



STARTING OUT

Chase Swimming Club is first and foremost a competitive swimming club. We are proud of our competitive success in swimming, at county, regional and national level.

The Club and its coaches will help guide you and your swimmer with what you should be aiming to compete in and achieve as they develop – **it is essential that you understand that swimmers are expected to both regularly meet their minimum training targets and compete for the Club.**

Once you are in the Junior and Senior Squads you are training to achieve competitive success, not just for fitness. If a swimmer does not regularly meet their minimum training targets or compete regularly, then they will jeopardise their own competitive success.

It's important that swimmers make every effort to enter competitions for several reasons:

- It gives swimmers an idea of what it's like to compete
- It gives swimmers their times, and is a clear marker of how they are progressing
- It gives swimmers a goal towards which they can work towards
- It gives swimmers a sense of achievement
- It shows the coaches how the swimmers cope with a competitive environment
- Gaining new improved times are one of the many factors that help the coaches to decide whether a swimmer is ready to move up to the next squad

Each season the Club enters teams in league competitions. **If your swimmer is selected for a league fixture, then they are expected to turn out and represent the Club.**

The leagues should not be seen as optional “add- on’s” to individual competition. The league fixtures are regarded by the Club as being just as important as competing in Open Meets. If your swimmer is regularly unable to compete in league fixtures the Head Coach reserves the right to remove your swimmer’s place in the competitive squads.