

FREQUENTLY ASKED QUESTIONS

When you enter the Competitive Swimming Squads for the first time there are always lots of questions you will want to ask. Your Squad Reps and Coaches are there to help you throughout each squad but here are the answers to some typical questions you may have.

What will I need to bring to each session?

Each squad criteria sets out the equipment you will need (see squads page). You will always need to bring a drink.

Where can I get this equipment from?

You can purchase this equipment from the club shop (see club shop page) or you can buy online through Swimshop by clicking on the logo on the clubshop page. If you use this link CASC obtains a percentage of the purchase price and we actively encourage parents to do this.

What is the club uniform and when do I need to purchase it?

The club uniform is a white CASC polo shirt, black CASC shorts and black CASC hoodie. The wearing of a black CASC swim hat is compulsory at all times when representing CASC at galas. It needs to be purchased once your swimmers starts competing for CASC and can be purchased from Kanae Harazawa (see club shop page).

What is a PB and where is the information kept?

A PB is a well used term in competitive swimming and refers to the swimmer's "personal best" time. The times that your swimmer achieves at any competition or at time trials is on the CASC website (see results page). The Chief Coach keeps a record of all current CASC swimmer's PB times and uses this to select swimmers for competitions. Parents are encouraged to keep their own record of times and a logbook for this purpose is available from the Club Shop.

What is an Open Meet?

An open meet is one where a swimmer competes as an individual. The Chief Coach selects a variety of open meets during each season where either he or another CASC coach will attend. All competitive swimmers are encouraged to enter these open meets as a means to obtain up to date PB's. Each open meet is graded with Level 1 being the most challenging. Your coach will guide you as to what open meets are right for your swimmer and a list of those are available through the website (see Fixtures page). The open meet will be advertised by the Competition Secretary some time before the gala (often 3-4 months before) and there will be a closing date for all

CASC applications to reach her by. The form needing completion will be available on the website (see Competition Forms). Occasionally an open meet will be advertised which is “not supported”, this just means that the Chief Coach feels that the Open Meet would be an opportunity for CASC swimmers but as it is unlikely to attract a large number of swimmers, the funding for a CASC coach to be poolside will not be available.

What is a Team Gala?

CASC enters a number of galas held by other swimming clubs. There are a range of abilities required for these galas and team selection is carried out by the Chief Coach. If selected you will be contacted by e mail up to 4 weeks before the event. .

What is the National Swimming League and the Octopus League?

CASC has teams entered into both of these Leagues and as its name suggests the National Swimming League (South) is a national competition. CASC have recently been promoted to the Premier League in their region and the competition is held over three rounds on the second Saturday of October, November and December. This is a prestigious and important competition and selection is carried out by the Chief Coach. The galas can take place at a range of locations in the South of England

The Octopus League is more local and comprises of teams from Surrey and Kent. There are 8 clubs in the League and the aim of the League is to give an opportunity for clubs to introduce a range of abilities to competitive swimming. This is done by restricting 3 of the 6 galas to time restrictions so that clubs are penalised if swimmers are too fast for any particular event. Team selection is again performed by the chief coach and for both these galas you will receive an e mail if your swimmer is selected up to 4 weeks before the event. Galas are normally held at Beckenham Spa and run from April through to October. CASC are the current 2008 Octopus Sprint League Champions.

The age range for the NSL is 11 and under, under 13, under 15 and open and the Octopus League is 10 yrs, 11 and under, 13 and under and 16 and under (with all ages taken at 31 December in the year of competition).

My swimmer is new and has no times recorded, how do we get these?

Swimmers often get their first times through time trials and through the CASC Club Championships held in the Autumn. It is therefore important that you enter for as many events as your coach advises for the club championships and that you attend when a time trial session is being held.

What are the County Championships, the Regionals and the Nationals?

In most sports there are stages that each athlete can aspire to attain and swimming is no different.

The Surrey County Championships are held in late January, February and March each year and the CASC deadline for entries is mid December. The qualifying times for this year's championships are available from "Surrey Swimming" (see Links page). You will wish to note that the age for qualifying times are age as at the last date of competition in March. Swimmers need to attain a qualifying time (SQT) from a licensed meet for the 2010 Championships so it is important that swimmers enter licensed open meets throughout the swimming season to achieve this. The CASC Club Championships in the Autumn are licensed to ensure that CASC swimmers have a further opportunity to gain SQTs. On average approximately 70 swimmers from the CASC squads achieve SQT's

The Regionals are the next level and CASC compete in the London Region. The qualifying times (LRQT) for this event are available at the start of the year on the London Swimming website (see Links page). Approximately 30 swimmers from the CASC squads achieve LRQTs.

The Nationals are the pinnacle of a competitive swimmer's career and only a handful of swimmers nationally gain this achievement. The national qualifying times (NQT) are available currently on the British Swimming website (see Links page) and last year 3 CASC swimmers achieved NQTs.

Who can I talk to if I have a problem?

If you have a concern about your child then the first point of contact should be your squad coach who can be approached once a session is complete to arrange a suitable time to meet. If there is a child welfare issue then CASC has a welfare officer who can be approached in complete confidence (see welfare page). If you have a concern or query regarding the running of the club or any other matter (except child welfare) then you should contact the CASC Club Secretary (see contacts page).

How much do I have to pay?

There is a monthly squad fee which should be paid to CASC by standing order. Please speak to the CASC Treasurer for 2009 squad fees payable. In addition there is an annual membership subscription payable on 1 January each year.

There is also a mandatory subscription to the ASA and London Region payable to CASC in January. This currently stands at £22 and £2.50 respectively. CASC have no control over the level of this subscription and it must be paid in order for a swimmer to compete in any gala. There is no pro rata reduction over the course of the year.

What can I do to help?

There are always opportunities to help CASC. The success of the club depends on the many parents who are prepared to give up some of their time to help in several different ways. If you would like to offer help in any capacity please contact the Club Secretary.

If you have any further queries or think it would be useful to have any other questions answered on this list then please contact the Club Secretary, your Squad Rep or your Coach.