

Provincial Towns League (PTL)

Dear Parents,

- Please find information about the upcoming 2016-17 Provincial Towns League (PTL) competitions.
- The PTL is the next level of competition up from the Aquasprints Junior League.
- Swimmers in the Lecale Gala Squad are eligible for the PTLs.
- By participating in PTL galas Lecale ASC hope to provide swimmers with the opportunity to be part of a team and take part in healthy competition with other swimming clubs that compete in the PTL each year.
- To facilitate this requires a lot of organization by Club officials in Lecale, the participation of swimmers and the commitment of their parents/guardians.

GALAS

Age groups for 2016 – 2017 :

A: born Jan 2006 or later (10 years and younger)

B: born Jan 2004 or 2005 (11/12 years)

C: born Jan 2002 or 2003 (13/14 years)

D: born Jan 2001 or earlier (15 years and over)

- The Swimmers for each gala will be selected 2 weeks in advance of the gala.
- **Selection is based on swimmers performance/times that have been formally recorded at Lecale Club or Swim Ulster galas. Two swimmers are selected based on fastest times from the database. We then endeavor to select other swimmers on merit and commitment, to give all gala swimmers an opportunity to swim and obtain new PB's (which will be formally recorded and used in the selection process)**
- Swimmers will be sent a TEAMER message (please inform us if you have not already received a registration for this) for each gala 2 weeks in advance. We ask that all swimmers respond to this at the earliest opportunity to help the committee in planning the event. There will be a closing date for response noted on the teamer.
- Parents should inform either Charlene Mason, Pauline McCauley, Jules Miskelly or Michael Quinn, PTL Committee (see contact details below) if a swimmer is not able to compete as soon as possible to enable a replacement swimmer to be chosen if they have already accepted their teamer.

PTL Dates and venues for 2016-17

DATE	PTL TEAMS	VENUE
Saturday 24 th September at 6pm	Newry v Lecale	Newry LC
Saturday 22 nd October at 4.30pm	Lecale v Dungannon	Downpatrick
Saturday 7 th January at 6pm	Swilly Seals v Lecale	Letterkenny
Saturday 28 th January at 4.30pm	Lecale v Ballymoney	Downpatrick
Saturday 11 th February at 5pm	Ballymena v Lecale	Ballymena

RACES

At every PTL there are two relays (medley and freestyle), four individual strokes and an IM (Individual Medley) for each age group

- Galas last about 2.5 - 3hrs.
- Each Individual event is 50m for all age groups (M/F) with 100m IM. Relay events are 4x25m for A Group and 4x50m for B, C and D groups.
- **Medley Relay:** (Backstroke, breast stroke, butterfly, freestyle) 4 swimmers/relay team (girls and boys) (All age groups) (8 Races)
- **Backstroke:** 2/3 Girls and 2/3 Boys from each age group are chosen (8 races)
- **Breaststroke:** 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
- **Butterfly:** 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
- **Freestyle:** (front crawl) 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
- **IM (Butterfly, Back Crawl, Breast Stroke, Front Crawl):** 2/3 Girls and 2/3 Boys from each age group (8 races)
- **Freestyle Relay:** Four swimmers/relay team from each age group (girls and boys) (8 races).

EQUIPMENT REQUIRED

- **Lecale T-shirt (if you have one)**
- Black bottoms (track bottoms, leggings, shorts, black jeans)
- **Black Lecale swimwear** (from McCartan's Sports, Downpatrick)
- **2 Lecale swimming hat**
- **Goggles - good ones and a spare pair!**
- Water bottle
- Two towels
- Flipflops/crocs/sandals

TRANSPORT

- 3 of the galas this year will be held at other venues, the club provides coach transport if there are a sufficient number of children requesting transportation. A teamer message is issued to invite swimmers and you are asked to email: lecaleswim@gmail.com if you need a seat on the bus (1 wk before the gala).
- Coaches have seatbelts.
- Cost of the coach is £5 for each swimmer / adult travelling. However, parents who are helping travel free of charge.
- A register will be taken at the beginning of each journey to ensure all are present (if your travel arrangements change please let us know)

PARENTAL ASSISTANCE AT GALAS

Support from parents is essential at galas to assist with various duties:

- Timekeepers (six)
- Officials to organize swimmers prior to each race
- Officials to record times and keep score
- Help imputing times onto the computer
- Tea/ Coffee/ Juice / Food helpers and servers (home galas only)

We would ask that parents of children competing in the galas for the first time attend the galas as even though they are fun they can sometimes be slightly daunting for younger swimmers.

We also need supporters to cheer on all swimmers taking part in the galas.

After galas the home team provides a supper for all participants and supporters.

Swimmers are usually very hungry!

We therefore require parents to provide sandwiches, fruit, buns, crisps etc. when Lecale is hosting at Down Leisure Centre.

Lecale PTL Committee

Charlene Mason: 07989340292

Pauline McCauley: 07803203650

Jules Miskelly: 07898623476

Michael Quinn: 07801536102

We hope this answers any questions that you may have on the Galas, however please feel free to speak with a PTL Committee member on Friday night if there is any further information that you require.

Yours in Sport,
Lecale ASC

