



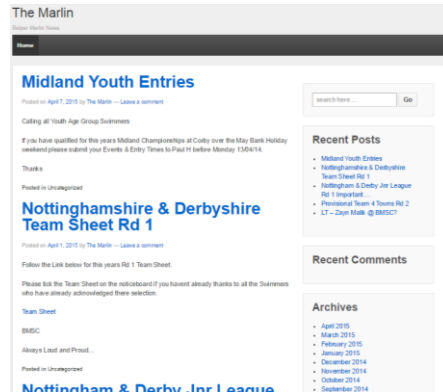
## THE MARLIN – GET SIGNED UP AND KEEP IN THE KNOW!

How do I keep up to date with EVERYTHING!  
As a club the easiest and most effective way to get information on EVERYTHING is to subscribe to the MARLIN. Follow the steps below and make your life easier!

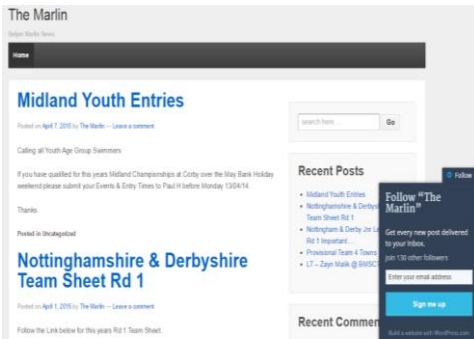
[Click here](#)



Enter the Belper Marlin website and Click on the Marlin fish



This takes you to the blog feed. All information on galas and club



To sign up, so that the Marlin blog comes directly to your email, simply click on 'Follow' (tab in the bottom left hand corner). Put in your email address and hey presto it will feed you with everything Marlin. This is not a torrent of emails so don't think it will clog up your system and does not send you any junk or adverts!

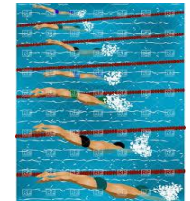


## HOW TO ENTER GALAS



This leaflet is designed to guide you through competitions and how to enter them. It does not replace chatting to a coach or another parent as they are the best way to work out how it is done! We all have to ask at the start so please just chat with other parents and ask for help.

If you are interested in entering competitions you MUST subscribe to the MARLIN BLOG. This informs you of when the competitions are and the closing dates for entry.



### What are gala levels and which ones should I look for?

- Level 1 - For the fastest swimmers
- Level 2 – For moderate and fast swimmers
- Level 3 – For most swimmers (entry times easier to achieve)
- Open Galas – For every swimmer:  
club galas -Summer Sprints (June), Club Champs (Nov)
- Mini Marlin galas

All levelled galas need entry times that are shown on the entry form. There is a record of your child's personal best times for each stroke over each distance. It is important to note that times will only be given if your child is able to complete the distance effectively using the correct stroke and diving, turning and finishing accurately. All the above events are monitored by judges and officials so swimming has to be accurate! Please keep a record of your child's PBs as these are the key to unlocking galas ... along with an entry fee and being your child's taxi of course!



### How do I find my child's personal best (PB) time.

The club runs internal timing sessions at the start of the season to acquire a PB for a stroke and distance for your child. These may then be improved upon during club internal competitions and the levelled external galas. The club updates its PB spread sheet as fast as it can, but it might also be useful to



keep your own record. To locate the clubs PB list go to the Marlin's home page. Click the button in the bottom left hand corner called CLUB AREA. Then click on PB list button. A list will download in excel.

### **When can my child enter a gala?**

Except for the internal Marlin Summer Sprints and Club Championships in June and December, your child must be 9 years old or above to enter a gala. In some galas it is age on 31<sup>st</sup> of Dec, if unsure check with coaches. Your child must also be able to swim the distance and sustain the correct stroke, turn properly and finish otherwise the judges and officials will disqualify (DQ) them if they make mistakes. Initially your child may get DQed, all the swimmers at one time or another have been, and so it is a learning curve that they need to experience.



### **How do I enter a gala and which ones should I choose?**

Level 3 galas are the beginners gala. To find out when these are on you need to look on the website or get the MARLIN BLOG sent to your email. This is really simple by subscribing on the website. It is totally run by Belper Marlin's and you only receive emails from the club about club events and reports on our successes. Once you have found the event you simply print off an entry form from the organisers website (again a simple task). This is then completed with your child's times, a cheque made and then handed usually to Paul Horobin.



### **Who should I hand entry forms and cheques to?**

Paul Horobin is the main money and entry form collector. If you can't find him just ask someone and they'll either send you in his direction or will pass it on.

### **How do I get to the gala and what happens?**

Maps to the gala venue are found on the Marlin website along with the times that they need to arrive for their warm up swim. Simply send your child to the changing rooms and tell them to inform the team manager of the Marlin's that they have arrived, they will be on pool side. There will be lots of Marlin bags, shirts and banners around so they can easily latch on to someone to help. As a parent you simply leave them to it, find a place in the crowd and enjoy.

### **How does the gala work and how are the children placed?**

Children will be placed into heats according to their times and so they are really just competing against themselves to get a personal best time (PB). It doesn't necessarily matter if they win their heat, parents need to look at children of the same age across the whole event to see where they are placed. This is posted up on the wall of the gala or often is fed live to the internet on the host website.

### **How do I enter the Marlin Summer Sprints and Club Champs.**

Again the Marlin website and blog has all the information. You simply complete an entry form for the races you wish your child to enter and hand it into either Paul Horobin, Richard Oram or simply ask around and someone will help you. Again on the day there will be lots of familiar faces around that will help your child and reassure them before and after the event.

### **What kit and food do they need?**

The bag should include: Swimwear, towel, goggles, swim hat, and t shirt. No floats are required. It is essential that they have a drink and snack (health bar, fruit, plain pasta etc). If it is an all-day gala then they will require lunch. Fizzy drinks and masses of chocolate and sweets is not a good idea as they often make your child feel sick and the quick fix of energy is detrimental to their swim.



### **Can my child enter a team event?**

As your child either competes in galas or takes part in the time trials they will acquire a personal best for each of the four strokes. The team coaches will look at these and choose the teams accordingly. There are three main competitions

- The Four Towns: A gala between Marlin's and three other local clubs - usually new swimmers – so watch out for this one. Team will be posted on the Marlin blog and later on the notice board. Just speak to coaches to confirm your child can participate.
- The Derbyshire and Nottinghamshire (Diddy) League: Faster swimmers that are of the age 12 and below.
- The Arena League: The fastest swimmers of the club competing at a high level.

### **What are The Counties?**

Derbyshire ASA run a swimming gala. To qualify your child must swim a certain speed – which is usually quite fast! There are county galas as Matlock in the 25 m pool (short course) and at Ponds Forge in Sheffield in the 50m pool (long course). All the information will be blogged.