique in front crawl, backstroke and breaststroke over a minimum of 25m. The successful candidates will join the development squads.

Membership Fees

Annual membership fees are determined annually at the start of the swim calendar year by the committee. The membership fee is divided over the three swim terms (i.e. Term 1: Sept – end Dec., Term 2: Jan-end March and Term 3: April – end May). The fees are set at a level to ensure the Club can discharge its running costs on a breakeven basis each year. The main running costs of the Club are swimming pool hire, coaches' expenses and administration overheads. Swim Ireland affiliation fees are set annually by Swim Ireland and are paid by members once a year in addition to the Club membership fees. Affiliation fees are paid at the beginning of Term 1. Athlone Swimming Club will pay the affiliation fees directly to Swim Ireland, normally within one month of the beginning of the swim year to ensure that members are registered with Swim Ireland and that members are covered by insurance so that they may participate in training and at swim galas. Club membership fees are payable three times per year by bank transfer and monitored by the Club Treasurer. Term fees are notified to parents/guardians of members at the commencement of each term. Term fees must be paid within one calendar month. Any variation from this must be agreed with the Club Treasurer in advance. Any queries regarding club fees should be directed to the Club Treasurer. Payment of

membership fees by instalment can be arranged, but must be agreed in advance with the Club Treasurer. Unpaid membership fees that are outstanding for more than one month may result in membership being terminated..

Rules & Guidelines

The following rules and guidelines are designed to ensure the safety of the Club members and provide information to parents on how best to support your son/daughter while swimming in Athlone Swimming Club.

Information for Swimmers

- On joining the Club, swimmers will be told which group they are in & times of the club sessions will be displayed on the Club Notice Board and information will be sent out via WhatsApp.
- Swimmers and their parent/guardian will be expected to sign a Code of Conduct at the beginning of each swimming year (September).
- Children, who are conveyed to and from the pool by their parents or other adult, should remain at the pool until they are collected. Children should not walk home alone without parental consent.
- A swimmer who complains of feeling ill may be asked to get dressed and sit in the spectator area until parent/guardian arrives. If deemed necessary, parent/guardian will be contacted.
- In order to leave a swimming session early the swimmer should update the Coach and PIA prior to leaving the swimming pool. The PIA will document the date and time when the swimmer leaves the pool deck.

Information for Parents/Guardians

- Adults who bring children to the pool should ensure that the session has not been cancelled before they drop their children and depart from the pool. Adults collecting children after a session should be punctual when collecting them.
- It is the responsibility of parents/guardians to ensure that the Club has up-to-date phone numbers where they can be reached in the event of an emergency occurring during the duration of sessions.
- The coaching staff are responsible for swimmers throughout the Club session while swimmers are on the pool bank. Responsibility reverts to the parents once the children leave poolside to enter the changing rooms.
- Note: Be aware that the dressing rooms are available for use by the general public during and after training sessions. Athlone Swimming Club recommends swimmers should undergo a medical check before undertaking intensive training.
- It is mandatory for one parent/guardian of a competitive swimmer to attend a basic Officials, Safeguarding, Team Manager and Timekeeping course, which are run regularly throughout the region. For further information contact our Education Officer.
- Swimmers may not train with an outside Coach without the express permission of the home Coach. This does not include the Connacht Skills Academy, Connacht Development Squad, Connacht Training Group or any National Squads.
- Parents must notify the Club Coach if they wish to attend a Gala that is not published on the Connacht Calendar.
- It is important to reply to club messages when requested regarding trips and/or training days to ensure inclusion.

- Parents are expected to do specified duties at Galas such as timekeeping, team manager etc. This is done on a rotational basis.
- When attending galas all swimmers must have a parent/guardian with them for the full duration of gala. If a parent cannot attend, they should inform the team manager of who the child's guardian is on the day,
- In accordance with Swim Ireland best practice, Athlone Swimming Club operates a Parent in Attendance (PIA) rota to ensure that our children are afforded a healthy and safe environment in which to swim. Parents of all swimmers are expected to support this initiative and take part in this rota The Rota will be distributed via WhatsApp

Parent in Attendance Duty

It is in the best interest of the Swimmer and a requirement by Swim Ireland to have a Parent in Attendance for all swim sessions.

Role of the Parent in Attendance:

- The PIA schedule is distributed via WhatsApp.
- Please Arrive 10 minutes before the session to liase with the head coach and obtain the record book.
- Tuesday/Wednesday/Friday mornings the PIA is requested to be at the front door to meet the Coach at 5:20am / 5:50am on a Saturday morning.
- In the mornings the PIA will be requested to stand at the side door until all swimmers enter the pool, the side door will be locked at 5:50am. If a swimmer is late - please phone the Head Coach on 086 6089673 the PIA will then unlock the door and let the swimmer in to join the session.
- The PIA will document a headcount of swimmers.

- The PIA will document any swimmers leaving early noting their name and time of early departure.
- Return the record book to the head coach before departure.

Non-Attendance of Parent on Duty

If parent on duty does not turn up or has not made themselves know to the coach prior to the start of the session it will be assumed that the parent on duty is not present. This may lead to the session being cancelled. No swimmer will be allowed to enter the water until the PIA has made themselves know to the coach.

Coaching Sessions

- A qualified Coach or teacher will supervise all sessions.
- Parents may spectate during sessions; they should not encroach on the poolside or interrupt the Coaches during the sessions.
- Coaches are not in a position to discuss individual swimmers progress during training sessions. To discuss swimmers please contact ASC club secretary to arrange a mutually convenient time.
- Coaches and teachers are familiar with the “Code of Ethics and Good Practice in Children’s Sport” and “Officials’ Code of Ethics”.

Photography and Filming

- In line with Swim Ireland policy Athlone Swimming Club would like remind members that no one may video, film or take photographs of children without having received permission to do so, however it is a condition of Swim Ireland membership that all members have agreed to this permission.
- On completing your membership form there is a section on consent to name your child on our social media and newspaper articles.

- For all Swim Ireland, regional and club events any person must accept that they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group.
- When attending events please check with competition manager or facility about permission to video, film or take photographs.

Children under 18 must be wearing a t-shirt and bottoms/shorts when having photograph taken out of the pool.

The Swim Ireland Filming and Photography policy is available on the Swim Ireland website.:

[Swim Ireland Filming and Photography Policy](#)

Club Trips

- The Committee will appoint officials in charge of all Club Trips, and will ensure there is a gender balance and sufficient ratio of officials to the number of swimmers. Parents must give written permission for their children to go on a Club Trip. (A special Swim Ireland form must be filled in for overnight trips).
- Overseas “Closed Training Camps” – The ASC Committee will occasionally organize an overseas training camp, these trips provide valuable experience and opportunities for competitive swimmers. Detailed criteria for participation which will include behavior expectations, minimum age of Swimmer, logistical requirements will be communicated via Wats app well in advance of the scheduled closing training camp.

Club Gear

The colours of the club are Blue & Navy. Essential kit for training includes: swimsuit, swim hat and goggles. Other recommended equipment includes: Flip flops or sandals, Water Bottle, Kickboard, Pull buoy, Snorkel, Fins and Hand Paddles All equipment should be labelled with the child’s name / initials for ease of retrieval. The swimmer’s Coach will advise them of any other kit which may be required. A notification regarding the club bulk order of swimkits will be done via WatsApp.

Athlone Swimming Club swimming hat must be worn at swimming galas. Hats are available to purchase from Committee Members.

Athlone Swimming Club use an external party called KCS Sports to design additional cub gear (t-shirts, shorts, track bottoms, gilet etc.) These are available for purchase; however, this is optional. They can be ordered directly from kcsports.ie.

Athlone Swimming Club Squads and Training Schedule

Attendance and Commitment:

Consistent attendance at training sessions is essential for every swimmer striving to reach their goals and remain competitive. Progression in swimming comes from regular practice, building endurance, refining technique and developing a strong mindset. Missing sessions can disrupt this progress and limit your ability to compete at your best. To achieve success, swimmers are expected to prioritize attendance and fully commit to the training program. It is the ASC club policy that a minimum of 75% attendance is required over each swim term to keep one's place in any squad.

Athlone Swimming Club Training Timetable:

- Swimmers are requested to be on deck 10 minutes before training session starts.
- Training session times may vary when squads are attending swim galas – changes to training times will be advised by WhatsApp notification.
- Training sessions may be cancelled due to Swimming Pool closures (staff training, essential maintenance), availability of Swim Coaches/Lifeguards, adverse weather or Parent on Duty not attending.
- Training timetable is subject to change and notification will be provided via WhatsApp.
- The swimming year is divided into 3 terms. September to Christmas. January to Easter and Easter to end of June.
- Elite Squad - *dryland training will take place on the pool deck 10mins prior to training sessions.

Group	Elite	A+	A	Junior	Development
Mon	*5:50 – 7:20pm				
Tues	*5:45 – 7:10am	*5:45 – 7:10am			
Wed	*5:45 – 7:10am		5:50 – 7:20pm	5:50 – 7:20pm	
Thurs					
Fri	*5:45 – 7:10am	3:45 – 4:45pm	3:45 – 4:45pm	4:50 – 5:50pm	4:50 – 5:50pm Senior Development
Sat	*6:15 – 7:50am	*6:15 – 7:50am	6:30 – 8:00pm	6:30 – 7:30pm	5:45 – 6:30pm Junior Development
Sun	*8:00 – 10:00am	*8:00 – 10:00am			

Swimming Squads

JUNIOR Development Squad:

This group caters for six to nine year old's who must be able to complete one width of the pool in frontcrawl and backcrawl and will introduce swimmers to the deep end for the first time. Technique will be taught on all four strokes and this will also incorporate simple dives and turns. Promotion from this group will be based on qualifying times.

SENIOR Development Squad:

This group caters for swimmers with ages ranging from ten to fifteen years of age who can comfortably complete 200 metres. All aspects of swimming will be included and this group is ideal for anyone who want to race or earn promotion to other squads.

Swimmers in this group are entitled to compete in Regional Development Meets and information regarding these competitions will be given out by the coach on poolside or via the squad WhatsApp group. There is no obligation to compete at these galas as we understand not everyone enjoys competition.

Junior Squad:

The competitions open to this group include School Galas, future challengers (depending on age) and Community Games. Generally we expect swimmers to remain in this group for at least one year and a swimmer must be eight years old or over before they can progress into the 'A' Squad. Promotion out of this group will be decided by time trial (Table 2: Junior Squad to A squad).

A Squad & A+ Squad:

A Squad will train 3 times a week. A+ Squad will train 4 times per week. Swimmers are expected to swim distances ranging from 25 metres to approximately 800 metres. All aspects of training will be

covered, with a larger emphasis now being placed on fitness levels, swimmers to remain in this group for at least one year. Swimmers will be expected to participate in competition & galas throughout the year. Swimmers aged 10, 11, 12 will swim in the Future Challenger Series and Swimmers aged 13 and over may compete in the Regional Aspiring Champions Meets, additional information in Appendix 3 Swimming Gala Structure. In certain cases, a swimmer may be asked to swim on a relay in an Aspiring Champions Meet competition

Elite Squad:

This group comprising of swimmers ranging in talent from a good Connacht standard up to International level. Swimmers now train 6 times a week and will attend Galas countrywide and abroad. Fitness levels will be of the highest standard and ages range from 11 upwards. The aim for this group is to qualify for the Irish Summer National Age Group Youth & Senior Championships.

Qualification Standards are published on the Swim Ireland Competition Information Website, please refer to this site for the most up to date standards

[Swim Ireland Competition Information](#)

Club Links and Policies

Athlone Swimming Club www.athloneswimmingclub.com

Swim Ireland www.swimireland.ie

Swim Connacht www.swimconnacht.com

[Swim Ireland Policies and Procedures](#)

Please note this list is not exhaustive and updates will be available on the Swim Ireland website. •

- Swim Ireland Rulebook •
- Complaints and Disciplinary Rules and Procedures •
- Safeguarding Children Policies and Procedures •
- Data Protection and Privacy Policies •
- Swim Ireland Transgender and Non-Binary Participation and Competition Policy
- Diversity and Inclusion Policy

Appendix 1: Codes of Behaviour

The Code of Behaviour for Young People

- As an athlete you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Club Children’s Officer to explain them.
- This is your Code, whatever your ability or wherever you take part and you should encourage others to follow it.

In your sport you should:

- Be happy, have fun and enjoy taking part and being involved in your sport
- Be treated fairly by everyone, adults and other athletes
- Feel safe and secure when you are taking part in your sport
- Be listened to and allowed to reply
- Be treated with dignity, sensitivity and respect
- Have a voice in the decisions that affect you within the Club and Swim Ireland
- Say no to something which makes you feel uncomfortable
- Train and compete at a level that is suitable for your age, development and ability
- Know that any details that are about you are treated with confidentiality.

Your responsibilities are to:

- Behave in a manner that is respectful towards Swim Ireland, your region and your club.
- Treat Leaders who may be teachers, coaches, team managers,

officials or other parents with respect at ALL times.

- Be fair at all times, do your best to achieve your goals but be gracious if you do not achieve them
- Respect other athletes and your opponents.
- Be part of the team and respect and support other team members both when they do well and when things go wrong.
- Never bully or use bullying actions against another person
- Never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults.
- Keep to rules and guidelines set by Swim Ireland, the Region and your Club and make sure you understand the rules.
- Swimmers should turn up on time for Club Sessions and if required should help with preparing the pool for the session.
- Take part in your sport without cheating. You are responsible for not cheating and must not allow others to force you to cheat.
- Listen to and respect decisions made by others.
- Never use violence or bad language. Do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry.
- Talk with your Coach, Team Captain, Club Children’s Officer or a trusted Swim Ireland member if you have any difficulties or you do not understand something within the club.
- You should never keep secrets about any person who may have caused you harm or has made you feel upset.
- Understand sport can be hard work and requires discipline to

achieve your goals- you should understand the commitment and attendance needed.

- Talk through any worries or concerns with your parent and/or your Club Children's Officer
- Do not, or allow others to make you, try or take banned substances to improve your performance.
- Rules specific to training sessions:
 - Do not interfere with any other swimmers in the water or in the dressing rooms.
 - Do not leave the pool without the coach's permission.
 - Do not interfere with other people's property on poolside or in the dressing room.
 - Take off all jewellery while training maintaining the highest standards of personal conduct and respectful behaviour in any activity related to the Club or Swim Ireland.
 - Do not run on the pool deck or in the corridor to the dressing rooms.
 - Do not dive or jump into the water unless asked to by the coach.
 - Do not pull on or sit on the lane ropes.
 - Do not go into the Jacuzzi or the baby pool.
 - Do not throw water bottles or training equipment.

The Code of Behaviour for Parents/Guardians

- You should help and support the implementation of best practice policies in your child's/children's Club by following the code below.
- Become members of the Club and contribute your time and effort in the daily running of the Club; no club can operate successfully and safely without the help of volunteers
- Understand and ensure your child/children abide by The Code for Young People
- Be available for specified duties if and when required; some duties are mandatory and form part of the procedures for safeguarding your children; some will be at the request of the Club.
- Have an awareness of and respect for Leaders and other adults and their roles within the Club.
- Respect and abide by the decisions made by the Committee and other Leaders - these should be made in the best interests of the children in the Club.
- Understand the complaints process and follow the proper procedure if you feel unjustly treated, with the knowledge that any complaint will be dealt with effectively and confidentially.
- Know your child's training and/or competitive programme, and accept it is your responsibility for delivering and collecting your child/children. Parents/guardians should ensure they do not leave their child/children waiting unsupervised at any time.
- Ensure the environment is safe and enjoyable for your child/children.
- Promote fair play and the positive aspects of sport.

- Be a role model for your children and young people by maintaining the highest standards of personal conduct and respectful behaviour in any activity related to the club or swim Ireland.
- Allow your child to focus their efforts and success in terms of their goals rather than winning being the main objective
- Promote participation for children that is fun, safe and in the spirit of fair play.
- Ensure appropriate leaders are informed regarding any absenteeism, medical conditions or other relevant matters concerning your child.
- Arrange an appropriate time and place for discussing any matter with leaders and coaches - communication should not take place whilst leaders and coaches are in a position of supervision or responsible for other young people.
- You should have the opportunity to put forward suggestions and comments.
- Provide the Club and your child with emergency contact information and to be reasonably available in case of emergency.
- Abide by the procedures and policies of Swim Ireland with regard to the use of mobile phones, any type of camera and videoing equipment.
- Be aware and abide by the Code of Ethics, this document, the rules and constitution of Swim Ireland and the rules and constitution of your own Club.
- When the Code of Behaviour is not adhered to, a member may be disciplined according to the Club Disciplinary Procedure.

Disciplinary/Complaints Procedure

- Any minor offence by any swimmer will receive a verbal warning by the coach/official in charge on the bank, and the name of the swimmer and misdemeanor will be recorded in a book.
- When any child's name goes into the book three times the parents will be contacted and the issue will be discussed between coach and parents to prevent further breaches.
- If after the parents have been notified, the child continues misbehaving, then the coach/official will bring this problem to the attention of the Committee, which could lead to expulsion from the Club.
- Any major offence by any member will automatically be brought to the attention of the Committee.
- Complaints from Club members should be put in writing to the Club Secretary, who will forward it to the Complaints Committee.
- Complaints to the Committee will be dealt with expeditiously and in accordance with Swim Ireland guidelines. (Links below)

Link to:

[Swim Ireland Complaints and Disciplinary Rules](#)

Link to:

[ASC Constitution](#)

Appendix 2: Club Time Trials & Promotions

Progression between Swim Squads;

Promotion to squads offers an exciting opportunity to build on skill, technique and fitness and is another stepping stone in the swimmers development within Athlone Swimming Club. In order for the club to remain competitive and thrive it is important that identified swimmers move through the squads in line with peers and ability to avoid stagnation both for the swimmer and the club. Parents will be notified via WhatsApp following time trails in December & June.

Time Trials will be run In December & June to determine who is promoted from our Development Squad to our Junior and 'A' Squads, A Squads to A+ & Elite.

Junior Development Squad to Senior Development Squad

Swimmers who have successfully completed one year in the Junior Development Squad and have turned 10 years of age will be promoted to the Senior Development Squad at the start of the next term provided they have reached and successfully completed Junior Development Squad training criteria. This transition marks a new phase in their training, providing them with advanced coaching and greater opportunity for skill development.

Junior Development Squad to Junior Squad

The following are guidelines for promotion: 6, 7, 8 and 9-year-olds may qualify for the Junior Squad by competing in a 25 metre Time Trial. All other age groups must compete in a 50 metre Time Trial. There will also be two 100 metre Time Trials during the year for swimmers aged 10 and over.

Please note that these qualifying times do not guarantee promotion as there may not be adequate space available to cater for all swimmers.

Table 1: Junior Dev to Junior Squad

25 Metres	Frontcrawl		50 Metres	Frontcrawl
6 Years	34 Sec & Under		10 Years	50 Sec & Under
7 Years	30 Sec & Under		11 Years	46 Sec & Under
8 Years	28 Sec & Under			
9 Years	24 Sec & Under			

Any swimmer who has the qualifying time in an alternative stroke may at the discretion of the Head Coach, be promoted.

Junior Squad to A Squad

Promotion into our 'A' Squad will be based on a time trial in December or June and qualifying times. To be promoted from our Junior Squad into ASC 'A' Squad. A swimmer must be in the Junior Squad for at least one year and be at least 8 years of age & achieve the qualifying time.

Please note that these qualifying times do not guarantee promotion as there may not be adequate space available to cater for all swimmers.

At our Time Trial the standard for promotion is;

Table 2: Junior Squad to A squad

Age	50 Meter Frontcrawl
8 Years	50 Sec & Under
9 Years	47Sec & Under
10 Years	40 Sec & Under
11 years	36 Sec & Under

Senior Development to A Squad

Promotion from Senior Development Squad to A Squad will be based on a time trial held in December or June and qualifying times.

Please note that these qualifying times do not guarantee promotion as there may not be adequate space available to cater for all swimmers.

At our Time Trial the standard for Promotion is;

Table 3:Senior Development to A Squad

Age	50 Metre Frontcrawl
10 years	40 Sec & Under
11 years	36 Sec & Under
12 Years	32 Sec & Under
13 Years	28 Sec & Under
14 Years	25 Sec & Under

A to A+ Squad

For promotion to the A+ Squad swimmers must be in the A Squad for at least one year achieve the Irish Summer National Age Group Youth & Senior Championship “**Consideration Times**” **+5 sec** Swimmers must be a minimum of 11 years to qualify for the A+ Squad.

Please note that these qualifying times do not guarantee promotion as there may not be adequate space available to cater for all swimmers.

Qualification Standards are published on the Swim Ireland Competition Information Website, please refer to this site for the most up to date standards

[Swim Ireland Competition Information](#)

A+ to Elite Squad

For promotion to the Elite Squad, swimmers must be a minimum of 11 years, be in the A+Squad for at least one year and achieve the Irish Summer National Age Group Youth & Senior Championship "Consideration Times".

Please note that these qualifying times do not guarantee promotion as there may not be adequate space available to cater for all swimmers.

Qualification Standards are published on the Swim Ireland Competition Information Website, please refer to this site for the most up to date standards

[Swim Ireland Competition Information](#)

"A" Squad & Junior Squad Time Trial League 2024/2025

Conditions:

- There will be 8 Time Trials throughout the year, so each swimmer will swim all four strokes twice. A squad time trials will commence at 3:45pm on the first Friday of each month & Junior Squad time trial will commence at 4:50pm on the first Friday of each month.
- Prizes will be presented to the top 3 swimmers in "age group bands".
- Ages will be age on day of swim.

Qualifying Standards:

FREESTYLE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	1.10-1.14	1.06-1.10	10
1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	1.10-1.14	8
1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	7
1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	6
1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	5
1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	4
1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	3
1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	2
1.58+	1.54+	1.50+	1.46+	1.42+	1.38+	1

BACKSTROKE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	10
1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	8
1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	7
1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	6
1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	5
1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	4
2.02-2.06	1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	3
2.06-2.10	2.02-2.06	1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	2
2.10+	2.06+	2.02+	1.58+	1.54+	1.50+	1

BREASTSTROKE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	1.33-1.37	1.29-1.33	10
1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	1.33-1.37	8
1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	7
2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	6
2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	5
2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	4
2.13-2.17	2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	3
2.17-2.21	2.13-2.17	2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	2
2.21+	2.17+	2.13+	2.09+	2.05+	2.01+	1

BUTTERFLY 50M

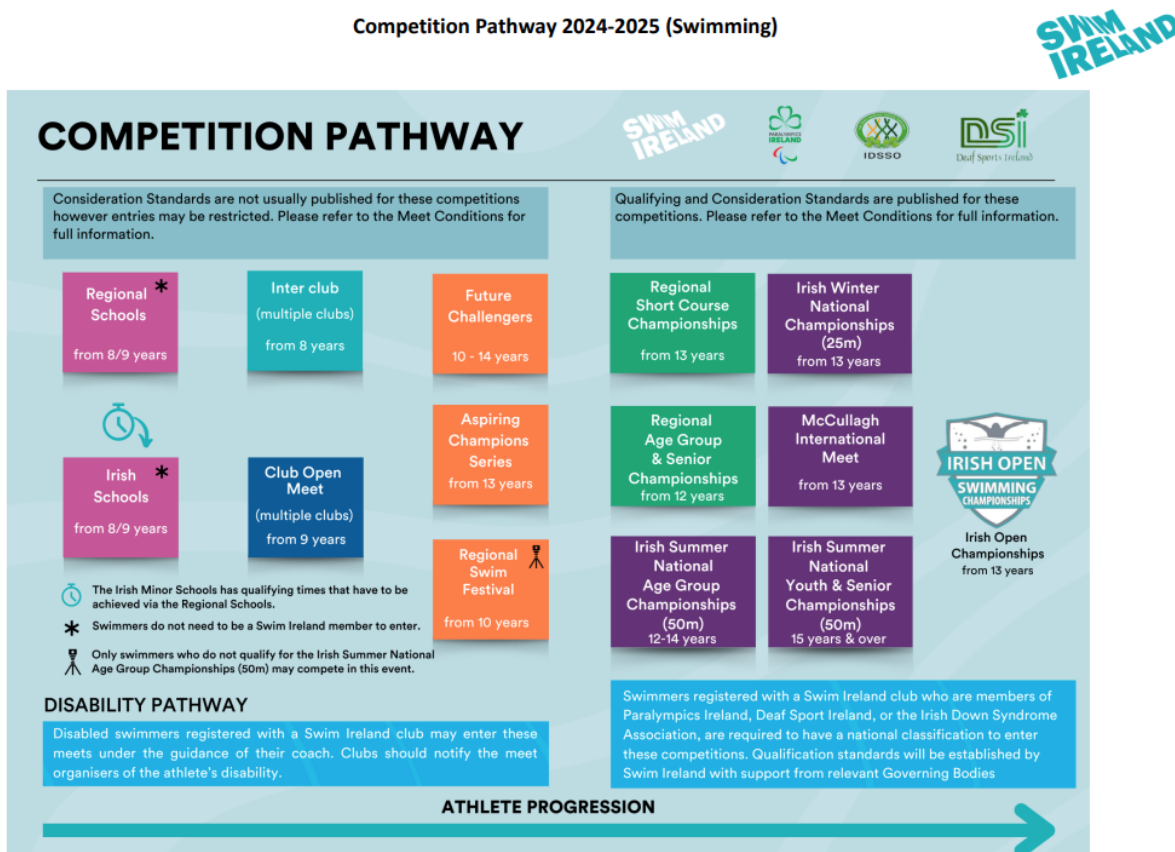
UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
40-44	38-42	36-40	34-38	32-36	30-34	10
44-48	42-46	40-44	38-42	36-40	34-38	8
48-52	46-55	44-48	42-46	40-44	38-42	7
52-56	50-54	48-52	46-50	44-48	42-46	6
56-1.00	54-58	52-56	50-54	48-52	46-50	5
1.00-1.04	58-1.02	56-1.00	54-58	52-56	50-54	4
1.04-1.08	1.02-1.06	1.00-1.04	58-1.02	56-1.00	54-58	3
1.08-1.12	1.06-1.10	1.04-1.08	1.02-1.06	1.00-1.04	58-1.02	2
1.12+	1.10+	1.08+	1.06+	1.04+	1.02+	1

Appendix 3 Swimming Gala Structure

Athlone Swimming Club are part of the Connacht (East) region of Swim Ireland and the Regional Development Meets are hosted with the other clubs in this area – St Comans Roscommon, Ballinasloe, Carrick on Shannon and Longford. Galas offer the chance for swimmers, of various ages, to achieve an official time for their swim.

All Competitions in Connacht are aligned with the Swim Ireland Competition Pathway as outlined in Figure 1

Figure 1 : Swim Ireland Competition Pathway 2024/2025



A Comprehensive overview of the Connacht Swim Meet Structure can be found in the Connacht Swim Meet Handbook which provides details including but not limited to:

- Connacht Swim Meet structure
- Connacht Calendar
- Meet type
- Age categories
- Entry Criteria
- Awards/Qualifications

Link to handbook:

[Swim Ireland Connacht Swim Meet Handbook 2024/25](#)

Appendix 4: Beginners Guide to Galas

Registering for a Gala:

- Gala dates, location and times are always displayed on the notice board, the club website and relevant squads notified through the squad group WhatsApp.
- All gala entries to be completed via the [Club website gala entry system](#)
- Payment for gala entries can be made via the [Club website gala entry system](#) portal.

Day of Gala:

All swimmers must have a parent/guardian with them for the full duration of the gala. If a parent cannot attend, they should inform the team manager of who the child's guardian is on the day,

Gear needed:

- Warm up togs and Racing togs.
- Tracksuit and T-shirt.
- Flip-flops.
- 2 pairs of goggles.
- 2 towels.
- Club hat and spare hat.
- Club hat to be worn during war-up and race, to enable the coach to get all times.

Warm Up:

- Swimmers should change, check in with the team manager or coach and join the practice swim before the gala starts.
- This is called the warm up and can be very busy.
- Before the warm up ends, certain lanes will be dedicated to practicing dives.
- It is vital that swimmers participate in the warm up, as it helps prevent injury and allows swimmers to become familiar with the lanes and turn markings. Swimmers should complete 1 x 800 free, 2 x 100 kick, 2 x 50 build, 1 x 100 DPS.
- When doing a sprint, raise your hand to get coaches attention.
- Remember the coach can only get one split at a time. Report back to coach quickly for feedback.
- Warm up sessions are separate for boys and girls.
- After the warm up, get changed quickly and report back to poolside.

Food / Drink:

- Eat a normal breakfast in the morning, i.e. cereal, toast, tea etc.
- Bring some wholemeal sandwiches or pasta and do not eat directly before a race
- Avoid sweets and fizzy drinks.
- Make sure to drink plenty of water or sports drink throughout the day.

Event Call Up:

- Swimmers will be asked to gather in a designated area of the pool to line up for their chosen events, where they will be told

what heat and what lane they are in.

Seeding:

- Swimmers are seeded for each event based on their previous results.
- All events run from slowest to fastest times and there are benches reserved for the swimmers to line up on.
- NT means the swimmer has No previous Time and is placed near the start of the event.
- Girls and boys swim in separate events.

Race Rules:

- The starter will blow three short whistles to get timekeepers attention, then one long whistle to signal the swimmers to climb onto blocks or enter the water and prepare to start the race.
- If, after starting, the referee blows the whistle continuously, this signals a false start and swimmers must stop and return to the blocks to restart the race.
- On Butterfly and Breaststroke turns, swimmers must touch with 2 hands, and the same applies at the finish. A one hand touch will lead to disqualification.

Getting a time:

- Swimmers will see their times on a scoreboard (if available) next to their lane number. This is called getting a time.
- This becomes the swimmers official time when it is confirmed by Swim Ireland.
- As swimmers go to more galas they may try to get a faster time and can see the progress they are making.
- All times are printed out on the day of the gala and posted on a wall for everyone to see.

- As swimmers get used to competitions, they will need to get to know about A, B times Future Challenger Series TABLE 3.
- Please note that there are different times for boys and girls and for different age groups.

**(Link to Qualifying Times can be found on
<https://www.swimconnacht.com/>)**

General

- Stay in the Pool Complex at all times and obey the Pool rules.
- Report to the coach after each race, for splits and corrections.
- Do not leave money, or valuables such as mobile phones, unattended in the dressing rooms.
- Bring food.
- If you cannot attend the gala for whatever reason please make contact with the team manager or coach on the day
- If you are leaving the gala early please update the Coach and Team Manager prior to leaving the Pool Complex.

Appendix 5: Glossary of Swimming Terms

DNF Did not finish.

DNS Did not start

NS No show

DQ Disqualified. A swimmer should be notified by the gala referee with a reason - No time is given

FTR Freestyle Team Relay (4 swimmers swim Freestyle)

Green Book: Handbook available from Swim Ireland with details of competitive swimming at National Level

HDW Heat Declared Winners (No finals will be held in this event. The fastest times in heats are winners)

IM Individual Medley - swimmer does a set length of each stroke (Order fly, back, breast free)

LC Long Course (each length of the pool = 50 metres)

MTR Medley Team Relay (Order backcrawl, breaststroke, fly, freestyle) PB Personal best

QT Qualifying Time

NQT No Qualifying Time

RDM Regional Development Meet - for swimmers who have not achieved a time faster than the B Grade cut off

RQM Regional Qualifying Meet - for swimmers who have achieved a time faster than the B Grade cut off

SC Short Course (each length of the pool = 25 metres) SI Swim Ireland

Straight Finals No heats will be held in this event - normally less entrants than lanes in the pool

Swim Up To swim in the age group above swimmers actual age group

TBD To be decided

Age Group: Division of swimmers according to age

FINA The international governing body for the sport of swimming
LEN Ligue Européenne de Natation (European Swimming League)

Scratch: To withdraw a swimmer from an event before the start of the competition

Heat Sheet: A printed order of events by session with swimmers listed by heat and lane (with team and entry time)

Swim Off A race after the scheduled event to break a tie. The only circumstance that warrants a Swim-off is to determine which swimmer makes finals.

Starter: The official in charge of signalling the beginning of a race and insuring that all swimmers have a fair take-off

Split A swimmer's intermediate time in a race. Splits are registered every 50 metres (or 25 metres depending on the pool and the equipment on hand)

Referee: The head official at a swim meet

Appendix 6: Improve Your Technique...

Frontcrawl Turns

- Approach fast, holding your breath for last three strokes into the wall
- Drop the head down to bring the legs over faster and stay in a tucked position for the fastest roll
- One arm stays by the hip while the opposite arm pulls the body over
- Both feet hit the wall with the feet facing slightly sideways, with the swimmer on his back but ever so slightly angled to the side
- The legs should be flexed at 90° to allow for a maximum drive off the wall
- The push off from the wall should see the body about 1.5 feet deep making sure you push forward, not down or up
- The arms should be squeezed against the ears, one hand on top of the other, fully extended, and the eyes should be looking straight down (NB: Don't tuck the chin in)
- Begin the kick slightly after the push away from the wall using 3 to 4 powerful Butterfly kicks and ascend to the surface with a flutter kick.
- Begin the stroke after the body has reached the surface and not before
- On a longer distance race it is recommended to breathe immediately after each turn but sprinters should keep the head down for one stroke after the turn

Common Mistakes

- (1) Throwing the legs straight over (4) Poor streamlining off the wall
- (2) Breathing into the approach (5) Turning the body around at the wall and
- (3) Gliding into the turn onto the front

Backcrawl Turns

- From the flags learn to know exactly how many strokes to the wall before you turn
- On the last stroke bring the arm over whilst turning over onto the front
- At this point you basically complete a Frontcrawl turn but end up on your back
- It is a slightly deeper underwater push off the wall with the body approximately 2 foot under the surface

- The rules allow you to kick 15 metres underwater on the start & turn. Having a strong Butterfly kick is a huge advantage, but most swimmers will not kick this far. The danger is that fatigue may set in at the final part of the race
- Again, make sure the body reaches the surface before you begin your first pull

Common Mistakes

- (1) Turning too early (3) Poor streamlining off the wall
- (2) Turning onto the front which will (4) Beginning the first armstroke lead to disqualification when too deep under the surface.

Butterfly Turns

- Approach the wall at speed and keep the head down on the last stroke
- Both hands must touch the wall simultaneously, but keep the shoulders in line with the surface until the touch is made
- Use a powerful kick on the last stroke, trying to touch the wall with the arms fully extended
- On touching the wall, lean back keeping the head and chin as close to the surface. The legs are brought up under the body together and placed on the wall (pull the knees into the gut)
- Flex the arms on the touch but avoid pulling the body into the wall, release one arm as quickly as possible and tuck into the side
- The opposite arm releases from the wall in a high elbow manner close to the head, entering the water with as little splash as possible
- Before the push the feet are facing sideways approximately 50

cm under the water

- Bring the arms and hands together and push off slightly down if doing a lot of fly kicks under and horizontally if doing fewer kicks off the wall (approx 1.5 feet under the surface)

Common Mistakes

- (1) Pulling the body too high out of the water
- (2) Turning the body onto the front before pushing off
- (3) Pushing off too near the surface of the water
- (4) Taking two breaths on the turn

Breaststroke Turns

- The Breaststroke turn has the exact same approach and turn off the wall as in Butterfly
- Push slightly down to a depth of approximately 2 feet
- Drive off the wall, hold for a moment in a streamlined position, and begin the pull out
- Keep the pull out narrow and drive the hands back to the legs. One dolphin kick may be executed during the pull out phase
- Recover the arms in under the body and use a strong narrow kick and rise to the surface
- The head must break the surface for a breath before the end of the outswEEP of the first stroke

Common Mistakes

- (2) Pulling the body too high out of the water
- (3) Turning the body onto the front before pushing off
- (4) Pushing off too near the surface of the water

- (5) Taking two breaths on the turn
- (6) Using more than one Breaststroke kick during the pullout
- (7) Kicking Frontcrawl legs whilst pushing off

Individual Medley Turns

Butterfly to Backcrawl

- This is the same as a regular Butterfly turn but on the push off you go from the side onto the back and use your Butterfly kick as normal

Breaststroke to Freestyle

- Again this is the same as a Butterfly turn to a Backcrawl turn except on the push, where the body is on the front and use your normal freestyle kick

Backcrawl to Breaststroke

- Normal touch turn
- Somersault turn
- Modified Naber turn

*These turns will be covered by the Coach to avoid any confusion