



## **Sandbach Sharks Club Championships 2011**



The Annual Club Championships will take place on **Saturday 4<sup>th</sup> June** and **Wednesday 8<sup>th</sup> June** at Sandbach Leisure Centre.

To enter any of the 50m events you will be required to enter and swim the 200m event for that stroke. We will be taking a 100m split time for the 200m events so you will also have a 100m time. We encourage you to take part in all the events but if you need any advice on which events to enter then speak to your coach.

**Entry fees** will remain the same as last year - £3 per race up to a maximum of £10 per swimmer. ie three swims = £9. Four or more £10. (Cheques payable to Sandbach Sharks ASC).

The results, times and age group winners will be available the week after the gala on the notice boards and the web-site. The **presentation evening** is always a good event and this year will be on **Friday 8<sup>th</sup> July at 7pm** at the Victoria Club in Holmes Chapel – more details will follow closer to the time.

**It's important you only bring essential items to the gala with you, such as:**

- Small bag
- Racing goggles(including a spare)
- Hat (including a spare)
- Suit (including a spare)
- 2 towels
- Lots of water or bottled sports drink (no fizzy drinks!)
- Energy snacks for during and after the gala (no chocolate)

Sweets are not to be eaten during the gala, however, they can be eaten once the gala has finished as a special treat.

**It is recommended you eat / drink something light within 10 minutes of finishing each race to enable your body to prepare for the next race. Foods that aid in swimming recovery include:**

- Small pieces of fruit, such as banana's
- Pasta
- Salad
- Jam sandwich
- Energy Sport Bars
- Small pieces of jelly
- Lots and lots of water

I'm sure you'll have a special and enjoyable day and come away with some great swimming times.

**Have lots of Fun!**



**Carolyn Cowburn**  
**Head Coach – Sandbach Sharks**

# ENTRY FORM (if not time please state "No Time")

The Timetable is as follows:

<b>Saturday 4<sup>th</sup> June</b> Sandbach Leisure Centre		<b>Wednesday 8<sup>th</sup> June</b> Sandbach Leisure Centre	
Arrive	2.15pm	Arrive	6.30 pm
Warm-up	2.30pm	Warm-up	6.45pm
Gala	3.00pm – 4.40pm	Gala	7.05pm – 8.15pm
Break	4.40pm – 4.50pm		
Gala	4.50pm - 6.30pm		
<b>Events</b> 50m Fly, Breast Stroke, Backstroke, Freestyle. 200m Breast Stroke, 200m Fly		<b>Events</b> 200m Backstroke 200m Freestyle	

<b>SWIMMERS NAME</b>	
<b>Gender</b>	<b>Male / Female</b>
<b>Date of Birth</b>	
<b>Age as at 8<sup>th</sup> June 11</b>	
<b>Tel no</b>	
<b>Family / parents e-mail address</b>	
<b>Home address</b>	

Event	Entry Time	Event	Entry Time
50 Butterfly		200 Butterfly	
50 Backstroke		200 Backstroke	
50 Breaststroke		200 Breaststroke	
50 Freestyle		200 Freestyle	

**Entry Fee** - £3 per race up to a maximum of £10 per swimmer. ie three swims = £9. Four or more £10. (Cheques payable to "Sandbach Sharks ASC").

**Completed forms to be handed to your coach.**

## HELPERS

If you are able to help please place your name, best contact and preferred job below – you do not need any qualifications! Why not try your hand at timekeeping, recording, announcing, manning the door, handing out refreshments.

Name	
Contact Details	
Where would you like to help	

## DEADLINE - FRIDAY 27<sup>TH</sup> MAY