

An Introduction to The Crusader League 2016

The Crusader League consists of teams in and around the potteries area, with teams partaking from as far afield as Buxton in the east to Newport in the west, With galas held in the first few months of each year,

- The age groups are
 - 10 and under
 - 12 and under
 - 14 and under
 - Open
- The ages for these leagues are as at a fixed date determined by the last day of the competition each year.
- A swimmer must have reached 9 years of age on or before the last day of the competition, usually towards the end of June.
- The changes to be introduced from 1st September 2007, now state that for Racing, that is speed swimming, the age of the swimmer will be calculated at midnight on the day of the event or the final day of a series of events forming part of one competition. **ASA Law 411.5**
- The minimum age for competing in Leagues is the same as Open competition as in **ASA Law 411.5.3** being 9yrs. There is no difference between individual events and relays. This means that all competitors must be 9yrs old on the last day of your competition whenever that is
- As the League consist of a series of galas, members of each division host their own gala against other members of that division, with a system promotion and relegation between the divisions accordingly.
- This has been changed since the 2013 season to be three divisions of four teams each holding three galas.

Division 3	Date
Telford Aqua	19th March 2016
Buxton	23rd April 2016
Market Drayton	4th June 2016
Whitchurch	

Division 3	Gala 1	Gala 2	Gala 3	Total
Buxton				
Market Drayton				
Telford Aqua				
Whitchurch				
Results	Results	Results	Results	

FAO Swimmers and your supporters

Indicate your availability **by the deadline date**. If the deadline passes and no response has been received it will be assumed that you cannot attend.

If there is a coach please make a note the departure time from Oakengates Leisure Centre. Travelling on the coach is a great team building opportunity.

If there is a coach bring **£5** coach fare on the day. There may be space for parents (who are not assisting poolside) to travel on the coach for the same fare however priority may be given to parents whose child is aged 10 and under.

If your gala does not involve a coach journey, make sure you know where the venue is. Maps are sometimes available or check websites (ours, the venues and the host club).

Arrive 15 minutes before the warm-up and register with the Team Manager

Most Crusader League events are on a Saturday. If you train on a Friday night attend that training as normal.

Be prepared

Get your swimming kit and bag ready the night before. Note the word "your". It is your responsibility to have your kit in your bag ready to leave the next. We are sure the adults will provide you with everything you need.

Ensure ALL items are labelled with your name and TASC – advise your adults to invest in a waterproof marker

Checklist

- Non squad swimmer should wear: Dark Costume and TASC hat
- Squad swimmer – TASC costume, TASC hat and TASC Tea bag top.

TASC branded items can be ordered and purchased via the club shop on our website. Code = Telford Please do this well in advance of an event as some items must be ordered in from overseas.

- 2 pairs of Goggles - make sure they both properly adjusted.

If your goggles become dislodged during a swim you must carry on swimming. If you touch them or stop you will be disqualified in all events except freestyle so it is essential that you make sure your both sets of goggles are perfect before you leave home. (If they are new, try them in the bath!)

2 towels - one for drying off after the warm up and one for keeping you warm and drying off after the gala has finished.

Drinks bottle – filled with water



We do not recommend sugary/fizzy/energy drinks, jelly cubes or sweets before you swim as a nutritious and balanced diet with plenty of water should be sufficient. Eating a nutritious and healthy snack such as the ones below within 15-30 minutes after the event is recommended.



However, if you do get peckish poolside then fresh fruit/cereal bar/crackers/oatcakes/dried fruit and malt loaf are all suitable snacks. A lunchbox, crisps, big tubs of pasta, energy sweets, chocolates or even a double espresso will not be needed. Nerves can make swimmers nibble – try to not eat too many healthy snacks though as we don't want you getting poorly in the pool.



Do not eat a large meal within 2 hours of the start of the gala. (Your body uses energy to digest food – energy that you need to swim fast!).



WATER, WATER, WATER – You must hydrate well before and after the event. Your time will be reduced by 10% if you are dehydrated. If you are thirsty, it's too late, you are already dehydrated.



Listen and **Comply** with the instructions of your Coaches and Team Managers. **Watch** other events and **Encourage** other team members in their events.



Good behaviour is expected from everyone on poolside and on the coach. Having fun is important however we must all behave in a respectful, polite and positive manner (adults included).



No electrical devices poolside e.g mobile phones, hand held gaming devices, tablets. No filming or taking photographs poolside or in the changing areas.



For security, safety and event management any swimmer regardless of age needing to leave poolside must notify a Team Manager before doing so.



Leave the poolside, changing rooms and coach tidy. Take all your rubbish as well as all your valuables with you.



If you can – **encourage your parents** to help. The club could not function without the help of parents and family.



We are a team, this is a team event and we support everybody from beginning to end. Unless prior permission has been obtained from Lynne Wallis, Head Coach it is required that **all swimmers stay until the last event has ended**. Please email Lynne Wallis at tasheadcoach@outlook.com should you need to leave before.



Swimmers under the age of 10 may get changed and sit with their parents, if they have finished their events (Parents and Guardians, please instil in the swimmer the need to notify the TM if leaving poolside).



We at Telford Aqua SC pride ourselves on the good manners and attitudes of our swimmers and believe that having amateur status does not mean we have amateur standards. We are sure Parents and Guardians endorse the need for us all to thank Officials and TASC Volunteers who have donated their time.

And finally.....

Enjoy yourselves and make great memories.