



## Team Managers - Things to know!

The main role of the TM is to be a central point on poolside for the swimmers and Coach. To remain within the designated Club area on poolside and give our swimmers support and encouragement, and generally aid the smooth running of the gala process from warm up, through marshalling, events and swim down; with the appropriate level of contact for each individual swimmer - keeping swimmers calm and focused allows the Coach to coach. The welfare of the swimmers is a priority.

Warm up is generally 1 hour prior to the start of each session so it is necessary to be there just before this. Timings for warm up are often detailed in the Club pack, which is collected at the start of the weekend and contains the Poolside Passes as well as other information (normally the Coach collects this). Otherwise announcements will be made about the order and timings of warm up at the beginning/end of each session. Most galas run with the gender of the first event swimming first in warm up usually with 10 – 15 minutes of general swimming followed by 5 minutes of dives and sprint starts.

It is good practise to prompt swimmers to do some flexing and stretching prior to their warm up.

Try to speak to each athlete at some time during the day. This will probably happen naturally as they arrive or ask for information about their events. But you may need to encourage some to speak to you.

Visually check all swimmers are present at the start of each warm up – the Coach should know if anyone has arranged to arrive later or is ill and not swimming. All swimmers should make sure you know when they arrive on poolside at the start of a session. This may be as little as a smile as they walk past you on poolside or a hearty greeting! The Coach usually deals with all the paperwork with regard to withdrawals and team entry sheets.

Start sheets are generally available about 15 minutes before the start of a session and at most galas are brought round by a representative of the Club running the gala (else can be picked up at/near the Timing Room). The swimmers are very keen to see these and it is much easier if STSC swimmers are marked with a highlighter as you will refer back to them on many occasions during a session eg letting swimmers know approximately when they need to be at marshalling, checking when swimmers need to be in marshalling, checking swimmers are in marshalling, writing down times obtained in events for individual swimmers.

Swimmers need to be at marshalling approximately 3 heats prior to their own heat although with 50m races this increases to 5/6 heats as these events run much quicker. Swimmers should speak with the Coach prior to each of their events to get advice and motivation. This needs to be considered when calculating what time they need to get ready for their event.



# SOUTH TYNESIDE SWIMMING CLUB

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After a race swimmers report back to the Coach for feedback and should then commence their swim down. Coaches do move around the poolside quite a bit and some swimmers find it hard to spot them so you need to try and keep an eye on their position in case a swimmer asks!

Try to listen out for all announcements as sometimes important things, such as timings, medallists, finalists and changes to the programme, get announced which it's best to be aware of. Make sure the Coach knows of anything that affects STSC swimmers that they may have not heard if talking to swimmers at the time of the announcement.

Remember to prompt swimmers about keeping hydrated and possibly having a light snack between events. Also after swim down to dry off and put clothing back on to keep warm. If leaving poolside they must be dry, wearing clothing and have something on their feet. Lunch is provided at most galas and bottled water too, though it's worth bringing a drink of your own as sometimes they don't come round with drinks as often as needed or you miss them due to sorting out swimmers. (Also maybe a snack to keep you going until lunch time)

A cushion is good to mark your territory (ie a dry patch, just in case you get a chance to sit down!) Remember also pens and highlighters and maybe a clip board for resting on. Money for a locker to keep car keys, personal items and such safe is also worth considering. Swimmers should remain within the designated Club area on poolside but will/should ask to go off to visit parents, the loo etc. Just make sure you know where they are just in case they forget to come back in time for an event and you have to send someone to go find them! Also remember if leaving poolside swimmers must be dry, wearing clothing and have something on their feet.

Swimmers should let you know when they are finished for the session and are leaving poolside.

It's good practise to keep our Club designated poolside area tidy and clear of rubbish (there are usually bins/black bags around for rubbish and our swimmers are mostly very good at this without prompting).

Keep an eye out for misplaced goggles and hats. Lost clothing can also turn up. All Club kit should be marked with Squad Numbers – a list of these for those attending is available for each gala. Especially at the end of the day check for any items left behind and collect up for returning to individual swimmers.

All swimmers should arrive at the gala in club tracksuits and be wearing club kit on poolside at all times.