

Clyde Coast 2017



CCML is designed for younger swimmers 8, 9, 10 and 11 years. It provides a fun low key introduction into competition. Three matches are swum from February till May. The top six clubs of the league swim in a final swim-off held on the 24th of June for the Rosebowl.

Match 1: 26th February Warm up 2pm Greenock Waterfront

Teams:

Inverclyde
City of Glasgow
North Ayrshire
Dumfries

Match 2: 26th March Warm up 12:30pm

Teams:

Helensburgh
Scotia
Kintyre
City of Glasgow

Match 3: TBC

Teams:

City of Glasgow
South Ayrshire
Kingston
Ren 96

FINAL: 24th June, Citadel, Ayr.

Swimmers have been identified according to age and ability. A **squad** has been announced and a **team** selection will go out 3 weeks before the competition. All selections are at the coaches' discretion. The aim is to score as many points as possible so coaches will select the strongest team.

Swimmers will travel to and from the final as a team with coaching staff.

Swimmers will be provided with a t-shirt to wear at every round. These must be worn for all league matches.

Swimmers are advised to eat before departure and to pack snacks for the bus and poolside. Host clubs provide hospitality for visiting clubs.

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FAQ:

1. What will my child be swimming?

We will aim to give swimmers as much notice as possible for swims. An ideal team will be selected. If swimmers cannot attend changes will be made. Changes can be made up to the race.

2. What should they bring?

Swimmers should bring: Costume, Hat x2, Goggles x 2, Water bottle, Towel x 2, poolside clothing, and snacks.

3. Where will we be going and how do we get there?

swimmers should make their own way to the venues for each of the 3 rounds. COGST will provide accommodation for a team bus to and from the final.

4. Is there a cost?

COGST pays an entry fee to enter the Mini League.

5. How does it work?

Three matches. Top 6 clubs from end of 3rd match will progress through to the final. Swimmers will not be awarded medals. Coaches receive results. Clyde Coast mini league is a level 3 accredited meet. Meaning times can be used for time trials, mini events and other level 3 meets. **Some swimmers may have more races than others. Teams are picked at coaches discretion with the aim to score as many points as possible.**

6. What is the difference between being selected for the squad and the team?

The squad is all swimmers eligible to swim all rounds. The team is the selected swimmers to swim a specific round.

7. Will my child manage the swims you enter them on?

Swimmers will not be entered in races the coach does not think they are capable of. Remember you child swims 1000's metres per session. Races range from 25m to 100m at Clyde coast.

8. Does my child have to dive?

No, swimmers who are not confident diving can start from in the water.

9. My child is swimming an age group up why?

Age of day is 30^h June. If you child has birthday during the league they will swim up to that to that age. Swimmers can also swim up an age group at Clyde Coast.

10. How long does the match last?

Each match lasts around 2/2.5 hours, including warm up.

11. What are the events?

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Event No		Events	
Girls	Boys		
1	2	9 years & under	4x25m medley relay
3	4	10 years	4x25m medley relay
5	6	11 years	4x50m medley relay
7	8	8 years & under	25m freestyle
9	10	9 years	25m butterfly
11	12	10 years	50m backstroke
13	14	11 years	100m breaststroke
15	16	8 years & under	25m butterfly
17	18	9 years	25m backstroke
19	20	10 years	50m freestyle
21	22	11 years	100m butterfly
23	24	8 years & under	25m backstroke
25	26	9 years	25m breaststroke
27	28	10 years	50m butterfly
29	30	11 years	100m freestyle
31	32	8 years & under	25m breaststroke
33	34	9 years	25m freestyle
35	36	10 years	50m breaststroke
37	38	11 years	100m backstroke
39	40	9 years & under	4x25m freestyle relay
41	42	10 years	4x25m freestyle relay
43	44	11 years	4x50m freestyle relay
45	46		6x25m squadron freestyle relay

Any further information can be found at <http://www.clydecoastleague.co.uk/mini.htm>

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Training

Reminder to parents:

Additional training sessions are for FULL Clyde Coast Squad not just the team for each round.

For this year Clyde Coast Mini League we will offer training sessions for the squad. Sessions will provide:

- Additional skill work
- Relay practice
- Team Building

Dates & Times:

- Tuesday 21st February 2017 19:00-20:30 (Tollcross)
- Tuesday 21st March 2017 19:00- 20:30 (Tollcross)
- Tuesday 11th April 2017 19:00-20:30 (Tollcross)
- Tuesday 9th May 2017 19:00-20:30 (Tollcross)
- Tuesday 20th June 2017 19:00-20:30 (Tollcross)

As soon as we know the dates for the matches 2 and 3 we will inform everyone ASAP.

This will replace swimmers original training session.

We look forward to seeing you at training,

Coaches: Jamie McKinley, Grant Gould, Lewis Smith, Ross McCafferty, Victoria Milburn and Ian Philips