

ATTENTION: YOUNGER SWIMMERS **(AND THEIR PARENTS!)**

Hoddesdon Open Meet 4 September 2010

Open Meet??

There are two aspects of being a competitive swimmer, the chance to swim as a member of a Harpenden team and the opportunity to race, as an individual, against swimmers from other clubs in 'Open Meets'. As part of your development as a swimmer, we are looking for all of our swimmers to compete in Open Meets so that you can:

- See how much you are improving!
- Measure your performance against other swimmers of your age; and
- Gain qualifying times for higher levels of competition, such as County, Regional or even National Championships.

The Hoddesdon Open Meet on 4 September (which is to be held in Borehamwood) is particularly suitable for swimmers who have not competed in open meets before or who may only have swum them once or twice because it does not have qualifying times so that anyone can enter (provided they are not too fast! or too young – **you must be at least 9 years old by 4 September to enter**).

We are therefore looking to send **as many of our younger swimmers as possible** to this meet who have either not swum in an open meet before or have swum only a few events previously at open meets (probably only 50m swims). This time we are **not** targeting our more experienced swimmers – we will be offering them other meets that suit them better during the course of the Autumn.

What events should I swim?

If possible we would like you to swim **200m front crawl ('Free') plus one or two 50m races**. Because the Meet is run over two sessions (starting at 8.30am and 1.30pm) we would suggest that, particularly if this is your first open meet, you aim to swim in just one of the Sessions (otherwise it is a very long day by the poolside). Because of the Meet Schedule, we would suggest that Girls should swim the 200 Free and one or both of the 50m Free and Breaststroke, in the morning Session and Boys should do the same in the afternoon Session.

What to do?

If you would like to swim in this Meet please **complete an Entry Form**, which you will be able to download from the Club website or pick up from the 'signing in' desk and return it with a cheque for your payment (**£4 per event plus £1 administration charge to cover costs**) to **Laurie Dixon** who will be manning the desk for this purpose on most Wednesdays and Sundays from about 6:50 to 7.15. Also, if you have any questions about the Meet, including which events to swim, please speak to Laurie and she will be able to help you or, if necessary, refer your question to one of the coaches. If you don't know who Laurie is, please ask!

Entries for this Meet must be submitted by 23 July at the latest so, if you wish to swim, please return your completed form and cheque (made payable to 'Harpenden SC') by Sunday 10 July at the latest. Unfortunately, we will **not be able to accept late entries because we have to send all of our entries in at the same time.**

Philip Cook
Open Meets Secretary
June 2010