



Wellington Long Course Champs

Congratulations on qualifying for and entering Wellington Long Course champs. The club hopes that you have an enjoyable and rewarding experience.

For those of you who are entering this meet for the first time or need a refresher here's a little info...

These champs are sometimes also called Wellington Summer Champs, so don't get confused if you think you're getting roped into two big swim meets or that there's another coming up soon! "Long Course" just means the events are swum in a 50m pool, compared with the Short Course (or Winter) Champs held in August/September in a 25m pool. The upcoming meet is held at WRAC in Kilbirnie, and the moveable pontoon goes to the end of the pool under the diving well.

Raumati Swimming Club website

This is updated regularly and you should check this for all Wgtn champs entries, psych sheets, seating arrangements, results and new information about all things swimming over the summer holidays www.raptors.nz

Also updates will be posted on the squad FB page and on the club twitter, which is at [@raumatiswimming](https://twitter.com/raumatiswimming)

Scratchings

There are a few points to mention so that everything runs smoothly for the swimmers, coaches and parents...

Scratchings Swim Wellington Regulations regarding scratching and withdrawals

Always read the flyer carefully.

*Scratchings for all events (without penalty): will be accepted until 5pm Thursday 18 January 2018.

*Scratchings for finals: must be received within 30 minutes of the preliminary results being posted.

*Scratchings for timed finals: must be received 30 minutes before the start of session 1 or before the end of the previous session (Sessions 2-7). Failure to follow scratching procedure will result in a \$30 late withdrawal penalty (in accordance with the SNZ Regulations).

If you need to scratch your swimmer or want information, contact the Race Secretary, admin@raptors.nz prior to the Meet or once the meet begins the Team Manager of your session.

Finals

Unlike Wgtn short course which was all timed finals this championship meet has heats, timed finals and finals. 50, 100 and 200 metre events have heats in the morning and finals in the afternoon. It is important you do not leave in the morning before checking if you made an afternoon final. A final is the ten fastest swimmers and 2 reserves. If you are the 1st and 2nd reserve you must also go to marshalling in case you are needed. If you do not want to swim the final (after checking with Jon)

you must scratch by letting the TM know you want to be scratched. Failure to do this means a \$30 fine to the swimmer, (not the club) from Swimming Wellington. Not knowing you made a final is not an excuse - it is your responsibility to check before you leave the pool. 400 metre events and over are all timed finals; this means if you finish fastest in the top ten in your age group you made the final. You do not have to swim another 'final'. If you made a final collect a finalist ribbon from the desk.

Seating

All swimmers sit with the team At major events run through Swimming Wellington and held at WRAC in Kilbirnie, each club is allocated a seating area and given the limited seating at the pool, this can be quite restrictive. Our club has adopted the policy of swimmers and coaches sitting in that allocated area, with parents and supporters in the general public area. Our seating plan is allocated by Wellington Swimming and will be on the website.

We have used this system for the past few seasons and it works very well - the coaches and team managers are able to easily communicate with and manage the team, while the swimmers are able to build up team spirit and develop self-management skills for competitions. We have older swimmers who are able to remind the younger swimmers what they need to do. If you've seen the swimmers and their bags, you'll realize they take up a bit of space!

Team Managers

Your first point of contact for any concerns or queries during sessions should be the team managers. They are there for the welfare of the swimmers and to ensure all goes smoothly. Swimmers - don't go anywhere without telling the Team Managers where you are going. This way you won't miss events.

Arriving at the pool

When arriving at the pool for each session, swimmers must report to the coach and teammanager so they can check the entries. This is really important. If you are arriving late remember to let the TM know.

Warm-up Sessions

You should aim to arrive at the pool at least 10 minutes prior to the warm-up time so that swimmers can chat, change and stretch prior to warming-up in the pool. During warm up it is important for parents to stay off pool deck (This is a Swim Wellington regulation). This is restricted to coaches only and it is an important time for them to work with swimmers one to one prior to the start of the meet. Swimmers have their specific goals set and this coupled with the final discussion with coaches on pool deck aids their success. Additional advice can unwittingly un-nerve the swimmer and confuse them.

Before the Race

We encourage the swimmers to speak to their coach directly before going to marshalling so that the coaches advice is what is in their heads directly before a swim. This may mean that they don't come along and see Mum or Dad before their race but they are definitely encouraged to see you after the race, after they have spoken with their coach.

Uniform

At all events, swimmers should arrive and leave in the official Raptor's uniform. The RSC T-shirt is fine if you are new. Uniform must be worn when collecting medals or ribbons on the podium – no hats, caps or towels to be worn on podium. There is time provided for swimmers to get changed but if the swimmer is due to be back at marshalling, another club swimmer of the same gender can collect at the podium on their behalf.

Essential supplies

Don't forget snack food, water (no sports drinks), warm clothing, warm footwear (slippers are great), spare goggles, and of course, plenty of towels. Swimmers may also need something to do between races: book, music, cards, or games. The safe-keeping of electronic items will be the responsibility of the swimmer.

Between Sessions

At long course the finals are usually in the evening session. It is important before you leave the morning session that you check to see if you are required for a final. If your swimmer is competing in both the morning and evening sessions it is a great idea to rest up between sessions. Having a lie down is good, having a sleep is even better. Some of the swimmers and families will stay in motels in Wellington, but if not, make use of friends.

Getting into WRAC

Entry to the pool will be through the side entrance on Kilbirnie Crescent for All Swimmers, Team Managers, Officials and Coaches. Swimming Wellington pool entry passes must be shown upon entry. Coaches are to show their NZSCTA cards. Timekeepers and duty clubs are asked to sign in at the side entrance on Kilbirnie Crescent. There is an entry fee for non-swimmers.

Good Luck.