

# Competitions

## Intraclub

An intraclub is a competition against people in the club at the same speed as you. It is excellent for the less experienced swimmers to help them get used to competitions and to achieve times to use to improve upon.

## Friendlies

Friendlies are to get you into racing against other clubs and get you used to swimming in different pools and racing different people. You can sometimes win medals and the club might win a trophy. Again it will give you times to improve upon.

## Leagues

Evesham Swimming Club enter the Nuneaton League each year which involves the club taking a team (by bus) to various pools around the country. It is usually great fun and when we make it to the finals we have to dress up and parade around the pool (just like the Olympics). The Coaches put a list on the notice board of those swimmers suitable for each competition along with the details.

## Club Championships

They will give you experience of competitions, you might get medals and if you are really good you could also get some club records. Times from this will help you enter into open and county competitions. These competitions are great fun and are suitable for all members.

## County Championships

To swim at the County Championships you have to have achieved a “qualifying time” and these will be displayed on the notice board. To swim at County level is a great achievement.

## Opens

Evesham Swimming Club regularly displays other competitions on the notice boards. These are “opens” and are available for anyone with qualifying times to enter. Some are Level 1 (for faster swimmers), Level 2 (with a faster and slower range for times) and Level 3 (with a less demanding range for times). The club will sometimes enter these as a team and sometime as individuals, either way the entries are coordinated and entered as one entry from the club.

The above describes the sort of competitions which our swimmers may enter. They are great fun, encourage a good team spirit in Evesham Swimming Club and it is a good way of seeing how your times are improving.

If you are in any doubt as to whether a particular competition or race is suitable for you please, please speak to any of the Coaches or Mirren.