

# **THE DIDDY LEAGUE- INTRODUCTION FOR NEWCOMERS**

Each diddy is made up of swimmers aged 9-12 (as at 8<sup>th</sup> Sept 2012)

9yrs: swim 1 length in individual. Limited to 2 individuals in own age group

10yrs: swim 2 lengths in individual (1 length in fly) may also swim once in an individual in an older age group.

11yrs: swim 2 lengths. May also swim once in an individual event in an older age group.

12yrs: swim 2 lengths in an individual and are limited to 2 individual events in own age group.

There is no restriction in relay swims however swimmers cannot swim in a younger age group unless points are declared.

## **Requirements/checklist:**

Plain black costume/ trunks (bring a spare costume of any colour)

A Wellington swimming club hat. (If a hat is worn no other club/school hats please)

2x towels (one for on poolside and one for getting changed later)

1 x club t shirt to wear on poolside (hopefully these will be provided but bring a spare just in case)

1x goggles (plus spares. Please ensure these are fitted and tested before the event. If goggles become dislodged during a swim you must carry on swimming without touching them otherwise you will be disqualified.)

Plastic drinks bottle – water/weak squash, not high energy drinks as this takes many hours for the energy in the sugar to get into your body.

Mark all your belongings with your name and Wellington S.C

Snack/banana for if you get peckish on poolside and a packed meal for your return journey home on the coach.

Don't eat a large meal within 2 hours of the start of the gala (your body uses energy to digest food, energy you need to help you swim fast!!!)

If you are travelling by coach remember to bring your coach fare with you.

On the coach and on poolside listen to the instructions from your coaches and encourage other team members.

**Most importantly swim fast and have fun!!!!**