



# BLACKPOOL AQUATICS ASC

## Competition Program 2011-2012

Date	Competition	Venue	Squads
<b>September</b>			
10 <sup>th</sup>	Micro A/B Swim Offs	Palatine Pool, Blackpool	
17 <sup>th</sup>	ESSA (English Schools Swimming Association)	Rescheduled for Spring Term 2012	
18 <sup>th</sup>	Swim League A	Palatine Pool, Blackpool	
24 <sup>th</sup>	Club Champs (8yrs/Under)	Newton Hall, Blackpool	All Rising Stars
27 <sup>th</sup>	Rising Stars Mini Meet 1	Newton Hall, Blackpool	All Rising Stars
30 <sup>th</sup> /1 <sup>st</sup> /2 <sup>nd</sup>	Wirral Autumn Meet (Level 2)	Europa Pool, Birkenhead	P1, P2, P3
<b>October</b>			
8 <sup>th</sup>	1 <sup>st</sup> Round Arena League	A Team @ Bury / B Team @ Kendal	
15 <sup>th</sup> (TBC)	1hr Postal Swim & * ½ hr Postal Swim (swimmers will swim anytime between 6am – 9am in 3 x 1hr slots, times to be confirmed by coach)	Palatine Pool, Blackpool  **** Postponed****	P1, P2, P3 *All Rising Stars (coach advised)
22 <sup>nd</sup> /23 <sup>rd</sup>	Wigan Best Future Stars Open Meet (Level 2)	Library Street, Wigan	P1, P2
<b>November</b>			
5 <sup>th</sup> /6 <sup>th</sup>	North Lancs. (Level 3)	Palatine Pool, Blackpool	P1, P2, P3
12 <sup>th</sup>	2 <sup>nd</sup> Round Arena League	A Team Horwich/ B Team Leigh	
13 <sup>th</sup>	Club Champs (Level 4)	Palatine Pool, Blackpool	P1, P2, P3 All Rising Stars (Chance to qualify for Level 3's in 2012)
18 <sup>th</sup> /19 <sup>th</sup> /20 <sup>th</sup>	Stockport Metro Open Meet (Level 2 Short Course)	Grand Central Baths, Stockport	P1, P2
24 <sup>th</sup>	Club Champs (Level 4)	Palatine Pool, Blackpool	P1, P2, P3 & All Rising Stars
27 <sup>th</sup>	Club Champs (Level 4)	Palatine Pool, Blackpool	P1, P2, P3 & All Rising Stars
<b>December</b>			
3 <sup>rd</sup> /4 <sup>th</sup>	Warriors of Warrington Licensed Meet (Level 3)	Woolston Leisure Centre, Warrington	P3 & Winter Champs. Non Qualifiers
3 <sup>rd</sup> /4 <sup>th</sup>	ASANWR Winter Champs. (Level 2 Short Course)	Manchester Aquatics, Manchester	P1, P2

10 <sup>th</sup>	3 <sup>rd</sup> Round Arena League	A Team Bury/B Team Leigh	
11 <sup>th</sup>	Mini Olympics	Palatine Pool, Blackpool	All Rising Stars
<b>January 2012</b>			
14 <sup>th</sup> (TBC)	1hr Postal Swim & * ½ hr Postal Swim (swimmers will swim anytime between 6am – 9am in 3 x 1hr slots, times to be confirmed by coach)	Palatine Pool, Blackpool	P1, P2, P3 *All Rising Stars (coach advised)
14 <sup>th</sup> /15 <sup>th</sup> Dates TBC	Burns Open Meet (Level 1) ***** <b>Not on ASA Calendar</b> *****	Ponds Forge, Sheffield	P1
20 <sup>th</sup> /21 <sup>st</sup> / 22 <sup>nd</sup>	Liverpool Winter Meet (Level 1)  ***** <b>CANCELLED</b> *****	Liverpool Aquatics 50m, Liverpool  ***** <b>CANCELLED</b> *****  <b>Dates confirmed and clash with North Lancs</b>	P1 Burns Meet Non Qualifiers & P2
21 <sup>st</sup> /22 <sup>nd</sup>	North Lancs. Age Group/Youth (Level 3)	Palatine Pool, Blackpool	P1, P2, P3 & Rising Stars (Qualifiers)
<b>February</b>			
2 <sup>nd</sup>	Rising Stars Mini Meet 2	Newton Hall, Blackpool	All Rising Stars
4 <sup>th</sup> /5 <sup>th</sup>	North Lancs. Age Group/Youth (Level 3)	Palatine Pool, Blackpool	P1, P2, P3 & Rising Stars (Qualifiers)
<b>March</b>			
3 <sup>rd</sup> /4 <sup>th</sup>	Lancashire Counties Age Group Champs.	Picton Pool (Wavertree), 50m, Liverpool	P1, P2, P3
3 <sup>rd</sup> – 10 <sup>th</sup>	British Gas Championships	Olympic Aquatic Venue, London	P1
17 <sup>th</sup> /18 <sup>th</sup>	Lancashire Counties Age Group Champs.	Man. Aquatics, 50m Manchester	P1, P2, P3
25 <sup>th</sup>	Mini Olympics	Palatine Pool, Blackpool	All Rising Stars
<b>April</b>			
6 <sup>th</sup> /7 <sup>th</sup> /8 <sup>th</sup>	Reading Open Meet (Level 2)	Reading	P1, P2, P3
21 <sup>st</sup> /22 <sup>nd</sup>	Harrogate Hydro Grade A & B Meet (Level 3)	The Hydro, Harrogate	P1, P2, P3
TBC	Stockport Open Meet (Level 1)	Grand Central Baths 50m, Stockport	P1, P2
<b>May</b>			
5 <sup>th</sup> /6 <sup>th</sup>	ASA North West Region Youth Champs.	Man Aquatics 50m, Manchester	P1
TBC	Manchester Open (Level 1)	Man. Aquatics 50m, Manchester	P1
22 <sup>nd</sup>	Rising Stars Mini Meet 3	Newton Hall, Blackpool	All Rising Stars
26 <sup>th</sup> /27 <sup>th</sup>	Blackpool Aquatics Open Meet (Level 3)	Palatine Pool, Blackpool	P1, P2, P3 & Rising Stars (Qualifiers)
<b>June</b>			
2 <sup>nd</sup> /3 <sup>rd</sup>	ASA North West Region Age Group Champs.	Man. Aquatics 50m, Manchester	P1, P2
9 <sup>th</sup> /10 <sup>th</sup>	ASA North West Region Age Group Champs.	Man. Aquatics 50m, Manchester	P1, P2
16 <sup>th</sup> /17 <sup>th</sup>	Harrogate "B" Grade Meet	The Hydro, Harrogate	P1, P2, P3
<b>July</b>			
12 <sup>th</sup>	Mini Olympics	Palatine Pool, Blackpool	All Rising Stars

TBC	Wirral Summer Open Meet (Level 3)	Europa Pool, Birkenhead	P1, P2, P3 & All Rising Stars (coach advised)
17 <sup>th</sup> – 21 <sup>st</sup>	National Youth Championships	Ponds Forge 50m, Sheffield	P1
22 <sup>nd</sup> - 26 <sup>th</sup>	National Age Group Championships	Ponds Forge 50m, Sheffield	P1, P2

**QUALIFYING PERIOD FOR NATIONAL AGE GROUP AND YOUTH CHAMPIONSHIPS**

Performance 1	Performance 2	Performance 3	Rising Stars
British Champs Nationals (Age & Youth) Regionals (Age & Youth) Burns Meet or Level 1 Liverpool Stockport Meet Nov	Nationals (age) Regionals (age) Stockport Meet Nov Liverpool Meet Jan Stockport Meet Apr	Micro A Swim Off North Lancs Level 3 Nov North Lancs Jan / Feb Lancashire Champs Blackpool Aquatics Open Meet May Wirral July	Club Champs North Lancashire L3 Jan North Lancashire L3 Feb Blackpool Aquatics Open Meet May Wirral July
Wigan Best Oct Stockport Meet April Winter Champs Lancashire Champs Manchester Open May	Lancashire Champs Wigan Best Oct Winter Champs	Wirral Meet Sept Warriors Meet Dec Harrogate April Harrogate June	Mini Olympics
Arena League N Lancs all Rest of Open Meets	Arena League N Lancs all Rest of Open Meets	Micro League Club Champs Swim League	Rising Stars Mini Meet 1-3

\*Reading meet in April 2012

we would like all swimmers who qualify to enter this meet, and use this as an opportunity to stay as a team, for development purposes.

The competitions for 2011/2012 have been grouped under the appropriate performance squads P1, P2 & P3 & Rising Stars and colour coded according to their order of importance within each squad

**Red**- High priority main focus (above current standard)

**Amber**- Some preparation (current standard)

**Green**- Swim through, low pressure (below current standard)

*“Extraordinary swimmers have a core belief that they can accomplish what others believe to be impossible.”*

The competition calendar has been devised by Jonathan Preston, head coach, and may be subject to change throughout the year. You will be given updates as appropriate. Please note that:

- Not all swimmers will attend all competitions, it will depend on the qualifying times and the age range covered in each particular meet.
- If you do not qualify for your intended meet it is vital that you speak first to your squad coach as soon as possible.
- High (red) importance meets in most cases it will require improvements in all-time personal bests; this is to ensure that there is a seasonal progression.
- Entering competitions that are not on this calendar will jeopardise swimming performance. Over competing is a 'false hope' strategy and is not beneficial for race improvement. Development is carefully planned and implemented. Train to improve there is no other way.