

BERKSHIRE & SOUTH BUCKINGHAMSHIRE AMATEUR SWIMMING ASSOCIATION DEVELOPMENT MEET 2012 - 14 OCTOBER 2012 AT BRACKNELL LEISURE CENTRE

INFORMATION FOR COACHES

DIRECTIONS TO BRACKNELL LEISURE CENTRE

Bracknell Leisure Centre is on the A322 about 1 mile south of Bracknell town centre. The full address is:

Bracknell Leisure Centre, Bagshot Road, Bracknell, Berkshire, RG12 9SE

Directions can be found at <http://www.bracknell-forest.gov.uk/blcgeneralinformation#Location>

There is ample free parking at the centre. There is also a café and bar selling a wide range of meals and light refreshments.

ACCEPTED SWIMS SUMMARY

All swimmers who entered, paid on time and met the published entry criteria have been accepted.

Please consult the accepted swims summary at www.bsbasa.org for full details of the entry information received from the on-line entry system. Errors to the entry information can normally be corrected before the meet (please email clubchamps@bwsc.org.uk). It is most unlikely that corrections will be possible on the day.

REGISTRATION

All swimmers need to register that they intend to swim in each of the events they have entered for. There will be separate registrations for sessions 1 and 2. Registration closes at the start of the warm up for each session i.e. 12:15 for session 1 and 16:15 for session 2.

Registration will take place at the top of the stairs as you approach the pool. There will be separate registration sheets for boys and girls, and there will be someone to assist. Swimmers need to register their intention to swim by highlighting their competitor number for the events they will swim. Events that they will not be swimming should be left un-highlighted.

If swimmers do not register, they will not be able to swim.

REPORTING FOR EVENTS

It is the responsibility of each swimmer to make sure they report to the competitor stewards in good time for their swim. Start lists will be posted on pool side before the start of each session.

SESSION TIMES

Please note the actual session times differ slightly from those provisionally published. The revised session times are:

<u>Session</u>	<u>Warm up / Register by</u>	<u>Racing starts</u>
1	12:15	12.45
2	16:15	16:45

We are expecting to finish around 19:30.

COACHES PACKS

These can be collected from Helen Whittle at Session 1. They will contain:

- ♦ A programme for each session
- ♦ The Warm Up protocol
- ♦ A Coaches pass(es) as ordered

WARM UP / DOWN FACILITY:

The training pool will be available for “free” warm up and warm down during the competition, this is subject to coaches supervision. Unsupervised swimmers and misuse of this facility will lead to it being withdrawn.

COACHES FEEDBACK

Each coaches pack will include a short questionnaire which gives you an opportunity to reflect on the Meet and to consider proposals for next year.