



Which meets should a swimmer attend?

The fixtures calendar is always discussed by the coaching team and any decisions made will be in the best interest of each swimmer's long term development. All competitive levels are catered for, which naturally provides a healthy level of opportunities.

All meets are predominantly chosen to match training cycles, but are also strategically positioned to fall in a number of qualifying windows. Unless recommended, the coaches do not expect any swimmer to compete more than once a month. Championship meets such as Counties/Regionals are the exception.

Each squad's criteria document advises the swimmer as to which meet is appropriate. The club's management system, Swim Manager, will highlight the details of the next meet that is suitable for each swimmer.

When entering meets it is advised that the swimmer has a discussion with their coach about the appropriate events for that meet. All swimmers will be advised to enter no more than two events per session to avoid fatigue during the meet.

At certain competitive levels, mainly regional level and above, the coach may advise the swimmer whether the upcoming meet is either a 'practice meet' or a 'target meet'. This will influence entries and may encourage swimmers to enter events they would not normally race to ensure a well-rounded competitive season.

Occasionally, for various reasons, alternative meets (off the list) are recommended for an individual or group of individuals and they are 'advised' to attend these alternative meets. It then becomes an 'invite only'; i.e. it doesn't suit the whole squad to go. Reasons why this might be are:

- Injury meant previous meets were missed
- Certain events are available that have not been available in previous meets (e.g. 800/1500)
- The coach deems it a good experience for the development of that swimmer
- A swimmer was scratched from previous events – i.e. the meet was oversubscribed
- An invitational meet is publicised by another club that was not originally known about

Not all meets are suitable for all swimmers **at the same point in time** and the coaches are careful to determine what is right for each swimmer at any point. If you feel your swimmer should have been included on an 'invite only' and wasn't, have a discussion with the coach to determine the reasons.

Parents and swimmers should note that it states clearly in the COSC squad criteria document that:

*Swimmers should enter the meets recommended by the Head Coach for their level. These meets will be highlighted on the competition plan. **Swimmers should not enter any meets outside of the competition plan unless authorised to do so by the Head Coach.** By accepting their swimmer's position in a squad, parents are agreeing to this.*