



**South Shore Swimming Club, Inc**

ABN 25 865 609 537

## **Club Handbook**

V0, 16 June 2019

Website:

<https://southshore.swimming.org.au>

Facebook:

southshoreswimming

Instagram:

@southshoreswimmingclub





## Welcome to South Shore Swimming Club!

South Shore Swimming Club is a non-profit organisation that was formed in 2010 as a result of the amalgamation of the Melville and Applecross Swimming Clubs, both with proud histories dating back to 1934. The Club, which operates out of LeisureFit Booragoon, offers a comprehensive swimming squad program run by qualified, experienced coaches that caters for novice to elite swimmers.

Our swimmers train all year round and compete at least once a month at target meets. South Shore is represented at numerous levels of swimming competitions from regular club nights, to inter-club, multi-club, state, and national meets.

Our Club Values define us, and support attainment of Our Mission and Vision:

***Our Vision:***

To be the best swimming club in Australia.

***Our Mission:***

The South Shore Swimming Club is dedicated to providing opportunity and encouragement to all of its swimmers, helping them to be the best that they can be. South Shore combines fun and hard work in a team-building, family oriented atmosphere. By striving to achieve their goals swimmers develop important life-long attributes and skills.

***Our Values:******Passion***

A love of swimming encourages effort and ongoing participation in the sport. Fun and enjoyable club activities foster this passion. "Have Fun, Swim Fast!"

***Perseverance***

Focus and self-discipline will promote high achievement in all areas of life, including swimming. There is a direct correlation between effort and reward.

***Integrity***

All club members are expected to demonstrate integrity, honesty and sincerity at all times. This applies to parents, coaches, officials, and swimmers.

***Teamwork***

A team is more than the sum of its parts. Our club community works together to be welcoming, inclusive, and mutually supportive.

***Sportsmanship***

We celebrate the positive aspects of competition - Those that lift the performance and confidence of athletes. We avoid actions that have a negative impact on performance and/or confidence.

***Excellence***

We provide an environment that promotes excellence in performance.

Although our swim club is large and growing, our goal is to feel as **personalised** as possible! The information in this Handbook is intended to help you understand a bit more about the sport and South Shore, but it is just a starting point. Your questions are encouraged! Parent Meetings are held near the start of each season, and you may email us any time using the contact details on our website (See "Contact Us").

We hope you will become an engaged, enthusiastic supporter of your swimmer(s) and our organisation.

Thank you for choosing South Shore!



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## 1. COMPETITIVE SWIMMING 101

### 1.1 Governing Organizations

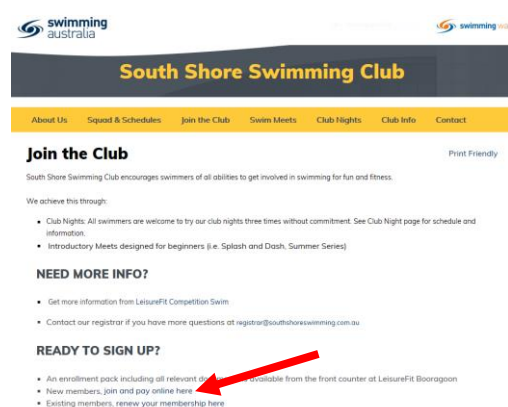
Swimming WA (SWA): Swimming WA is the governing body for the sport of swimming in Western Australia. Participants in the South Shore competitive swim programs must be members of this organization. Membership, which is renewed in the spring of each year, provides accident and liability insurance for swimmers participating in supervised training sessions and swim meets. Visit <https://wa.swimming.org.au> for more information.

Swimming Australia (SA): SA is the overarching governing body for the sport of swimming in Australia. Visit [www.swimming.org.au](http://www.swimming.org.au) for more information.

### 1.2 How to Join South Shore / Swimming WA

To join South Shore (and Swimming WA simultaneously!), go to our home page: <https://southshore.swimming.org.au>

Select “Join the Club” and follow the instructions for new members. See below.



This will take you to the registration page of the My Swim Results website, [www.myswimresults.com.au](http://www.myswimresults.com.au)

Follow the prompts. It is all self-explanatory, including information about the different membership types available.



### 1.3 Seasonal Structure (Short Course vs. Long Course)

Swimming is a year-round sport that is divided into two seasons, with championship-level meets held at the end of each season.



The short course season lasts from May through September. All meets during this season are typically conducted in short course (25 metre) pools.

The long course season lasts from October through April. Most meets during this season are conducted in long course (50 metre) pools. All international competition takes place in either 25 metre or 50 metre pools. The Olympics are always held in a 50 metre pool.

#### **1.4 Time Standards**

Swimming Australia and Swimming WA establish motivational time standards for each age. The standards are 'AA', 'State', and 'National'. These time standards apply to some selective meets only: Swimmers must reach the nominated standard to enter. See the Almanac on the My Swim Results Home Page for State Times.

In addition, there are time standards associated with the various levels of Swimming Australia's Junior Excellence (JX) awards. See [www.swimming.org.au/Home/Swimmer-HQ/Squad-Swimmers/Junior-Excellence.aspx](http://www.swimming.org.au/Home/Swimmer-HQ/Squad-Swimmers/Junior-Excellence.aspx)

Unless a swimmer has previously competed in a Swimming WA sanctioned meet they are considered a novice swimmer and will be entered in the meet as NT (no time). Once a time has been established, that time will be used for entry into subsequent meets.

## **2. PARENT ROLE AT SOUTH SHORE**

### **2.1 Parent-Athlete Support**

Your role is to provide love, recognition, and enthusiasm while making sure your swimmer regularly attends practices and meets. Praise their effort and reinforce that swimming should be fun.

Avoid comparing the skill, courage, determination, attitude, performance, or improvement of your child(ren) to other swimmers. Kids mature physiologically and psychologically at different ages; the weakest swimmer in a practice group this year could be leading practices in the future. Most athletes will go through challenging phases that require patience and perseverance. Trust your coaches and support your swimmer with a positive attitude and lots of encouragement.

Parents should not be on the pool deck during practices. It is distracting for the coaches and the swimmers.

**Please do not interrupt the coaches during practice times.** If you need to communicate with a coach, emails, phone calls, or text messages are generally the best methods.

### **2.2 Parent-Organisation Support**

Be a **G.R.E.A.T.** South Shore Parent!



**G – Get Involved!** Volunteer to do more than just be a timer at meets. If you're not sure what you might want to do, email [president@southshoreswimming.com.au](mailto:president@southshoreswimming.com.au) and we'll get you headed in the right direction!

**R – Read the emails!** Emails will come from coaches, the club committee, LeisureFit Booragoon, and others. They wouldn't be emailing if it wasn't important for parents to know!

**E – Educate Yourself.** Ask questions. Make friends with other parents. Use the substantial online resources available to you:

South Shore	<a href="https://southshore.swimming.org.au">https://southshore.swimming.org.au</a>
Swimming WA	<a href="http://www.wa.swimming.org.au">www.wa.swimming.org.au</a>
Swimming Australia	<a href="http://www.swimming.org.au">www.swimming.org.au</a>
My Swim Results	<a href="http://www.myswimresults.com.au">www.myswimresults.com.au</a>

**A – Attend meetings and ask questions.** Coaches meetings, club presentations, etc.

**T – Think fun and be positive!** Your child will enjoy the sport so much more if it is fun! There will be moments when your child is frustrated or tired, but if you do all you can as a parent to make it fun, you will all have a better time!

### **2.3 Volunteering**

The club relies on volunteers to make things tick. Without active involvement from parents we cannot hold club nights or participate in SWA sanctioned target meets.

All parents are expected to take their turns as timekeepers at club nights. At SWA sanctioned meets South Shore is given an allocation of timekeeping space based on the number of swimmers we've entered. Our Meet Manager then draws up a roster for the day. Generally, each family is expected to time keep for one hour.

You can also get involved in many other ways: By putting your hand up to run a fundraising activity, or joining the committee, or choosing to become an official, etc.

It is important that you attend the Club's information nights and especially the Annual General Meeting. It is the best way to become aware of the Club's wider activities. Also, you may learn that you have expertise that the Club could tap into for assistance.

### **2.4 Communication**

Email is the primary mode of communication at South Shore. Please read your emails as it is the best way to stay in touch with what is happening at the Club. To stay fully informed and engaged please check our website frequently. We also have Facebook and Instagram accounts.

Website	<a href="https://southshore.swimming.org.au">https://southshore.swimming.org.au</a>
Facebook	<a href="https://www.facebook.com/southshoreswimming">www.facebook.com/southshoreswimming</a>
Instagram	@southshoreswimmingclub

If you have a specific question or concern regarding your swimmer, go directly to your swimmer's coach.

Contact details for all key South Shore personnel are on our website ("Contact Us").



### **3. TRAINING EXPECTATIONS**

The detailed training expectations for each squad are outlined by the coaching staff at presentations for each squad shortly after the start of each season. Parents are strongly encouraged to attend these presentations to learn about the sport, the club's expectations and to ask questions. Don't be shy! If you are uncertain about something chances are you won't be alone!

Please find dot points below on training routine, training expectations and training standards:

#### **3.1 *Daily Training Routine***

- Arrive at training 15 minutes early
- Mobility Exercises Routine
- Have all your training equipment ready
- Inform coaches of any injuries or if you must leave early
- Get into pool on time
- Give 100%
- Eat & Recover

#### **3.2 *Training Expectations***

If we want to be successful, swimmers should have a willingness to:

- Work hard consistently
- Be committed and stay committed
- Be unconditionally dedicated to learning
- Do things the right way always
- Perform with a high level of effort no matter what
- Handle setbacks with grace & patience

#### **3.3 *Training Standards***

##### **Bronze Squad Standards:**

- Member of South Shore Swimming Club after 3 months.
- Attend minimum 2 sessions per week.
- Possess all the necessary training equipment.
- Ability to swim backstroke, breaststroke and freestyle with efficient technique.
- Ability to swim reasonable butterfly.
- Ability to swim 200m freestyle continuously.
- Commence competing at club nights and have fun.

##### **Silver Squad Standards:**

- Member of South Shore Swimming Club.
- Attend minimum 3 sessions per week.
- Possess all the necessary training equipment.
- Competent in starts, turns & finishes in all four competitive strokes
- One State Qualifying Time (desirable)
- 5 x 50m Kick on (1.30)
- 10 X 50 Freestyle (60)
- 100 I.M. on (2.00)
- Must compete at club nights and target meets throughout the season.



### **YES Squad Standards:**

- Member of South Shore Swimming Club.
- Attend minimum 3 sessions per week.
- Possess all the necessary training equipment.
- Age of 12 years and under
- Efficient in all four competitive strokes
- Efficient in starts, turns & finishes in all four competitive strokes
- Five State Qualifying Time (desirable)
- 10 x 50m Kick on (1.20)
- 10 X 100 Freestyle (1.50)
- 200 I.M. on (4.00)
- Must compete at club nights and target meets throughout the season.

### **Gold Squad Standards:**

- Member of South Shore Swimming Club.
- Attend minimum 4 sessions per week.
- Possess all the necessary training equipment.
- Proficient in all four competitive strokes
- Proficient in starts, turns & finishes in all four competitive strokes
- Minimum attendance 4 times per week + 1 gym session
- Five State Qualifying Time (200 I.M. desirable)
- 10 x 50m Kick on (1.10)
- 10 X 100 Freestyle (1.40)
- 200 I.M. on (3.30)
- Must compete at club nights and target meets throughout the season.

### **Performance Squad Standards:**

- Member of South Shore Swimming Club.
- Attend minimum 5 sessions per week.
- Possess all the necessary training equipment.
- Accomplished in all four competitive strokes
- Accomplished in starts, turns & finishes in all four competitive strokes
- Minimum attendance 5 times per week + 2 gym sessions
- One National Qualifying Time (desirable)
- Five State Qualifying Time (200 I.M. desirable)
- 10 x 50m Kick on (60)
- 10 X 100 Freestyle    Girls: (1.30)    Boys: (1.20)
- 200 I.M. on (3.00)
- Must compete at club nights and target meets throughout the season.

**Promotion to squads is at the discretion of the coaching staff, and each swimmer's needs will be taken into consideration.**





### **3.4 Facilities**

South Shore is fortunate to hold its training sessions at LeisureFit Booragoon. We have access to both the 50m and 25m pools.

### **3.5 Training Schedules**

Training Schedules are published periodically. They are available on the LeisureFit Booragoon website. Note these do change from time-to-time. You will be notified of any changes.

### **3.6 Required Training Equipment**

The training equipment required for each squad is in Appendix 3.

### **3.7 Training Behaviour**

Swimmers are encouraged to support their teammates at practices and during competition. Working together is an important part of the South Shore approach. Swimmers are expected to follow the directions of the coaching staff, be respectful at all times, and may only leave practice with the coach's permission. Each coach / squad will have its own procedures and practice etiquette that teammates will be expected to follow.

Disrespectful behaviour will not be tolerated.

## **4. SOUTH SHORE SQUAD PLACEMENT PHILOSOPHY**

South Shore coaches work toward a common goal of continuity and developmental progression. Each season, swimmers are evaluated for the best placement within our team structure, and may be assigned to a different group as they age and/or evolve.

Squad placement and transitions are based on many factors. Some of the most important factors driving squad placement are a swimmer's commitment (practice attendance, meet participation, prioritisation of the sport), maturity (chronological age, physiological age, and emotional development), training ability and technique. Racing times are not a primary factor, although they are taken into consideration because times translate to meet qualification and training needs.

Finding the appropriate group for each swimmer is the goal, and our top priority is to place every swimmer in the group that will allow them to develop and shine while continuing to progress at South Shore. The coaches want swimmers to focus on the process of what they are doing every day in practice and to be immersed in an environment that will help them succeed in all areas of their swimming.



## 5. COMPETING FOR SOUTH SHORE

Once a training routine is established your swimmer will most likely be keen to progress to competition! The progression for most who are new to the sport is:



### 5.1 *South Shore's Competition Philosophy*

In preparing for your swimmer's meets, the following are some basic fundamentals of competition that our coaches stress.

1. Each swimmer should compete with himself / herself. It is more beneficial to improve one's time and/or technique than to win a ribbon or medal.
2. In addition to earning best times, the coaches praise swimmers for working on technique and/or racing strategies. Swimmers may not improve their time when trying something new (i.e. flip turns, underwater dolphin kicks, etc), but if a swimmer continues the skill or technique the time will improve more in the long run.
3. Swimmers are taught to set realistic goals, and as they get older, they are taught to relate performance in practice to their goal times.
4. The coaching staff encourages young swimmers to compete in every event they are eligible for. This helps promote versatility since swimmers are continuously switching "best events" as they grow, mature, and change body shapes and sizes.
5. Sportsmanship is a MUST at South Shore. We expect all swimmers, parents, and coaches to respect the officials, competitors, and the facilities we use. We also want swimmers to encourage and support their teammates.
6. Each season the coaches endeavour to select six target meets (one per month) of which 3 are below the swimmer's level, 2 are at the swimmer's level and 1 is above the swimmer's level.
7. SUCCESS = Improving one's own, best self.

### 5.2 *Club Nights*

Club Nights are a fun, low pressure way for swimmers to gain racing practice and improve their personal best times. They are social and are a great way for the swimmers to get to know each other better outside the pool!

Club Nights are usually held on Monday evenings with occasional club nights on Friday evenings. A variety of races are offered for swimmers, with distances ranging from 25 to 1500m. The Club Night schedule for the current season is available on the Club website.

Normal Club Night times are recorded with South Shore Swimming Club. "Official" Club Nights are held monthly, and swims from these Official Club Nights are submitted to Swimming WA and count as "real" SWA times. Swimmers need to register for Club Nights online prior to the event. Results are published on the Club website.



#### 5.2.1 Entering Club Nights:

Go to our website and click on Club Nights. Follow the directions: When you click on the ENTER it will take you to the My Swim Results website.

#### Club Night Rules:

1. You must nominate for events online via our website or My Swim Results.
2. Nominations for events close usually at 12pm on the day.
3. A swimmer may only nominate for one distance per stroke. (i.e. a swimmer cannot swim 50m and 100m of the same stroke on the same night.)
4. Swimmers who enter late are handled at the discretion of the meet director.
5. Swimmers must report to marshalling when called.
6. The Referee will disqualify swimmers who do not comply with Swimming Australia rules.
7. Swimmers who withdraw from a race without notifying a club official may lose points for that race.

#### 5.2.2 Marshalling Process:

1. All swimmers MUST sit in the marshalling area.
2. When their name is called, swimmers must present themselves to the Marshalls. If they do not do so they may miss the race.
3. When swimmers are waiting for their event, the Check Starter will put the swimmers into their correct lanes. The Starter will not wait for late swimmers.

#### 5.2.3 Starting Procedure:

1. The Starter calls the swimmers to the blocks with a long whistle sound.
2. At the call 'TAKE YOUR MARKS', swimmers take starting positions on the blocks and then the starting buzzer will sound. (Except for backstroke.)
3. If it is a handicap event, after the starting buzzer the Starter commences the handicap count using a stopwatch.

It is vital that swimmers are completely stationary. If swimmers are waiting for their handicap to be called may stand up, on the understanding that at the time their handicap is called they are in position and perfectly still.

### **5.3 Target Meets / Swimming WA Meets**

There are many, many Swimming WA meets each season. As a member you are eligible to enter as many as you want! South Shore does not recommend this!

The Club defines Target Meets each season, generally one per month. South Shore coaches will be in attendance at these meets, and swimmers are expected to attend. The current Target Meet calendar is on our website.

Most Target Meets are held at HBF Stadium, though some are at other pools in the metro area and occasionally in the country.



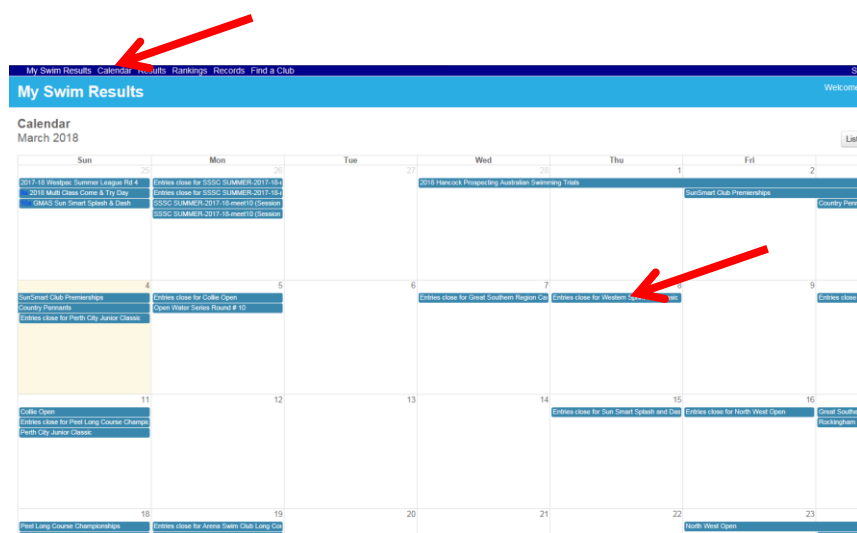
Some events have qualifying times: Most do not. Refer to the Swimming WA Almanac or My Swim Results for details.

The Club will also enter relay teams at selected meets, including the Club Premiership meet in March.

All South Shore entrants must provide a helper to fulfil the duties (usually timekeeping) allocated to the Club by SWA for that meet. This generally involves a one hour time commitment. Please read the Club's Timekeeping Policy, available on the website.

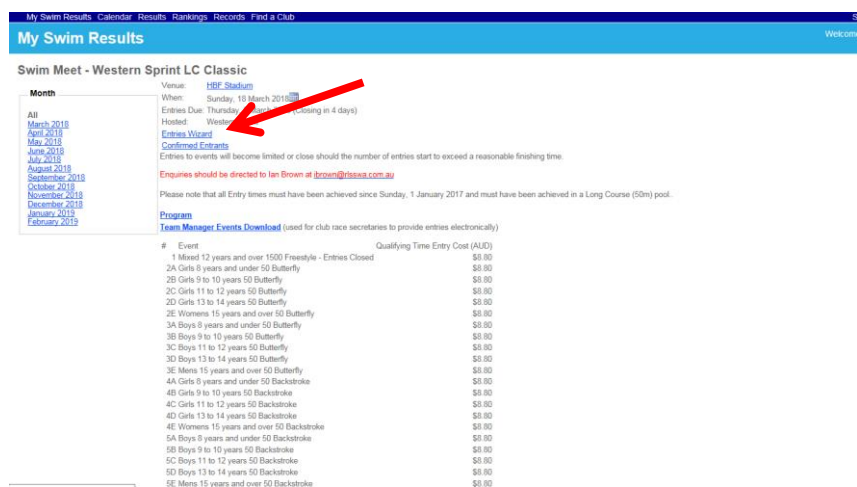
### 5.3.1 Entering Meets

Enter Swimming WA meets via the My Swim Results website. Use the Calendar to select your chosen meet and follow the prompts.



1. Click on "Calendar" at the top of the page to bring up the calendar.
2. Click on the event that you're interested in.

Click on "Entries Wizard" to enter and follow the prompts. Note that the only events that will appear in "Entries Wizard" are the ones your swimmer is eligible for.



You will note that there is a charge for each event your swimmer competes in. There is also an entry charge on the day at HBF Stadium.



### **5.3.2 Meet Procedures**

Most Swimming WA meets are lengthy, all day affairs. Our swimmers are not required to stay for the whole day. Generally, South Shore families sit at the finish end of the pool. Look for the South Shore parents / colours. Ask for help / advice if you need it!

1. South Shore swimmers are required to wear the yellow South Shore cap. Choice of bathers is up to the individual swimmer. Please wear the club polo shirt / club gear and black shorts / pants.
2. Arrive about one hour before your first swim is scheduled. If it is a Target Meet, find the South Shore coach and get advice about your warm up.
3. Complete your warm up and be ready for marshalling. The event that is being marshalled is indicated on a board near the far end of the pool.
4. You are responsible for knowing which events you are swimming and when to marshal.
5. Prior to marshalling, please see the South Shore coach for direction.
6. After your race, please see the South Shore coach for feedback. Then go to the warm-down pool to warm down.
7. Between races swimmers are asked to rest and stay warm. All energy should be conserved for competition! Stay hydrated and eat light, nutritious snacks as needed.
8. Parents need to be aware of their timekeeping commitments and ensure they report for their rostered slot on time.

See Appendices 4 and 5 for more information regarding competition preparation.

## **6. SOUTH SHORE POLICIES**

All South Shore policies and documentation are located on our website. See "Club Info".

## **7. SWIMMING TERMINOLOGY**

If your family is new to competitive swimming, there are a lot of commonly used terms that may be unfamiliar to you. We've put together a swimming glossary as a resource for our families. See Appendix 2: South Shore Swim Glossary.

## **8. STILL HAVE QUESTIONS?**

Please contact one of our friendly committee members. Contact details are on our website ("Contact Us").

Club Nights are another excellent time to get questions answered. Most committee members will be on pool deck, and lots of other more experienced parents, too. If you need help, just ask!



## APPENDIX 1: SOUTH SHORE SWIM GLOSSARY

**ATTACHED-** A registered swimmer who is attached to a registered Swimming WA team

**BACKSTROKE FLAGS** - Pennants that are suspended over the width of each end of the pool approximately five metres from the wall that notify backstroke swimmers that they are approaching the end of the pool.

**BUTTON-** The manual timing system stopping device that records a back-up time in case the touch pad malfunctioned. The button is at the end of a wire, plugged into a deck terminal box. It is the timers' responsibility to push the button as the swimmer finishes the race. Sometimes referred to as a plunger.

**CIRCLE SWIMMING** - Swimming to the left of the black line so that you 'circle' the lane. This is the usual method for practices and warm-ups.

**DISQUALIFICATION-** The loss of points and a time due to an infraction of the rules that govern the meet.

**DIVE OVER STARTS** - Start procedures at a meet in which swimmers of the previous heat remain in the water, close to the wall, during the start of the next heat. Usually used in senior sessions/meets to save time and/or allow swimmers to rest before exiting the pool.

**DQ-** Short name for a disqualification.

**FALSE START-** occurs when a swimmer is moving at the start of a race, prior to the starting signal. In Australian swimming, one false start will result in disqualification.

**15-METRE MARK-** Marks on the sides of the pool and on the lane lines 15 metres from the ends of the pool. In freestyle, backstroke and butterfly events, the swimmer must surface at or before these marks.

**FINA-** Federation Internationale de National de Amateur, the international governing body of competitive swimming, diving, water polo and synchronized swimming.

**HEAT-** In competitions, each event (i.e. the 50 freestyle) will be divided into heats of swimmers based on the number of lanes available and the swimmers' times. In most competitions, the heats progress from slowest to fastest.

**HEAT SHEETS (PROGRAM)-** A printed program of events including the entry time, assigned heat and lane for each swimmer in an event. Generally sold at most meets.

**IM-** Shortened name for Individual Medley; an event in which the swimmer must do all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

**LAP COUNTER-** A set of plastic numbers at the far end of the pool to help swimmers in distance freestyle events (800m, 1500m) keep track of laps. A volunteer counter (usually a parent or teammate) flips the numbers after each lap and places them in the water while the competitor swims toward them. The numbers are pulled out before the swimmer completes his/her flip turn.

**LENGTH/LAP-** Technically, a length is once across the pool; a lap is across and back. However most coaches use the terms interchangeably to mean simply once across the pool. Thus, 4 lengths in a 25 metre pool would be swimming across the pool 4 times, totaling 100 metres.

**LONG COURSE-** A pool 50 metres in length. Swimming Australia conducts most of its summer competition in long course and is the format for the Olympics Games.

**MARSHAL-** The officials who control the crowd and swimmer flow at a swim meet. They are primarily responsible for safety in the venue and are usually trained parent volunteers.

**MASTERS SWIMMING-** A program for swimmers aged 19 and older. Masters swimming is open to all levels of experience and includes the full spectrum from people learning to swim for fitness, to triathletes, all the way up to those competing at the national level.

**MEDLEY RELAY-** A four-person relay in which one swimmer is assigned each of the four strokes in the following order: backstroke, breaststroke, butterfly, freestyle. No swimmer may swim more than one leg of the relay.



**NT- No Time** - Abbreviation used on a heat sheet to designate that the swimmer has not swum that event before and does not have an official time of record.

**OFFICIAL** - A judge on the deck of a pool at sanctioned and approved competitions that enforce Swimming Australia rules. There are stroke and turn judges, administrative officials, starters, timers and referees.

**OPEN WATER SWIMS**- Swimming events conducted in a natural body of water, such as a lake, river or ocean.

**PERSONAL BEST**- Often called a 'PB,' the best time a swimmer has achieved so far in a given event.

**PRELIMINARIES (PRELIMS)**- Also called trials. Races in which swimmers qualify for the finals to typically be swum later in the day.

**PSYCH SHEET** - A list of the order of events by session with swimmers listed according to their entry times (usually fastest to slowest). It does not show heats. The psych sheet is usually provided electronically prior to the meet.

**QUALIFYING TIMES** - Published times that must be achieved during a given period in order to enter certain meets.

**REFEREE**- The head official at a meet that makes all final decisions based upon Swimming Australia rules.

**SANCTION**- A competition or time trial must be sanctioned (approved) by Swimming WA for the times swum to count and to be used in other sanctioned meets.

**SCRATCH**- To withdraw from an event (with the forfeit of the entry fee).

**SEEDING TIMES**- The time a swimmer uses to enter a meet. This time determines one's heat and lane in the particular event.

**SESSION**- Portion of meet distinctly separated from other portions by time (usually a morning or afternoon set of events for different age groups).

**SHORT COURSE (SC)** - A pool 25 metres in length. Swimming Australia conducts most of its winter competition in short course.

**SPLIT**- A time taken at an intermediate distance, e.g., a 50 metre time for a 100 metre race, or the time of one individual in a relay.

**STARTER** - A Certified Technical Official responsible for starting each event, and being sure that each start is fair for all participants.

**STROKE AND TURN JUDGE (Judge of Stroke = JOS)** - A Certified Technical Official that walks the deck or stands at the end of the pool during a meet to certify the legality of individual strokes and turns.

**TIME STANDARDS** – Swimming Australia and Swimming WA establish motivational time standards for each age. The standards are 'AA', 'State', and 'National'. These time standards apply to some selective meets only: Swimmers must reach the nominated standard to enter. In addition, there are time standards associated with the various levels of Swimming Australia's Junior Excellence (JX) awards.

**TOUCH PAD** - A large pad at the end of each lane that registers a swimmer's touch and communicates electronically to the timing system.

**UNATTACHED** - A registered swimmer who is not attached to a registered Swimming Australia team

**SWIMMING AUSTRALIA**. - The National Governing Body that regulates our sport.

**SWIMMING WA CARD NUMBER** - A membership card with a unique number assigned to a swimmer when he/she joins Swimming WA.

**WARM-DOWN (or COOL-DOWN)** - Low-intensity swimming used by a swimmer after a practice, set or race to rid the body of excess lactic acid, and to gradually reduce the heart rate and respiration.

**WARM-UP** - Low-intensity swimming used by a swimmer prior to a practice, set or race to get muscles loose and warm and gradually increase heart rate and respiration.





## APPENDIX 2: REQUIRED TRAINING EQUIPMENT

ITEM	COST	WHERE TO PURCHASE?	BRONZE	SILVER	YES	GOLD	PERFORMANCE	FITNESS
Mesh Bag	\$20	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport	Y	Y	Y	Y	Y	Y
Kick Board	\$20	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport	Y	Y	Y	Y	Y	Y
Pull Buoy	\$25	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport	Y	Y	Y	Y	Y	Y
Drink Bottle	\$10	Rebel Sport	Y	Y	Y	Y	Y	Y
Short Fins	\$50-\$60	<a href="http://www.dmcswim.com.au">www.dmcswim.com.au</a> Discount (\$10) if Chris orders them for you	Y	Y	Y	Y	Y	Y
Hand Paddles (hand size, flat with holes)	\$25-\$30	<a href="http://www.zedarswimwear.com">www.zedarswimwear.com</a> Chris has them in stock	Y	Y	Y	Y	Y	Y
Finger Paddles	\$15-\$30	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport Cost depends on make	X	X	X	Y	Y	X
Fulcrum Paddles	\$20-\$30	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport	X	X	X	Y	Y	X
Front Snorkel	\$25-\$45	<a href="http://www.aquashop.com.au">www.aquashop.com.au</a> Rebel Sport Chris can get Engine Snorkels for \$25	X	Y	Y	Y	Y	X
Skipping Rope	\$2	Kmart	Y	Y	Y	Y	Y	Y
Stretch Bands	\$8	Kmart	Y	Y	Y	Y	Y	Y
Foam Roller	\$15	Kmart	X	X	X	Y	Y	X
Sponge	\$5	Chris can make them for you!	X	X	X	Y	Y	X





## APPENDIX 3: PREPARE TO RACE!!!



### Before Racing:

- Arrive early... at least 1 hour before you race so you have time to settle and find a spot to sit.
- Inform your coach that you have arrived.
- Warm-up (approx. 30 mins before splash). If you warm-up too early you will not reap the benefits. If you do not know what to do for your warm-up... ask your coach.
- Talk to your coach before every race.
- Proceed to marshalling directly after talking to your coach wearing WARM CLOTHES & SHOES!! Swimmers do not perform well cold!
- Focus on the task in hand... be mindful what you have to do "no matter what"!!

### After Racing:

- Swim-Down within 2 minutes of finishing your race. SWIM! Don't stand around and chat.
- Your Swim-Down is the beginning of the next race!
- Ask your coach if you don't know what to do for a Swim-Down.
- Put your WARM CLOTHES & SHOES back on. Don't leave any of your possessions down on pool deck.
- Talk to coach after your race for feedback and advice on your next race.

### Between Races:

- Relax and stay off your feet. Cheer for your teammates. Keep warm. Eat and drink appropriately... no junk food.
- Pay attention to what's going on. Know the order of events. Know what event is in the water now. Know how many heats are in your event and the ones before yours. Know when you race and make sure you plan out your preparation for your next race. The heat sheet (meet program) is your friend! You are responsible for marshalling on time.
- Please sit in the marshalling area at Race/Club Nights. Volunteers should not have to go looking for you when it is your turn to race.

### Obey the rules of racing:

- Race your guts out!
- Get your best time in the morning and move up spots (heats).
- Always swim faster at night and move up more spots (finals).
- Swim better as the meet progresses and others tire!
- In any close race, get your hand to the wall first!!!
- Get tougher the tougher the conditions. Enjoy the challenge.
- Expect to swim fast and decide to swim fast every time!
- Learn from your mistakes, fix them. Learn from other's mistakes, avoid them!
- Cherish being in relays, and swim even faster in them.



## APPENDIX 4: EATING DURING COMPETITIONS

When preparing to compete at a swimming competition you need to pay careful attention to what you eat. Read on to find out what to eat the day before the event and during the day.

### The Day Before

When competition time comes around, you'll have plenty on your mind already. The day before the event, keep exercise to a minimum – if anything at all – and eat meals and snacks high in complex carbohydrates. You need to keep those glycogen stores topped up.

- Drink fluids little and often to stay properly hydrated.
- Eat little and often – every two to four hours to keep your blood sugar levels steady and fuel your muscles in preparation for your event.
- **Avoid big meals or over-eating & pasta dishes in the evening** – this will almost certainly make you feel uncomfortable and lethargic the next day.
- Try to stick to familiar foods. Curries, spicy foods, baked beans and pulses can cause gas and bloating, so avoid eating anything that may cause stomach discomfort the next day. It's best to stick to foods that you are familiar and compatible with!

### The Morning of the Event

- Don't swim on empty. Even if you feel nervous, make breakfast happen. Stick to easily digested foods – porridge, banana with yoghurt, some fruit or toast with jam.
- If you're really struggling, try liquid meals such as yoghurt drinks or a smoothie.
- It's a good idea to rehearse your competition meal routine in training so you know exactly what agrees with you.

### Snacks Between Heats

- Try to eat as soon as possible after your swim to give yourself as long as possible to recover if you have to swim again.
- High fat and simple sugar foods will do you no favours in competition – instead search out the complex carbohydrates again.
- If you can't stomach anything solid try sports drinks, or diluted juice that will help replenish your energy supplies and assist the recovery of aching muscles.



## What should I eat during competition?

Swimmers need to ensure they eat enough food and take advantage of opportunities to eat and drink during events. Swimmers should develop an eating plan that fits in with their competition schedule and that includes foods that are familiar with them that will not affect their performance. Practicing competition eating during training sessions will help to identify food choices that will suit them best. Examples below:

**If less than 30 minutes between races:** fluids, sports drinks, juices, glucose lilies and fruit are the best options (as they are rapidly digested from the gut)

**If 30-60 minutes between races:** sandwiches with honey/jam/banana, sports bars, cereal bars or low fat muesli bars are good choices

**If 1-2 hours between races:** pasta, rice or noodle-based dishes with low fat sauce/toppings or sandwiches or rolls are good choices

**If more than 2 hours between races:** a more substantial meal or meal replacement can be eaten (with plenty of fluids, of course!)

Whether it is on the way to training or in between heats, swimmers need to go to swimming venues with snacks prepared – do not rely on the venues to provide appropriate food to fuel swimmers!! An esky packed with drinks and cool snacks/sandwiches can be a handy way of keeping food cool and safe by the pool.

## What about recovery?

It is very important to refuel with carbohydrate-rich foods during recovery to begin replenishing muscle glycogen stores for training/competition. This is especially important during a competition that is held over a few days or during weeks of heavy training. It is also important to include a lean protein source in recovery for muscle tissue repair and growth.

Aim to consume a recovery snack **immediately within 30 minutes of finishing a training session or competition**. This snack should contain carbohydrates, protein and a source of fluid, e.g. a salad sandwich with a bottle of sports drink, or a bowl of cereal with fruit and milk. Other suitable snacks include cereal/muesli bars, fruit and fruit bars and sports drinks. A substantial meal should follow within 2-4 hours of finishing.

- **Energy requirements** when tapering training before a competition are usually less than during training so match your eating to your training to avoid weight gain.
- Although supplements may be tempting to some swimmers, it is important to speak to sports dietitian first before taking anything to ensure that it is safe to take