# Competition Swimming – Info Folder

Practical information for swimmers and parents

Season 2025/2026

## Join Our Facebook Group

SKG konkurrence afdelingen– where updates are posted throughout the season.

## ABOUT COMPETITION SWIMMING IN SVØMMEKLUBBEN GRINDSTED

The competition team in Svømmeklubben Grindsted is for children and young people looking for more challenges. It combines personal goals with strong team spirit – an ideal sport for those with a passion and talent for swimming.

The three competition teams:
- Children: New competition swimmers up to the season in which they turn 13
- Age Group: For swimmers ready for more challenges, ages 13–14
- Junior/Senior: For the top competitive swimmers aged 15 and up

All swimmers on the competition teams will experience the strong social network across age groups and genders, which the club prioritizes. Swimmers can participate in meets regardless of their team, and the meets are adapted to match their skill level – from beginner events and day/overnight meets to national championships (if qualifying times are achieved).

## Our Mission

- Provide as many as possible the opportunity to participate in competitive swimming.
- Support each swimmer’s personal development.
- Create challenges and help individuals push their limits.
- Aim for participation in major national championships.
- Establish a culture of competition with a serious approach to the sport.
- Build strong team spirit through shared activities.
- Strengthen the sense of belonging to the team and club.

# For Parents

A strong community requires commitment – also from parents.

Having a child on the competition team requires more than just signing up. It demands active parental involvement.

As swimmers progress, the sport places increasing demands – better equipment, competition suits, and both practical and mental support. To ensure your child thrives and develops, your help and engagement are essential.

The club only runs smoothly when we work together. That’s why we have a competition committee made up of engaged parents and coaches. However, we always need more hands and minds.

Your contribution – big or small – makes a difference.

## Tasks of the Competition Committee

🗓 Competitions
- Plan and register swimmers for meets
- Coordinate logistics related to participation
- Organize competition events

📄 Information & Communication
- Create informational materials (like this folder)
- Host information meetings

🎉 Social Activities
- Organize community events, including:
 • Christmas party
 • Season finale
 • Kick-off event
 • Training camp

🤝 Support & Collaboration
- Assist coaches as needed
- Offer and register parents/volunteers for the Danish Officials’ Course

## Officials

We need parents to take the basic Officials training. It is required that we provide licensed officials at swim meets where our club participates.

Course dates can be found at: https://www.svoem.org/Kurser/Officials-kurser/Officialgrunduddannelse/

For questions or to register, contact Helene Nielsen at helenenielsen.skg@gmail.com

The more officials we have, the fewer duties each person will have throughout the season.

As a parent, it is expected that you engage and offer help – e.g., with food at events, driving to/from meets, or ideally as an official.

# Competition Groups

## Children's Competition

Focus:
- Introduction to club culture and values
- Learning to give and receive constructive feedback
- Strong focus on social community – in and out of the pool

Purpose of Training:
- Raise the swimmer’s skill level with more individual focus
- Increase endurance with more and higher-intensity training
- Develop confidence in strokes, starts, and turns
- Gain knowledge of competition swimming rules

## Age Group Competition

Focus:
- Further development of club culture and values
- Greater responsibility and understanding of technical and physical training
- Continued focus on social interaction – in and out of the pool

Purpose of Training:
- Improve swimming level with more focus on the individual
- Increase endurance with more intensive training
- Focus on technical training
- Introduction to intensity scale:
 • A1: Slow, steady – easy
 • A2: Steady – comfortable, light breathing
 • EN1: Moderate-fast – moderate effort, heavier breathing
 • EN2: Fast – hard, very labored breathing

## Junior/Senior Competition

Focus:
- Individually tailored training based on each swimmer’s competencies
- Strong emphasis on a positive social environment

Purpose of Training:
- Raise performance level with individual focus
- Improve endurance through higher volume and intensity
- Continue working with intensity scale (A1, A2, EN1, EN2)

# Rules for Competitive Swimmers

🕒 Arrival Time
- Arrive at least 10 minutes before training.

📩 Absence
- Notify the coach by 12:00 on the same day if absent.

🤽‍♂️ Attitude & Behavior
- Be serious at both training and competitions
- Show respect and cooperation toward coaches, teammates, and other clubs
- Greet coaches and teammates when arriving
- Bring a positive attitude – good energy is contagious
- It's okay to have a bad day – let your coach know
- Everyone should enjoy being at training – you help make it happen
- Set a good example – younger swimmers look up to you

🎒 Preparation
- Be prepared – your coach is
- Always bring:
 • Swimwear
 • Goggles
 • Swim cap
 • Water bottle
 • Towel
 • Light snack/recovery meal

🧼 Shared Responsibility
- Help with setup and cleanup – especially clean up after yourself.

**Practical Information**

**Training Times – Children’s Competition Team:**

* **Monday:** 17:30 – 19:00 – Pool time 18:00 – 19:00
* **Thursday:** 16:30 – 18:30 – Pool time 17:00 – 18:30
There is 30 minutes of strength training in connection with each training session.

**Training Times – Age Group Team:**

* **Monday:** 18:00 – 20:30 – Pool time 18:00 – 20:00
* **Wednesday:** 17:00 – 19:30 – Pool time 17:00 – 19:00
* **Saturday:** 09:30 – 11:30 – Pool time 09:30 – 11:30
There is 30 minutes of strength training in connection with each training session.

**Training Times – Junior/Senior Team:**

* **Monday:** 18:00 – 20:30 – Pool time 18:00 – 20:00
* **Wednesday:** 17:00 – 19:30 – Pool time 17:00 – 19:00
* **Thursday:** 17:00 – 19:00 – Pool time 17:00 – 18:30
* **Saturday:** 09:30 – 11:30 – Pool time 09:30 – 11:30
There is 30 minutes of strength training in connection with each training session.

**Competition Team Season**

Start: Monday, 4 August 2025 – End: Saturday, 27 June 2026

**Holiday Schedule:**

* Holiday in week 42 *(remember Valle Cup in the weekend before the holiday)*
* Christmas holiday follows the school calendar *(applies to all teams)*
* Winter holiday in week 7
* Easter holiday follows the school calendar *(entire week 14)*
* Thursday, 14 May – Sunday, 17 May *(both days inclusive)*
* Monday: 25 May
* Friday, 5 June

**Coach Contact Information:**

* René Kjær Olsen – Tel. 3150 5509 *(Age Group and Junior/Senior)*
* Niels Peter E. Sørensen – Tel. 2928 8985 *(Children)*
* Jakob Stærmose

**Committee Contact Information:**

* Helene Nielsen – **helenenielsen.skg@gmail.com**
* Gitte Stærmose – **gittestaermose@hotmail.com**
* Birgitte Andersen – birgitteabandersen@hotmail.com
* Susanne Larsen - susannespangsberg\_1804@hotmail.com
* Susanne Jensen - bobbo@c.dk

**Competitions and Events – Overview:**

* The activity schedules show the known events in the competition department.
* The activity schedules you find on the website under “konkurrenceafdelingen”
* New meets/events may be added continuously – information will be sent by email.
* Registration is done via **EVENT** on the swimming club’s website.
* Coach and swimmer agree together on which events to register for.
* Before each meet, practical information will be sent out.
* If a swimmer has achieved the qualification time for a championship, they will be notified directly.
* **Note:** Participation in competitions is a natural and important part of being a competition swimmer.
* A weekend meet costs 740 DKK (40 DKK goes to the snack basket during the meet)
* DISC costs 1,040 DKK (40 DKK goes to the snack basket during the meet)
* A regional meet costs 100 DKK
* A mini meet costs 50 DKK
* Other one-day meets may pop up with a set price.
* For qualification meets, you cover all costs yourself – the meet fee, possible accommodation, and food.

Competition swimming is about setting and improving personal goals and times at meets. Results are continuously updated at **www.svømmetider.dk**. In the swimming hall, personal records and club records are displayed on a board, which is updated twice per season.

All functions from “Svømmetider” are now available as an app – download **SVØM Stopwatch**.

On the Danish Swimming Federation’s website, you can find information about events and official courses. Check the event calendar at [**www.svoem.org**](http://www.svoem.org).



On Grindsted Swimming Club’s own website, you can register for events and update your profile information. Note that each swimmer can have several email addresses registered to ensure you receive all club communications. [**www.sk-grindsted.dk**](http://www.sk-grindsted.dk)



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