






# **Athlone Swimming Club Handbook**

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### **Club Mission Statement**

Athlone Swimming Club is dedicated to the promotion and encouragement of competitive swimming in an enjoyable and motivating atmosphere.

As competitors, our swimmers will strive towards excellence to achieve the best they can at their level of ability.

The club supports the values of fair play – respect for self, coaches, team mates and opponents.

### **Club Vision:**

Through the sport our swimmers will have an opportunity to develop healthy behaviours and a lifelong love of swimming.

Our swimmers will develop high self-esteem, responsibility and self-motivation.

Our swimmers will demonstrate teamwork, respect, trust, honesty and good sportsmanship.

### **Committee 2020/2021**

Chairperson: Deirdre Lowe

Assistant Chairperson: Liam Condrón

Honorary Secretary: Jane O'Neill

Honorary Treasurer: Patricia Cleary (087) 2596891

Assistant Treasurer: Loretta Fagan

P.R.O.: Niki Henson

Education Officer: Mary Fitzpatrick

Committee: Una Kelly, Fergal Lynam, Edwina Connell

Director of Swimming: Fergal Lynam Email: [ascswimdir@gmail.com](mailto:ascswimdir@gmail.com)

Coach: Johnny Powell (086) 8358750

Childrens Officers: Ted O'Brien (087) 2187553 Jenny Moran (087) 6713826

Designated Person: Ted O'Brien (087) 2187553

Club Captains: Daragh Fitzgerald, Rebecca Lowe

Club Vice-Captains: Edwin Malashnyak, Ellen Flaherty

Our **Club Children's Officers'** role is to liaise between the children and the committee of the club, ensuring that the children have a voice with regard to Club matters. The Club Children's Officers are available to any child or swimmer if they have a problem or a concern.

Our **Director of Swimming** role is to act as an avenue of communication between Parents and Coaches. The aim of which is to provide support and work with Parents to determine their needs on behalf of the Swimmer and communicate their needs to the Coaches. Similarly, providing support and working with the Coaches to determine their needs for the Swimmers and communicate these needs to Parents.

## **Rules & Guidelines**

The following rules and guidelines are designed to ensure the safety of the Club members, and provide information to parents on how best to support your son/daughter while swimming in Athlone Swimming Club.

### **Information for Swimmers**

- On joining the Club, swimmers will be told which group they are in, and the club coaches will decide progression from one group to the next. Times of the club sessions will be displayed on the Club Notice Board and information will be sent out via WhatsApp.
- Swimmers and their parent/guardian will be expected to sign a Code of Conduct at the beginning of each swimming year (September).
- Children, who are conveyed to and from the pool by their parents or other adult, should remain at the pool until they are collected. Children should not walk home alone without parental consent.
- A swimmer who complains of feeling ill may be asked to get dressed and sit in the spectator area until parent/guardian arrives. If deemed necessary, parent/guardian will be contacted.
- In order to leave a swimming session early the swimmer should present the coach with a written request signed by his/her parents.

### **Information for Parents/Guardians**

- Adults who bring children to the pool should ensure that the session has not been cancelled before they drop their children and depart from the pool. Adults collecting children after a session should be punctual when collecting them.
- It is the responsibility of parents/guardians to ensure that the Club has up-to-date phone numbers where they can be reached in the event of an emergency occurring during the duration of sessions.
- The coaching staff are responsible for swimmers throughout the Club session while swimmers are on the pool bank. Responsibility reverts to the parents once the children leave poolside to enter the changing rooms.
- Note: Be aware that the dressing rooms are available for use by the general public during and after training sessions.

- Athlone Swimming Club recommends swimmers should undergo a medical check before undertaking intensive training.
- It is mandatory for one parent/guardian of a competitive swimmer to attend a basic Officials, Safeguarding, Team Manager and Timekeeping course, which are run regularly throughout the region. Details are posted on Club Notice Board and Website. For further information contact our Education Officer.
- Swimmers may not train with an outside Coach without the express permission of the home Coach. This does not include the Connacht Skills Academy, Connacht Development Squad, Connacht Training Group or any National Squads.
- Parents must notify the Club Coach if they wish to attend a Gala that is not published on the Connacht Calendar.
- It is important to reply to club messages when requested regarding trips and/or training days to ensure inclusion.
- Parents are expected to do specified duties at Galas such as timekeeping, team manager etc. This is done on a rotational basis.
- In accordance with Swim Ireland best practice, Athlone Swimming Club operates a Parent in Attendance (PIA) rota to ensure that our children are afforded a healthy and safe environment in which to swim. Parents of Elite Squad and A Squad are expected to support this initiative and take part in this rota which can be found on the noticeboard.

### **Coaching Sessions**

- A qualified Coach or teacher will supervise all sessions.
- Parents may spectate during sessions; they should not encroach on the poolside or interrupt the Coaches during the sessions.
- Discussion between parents and coaches should take place either before or after the session or communicate via 'Director of Swimming'.
- Coaches and teachers are familiar with the "Code of Ethics and Good Practice in Children's Sport" and "Officials' Code of Ethics".

### **Club Trips**

- The Committee will appoint officials in charge of all Club Trips, and will ensure there is a gender balance and sufficient ratio of officials to the number of swimmers. Parents must give written permission for their children to go on a Club Trip. (A special Swim Ireland form must be filled in for overnight trips).

- Adults in charge of swimmers who travel to galas should travel to and from the gala on the bus, and remain at the gala until all Club swimmers are ready to depart. If there are drop-off points on the return journey swimmers should not be left alone on the roadside. The bus should wait until a parent or somebody known to them collects them.
- It is important that the adult in charge has a contact phone number for every swimmer who is on an away trip.

### **The Code of Behaviour for Young People**

- As an athlete you have rights and responsibilities. The following code will help identify these for you – if you are not sure ask your parent or your Club Children's Officer to explain them.
- This is your Code, whatever your ability or wherever you take part and you should encourage others to follow it.

In your sport you should:

- Be happy, have fun and enjoy taking part and being involved in your sport
- Be treated fairly by everyone, adults and other athletes
- Feel safe and secure when you are taking part in your sport
- Be listened to and allowed to reply
- Be treated with dignity, sensitivity and respect
- Have a voice in the decisions that affect you within the Club and Swim Ireland
- Say no to something which makes you feel uncomfortable
- Train and compete at a level that is suitable for your age, development and ability
- Know that any details that are about you are treated with confidentiality

Your responsibilities are to:

- Behave in a manner that is respectful towards Swim Ireland, your region and your club.
- Treat Leaders who may be teachers, coaches, team managers, officials or other parents with respect at ALL times.
- Be fair at all times, do your best to achieve your goals but be gracious if you do not achieve them
- Respect other athletes and your opponents.

- Be part of the team and respect and support other team members both when they do well and when things go wrong.
- Never bully or use bullying actions against another person. Never hurt other team members, athletes or your opponent, this includes never taking/damaging their property, never spreading rumours or telling lies about other young people or adults.
- Keep to rules and guidelines set by Swim Ireland, the Region and your Club and make sure you understand the rules.
- Swimmers should turn up on time for Club Sessions and if required should help with preparing the pool for the session.
- Take part in your sport without cheating. You are responsible for not cheating and must not allow others to force you to cheat.
- Listen to and respect decisions made by others.
- Never use violence or bad language. Do not shout or argue with leaders, team mates or opposing participants – talk to someone if you are upset or angry or if someone has caused you to be upset or angry.
- Talk with your Coach, Team Captain, Club Children’s Officer or a trusted Swim Ireland member if you have any difficulties or you do not understand something within the club.
- You should never keep secrets about any person who may have caused you harm or has made you feel upset.
- Understand sport can be hard work and requires discipline to achieve your goals- you should understand the commitment and attendance needed.
- Talk through any worries or concerns with your parent and/or your Club Children’s Officer
- Do not, or allow others to make you, try or take banned substances to improve your performance.

Rules specific to training sessions:

- Do not interfere with any other swimmers in the water or in the dressing rooms.
- Do not leave the pool without the coach’s permission.
- Do not interfere with other people’s property on poolside or in the dressing room.
- Take off all jewellery while training.

- Do not run on the pool deck or in the corridor to the dressing rooms.
- Do not dive or jump into the water unless asked to by the coach.
- Do not pull on or sit on the lane ropes.
- Do not go into the Jacuzzi or the baby pool.
- Do not throw water bottles or training equipment.

### **The Code of Behaviour for Parents/Guardians**

- You should help and support the implementation of best practise policies in your child's/children's Club by following the code below.
- Become members of the Club and contribute your time and effort in the daily running of the Club; no club can operate successfully and safely without the help of volunteers
- Understand and ensure your child/children abide by The Code for Young People
- Be available for specified duties if and when required; some duties are mandatory and form part of the procedures for safeguarding your children; some will be at the request of the Club.
- Have an awareness of and respect for Leaders and other adults and their roles within the Club.
- Respect and abide by the decisions made by the Committee and other Leaders - these should be made in the best interests of the children in the Club.
- Understand the complaints process and follow the proper procedure if you feel unjustly treated, with the knowledge that any complaint will be dealt with effectively and confidentially.
- Know your child's training and/or competitive programme, and accept it is your responsibility for delivering and collecting your child/children. Parents/guardians should ensure they do not leave their child/children waiting unsupervised at any time.
- Ensure the environment is safe and enjoyable for your child/children.
- Promote fair play and the positive aspects of sport.
- Be a role model for your children and young people by maintaining the highest standards of personal conduct and respectful behaviour in any activity related to the Club or Swim Ireland.



- Allow your child to focus their efforts and success in terms of their goals rather than winning being the main objective
- Promote participation for children that is fun, safe and in the spirit of fair play.
- Ensure appropriate leaders are informed regarding any absenteeism, medical conditions or other relevant matters concerning your child.
- Arrange an appropriate time and place for discussing any matter with leaders and coaches - communication should not take place whilst leaders and coaches are in a position of supervision or responsible for other young people.
- You should have the opportunity to put forward suggestions and comments.
- Provide the Club and your child with emergency contact information and to be reasonably available in case of emergency.
- Abide by the procedures and policies of Swim Ireland with regard to the use of mobile phones, any type of camera and videoing equipment.
- Be aware and abide by the Code of Ethics, this document, the rules and constitution of Swim Ireland and the rules and constitution of your own Club.
- When the Code of Behaviour is not adhered to, a member may be disciplined according to the Club Disciplinary Procedure.

### **Disciplinary/Complaints Procedure**

- Any minor offence by any swimmer will receive a verbal warning by the coach/official in charge on the bank, and the name of the swimmer and misdemeanour will be recorded in a book.
- When any child's name goes into the book three times the parents will be contacted and the issue will be discussed between coach and parents to prevent further breaches.
- If after the parents have been notified, the child continues misbehaving, then the coach/official will bring this problem to the attention of the Complaints and Disciplinary Committee, which could lead to expulsion from the Club.
- Any major offence by any member will automatically be brought to the attention of the Complaints and Disciplinary Committee.
- Complaints from Club members should be put in writing to the Club Secretary, who will forward it to the Complaints and Disciplinary Committee.

- Complaints to the Complaints and Disciplinary Committee will be dealt with expeditiously and in accordance with Swim Ireland guidelines. (Link below <https://www.swimireland.ie/news/swim-ireland-complaints-and-disciplinary-rules-and-procedures-rule-book-updates> )

## **Athlone Swimming Club Squads**

**Development 1** – 1:15-2:00 pm: This group caters for six to nine year olds who must be able to complete one width of the pool in frontcrawl and backcrawl and will introduces swimmers to the deep end for the first time. Technique will be taught on all four strokes and this will also incorporate simple dives and turns. Promotion from this group will be based on qualifying times – the coaches at their discretion may promote a swimmer they feel is showing potential in another stroke other than freestyle. For any other information you require you can contact Johnny at 086 8358750.

**Development 2** – 12:30-1:15 pm: This group caters for swimmers with ages ranging from ten to fifteen years of age who can comfortably complete 200 metres. All aspects of swimming will be included and this group is ideal for anyone who want to race, earn promotion or just want to stay fit. Swimmers in this group are entitled to compete in Regional Development Meets and information regarding these competitions will be given out by the coach on poolside or via the squad WhatsApp group. There is no obligation to compete at these galas as we understand not everyone enjoys competition.

**Junior Squad:** The only competitions open to this group are Schools Gala and Community Games. Generally we expect swimmers to remain in this group for at least one year and a swimmer must be eight years old or over before they can progress into the 'A' Squad. Promotion out of this group will be decided by time trial.

**'A' Squad:** This squad will train 3 times a week. Swimmers are expected to swim distances ranging from 25 metres to approximately 800 metres. All aspects of training will be covered, with a larger emphasis now being placed on fitness levels. Swimmers will be expected to participate in competition throughout the year. Generally most of these swimmers will attend Regional Development Meets, but any swimmer who achieves an 'A' time, as set out in the Graded Tables, will now be eligible to swim in the Regional Qualifying Meets (**Link to Graded Tables can be found on <https://www.swimconnacht.com/>**). In certain cases a swimmer may be asked to swim on a relay with at a Regional Qualifying Meet.

**Elite Squad:** This group comprising of swimmers ranging in talent from a good Connacht standard up to International level. Swimmers now train 7 times a week and will attend Galas countrywide and abroad. Fitness levels will be of the highest standard and ages range from 11 upwards. The aim for this group is to qualify for the Irish Summer National Championships or the Irish Open Long and Short Course Championships.

**(Link to Qualifying Times can be found on**

**<https://www.swimireland.ie/competitions-events/competition-information>)**

### **Club Time Trials & Promotions**

Time Trials will be run every term to determine who is promoted from our Development Squad to our Junior and 'A' Squads. Swimmers may also qualify for promotion if the appropriate times are reached at official qualifying galas.

#### **How do I get promoted to the Junior Squad**

The following are guidelines for promotion: 6,7,8 and 9 year olds may qualify for the Junior Squad by competing in a 25 metre Time Trial. Age 10 and over are not eligible for the Junior Squad. Please note that these qualifying times do not guarantee promotion as there may not be enough spaces to cater for all swimmers.

#### **25 metres Frontcrawl**

6 years 30 seconds & under

7 years 26 seconds & under

8 years 24 seconds & under

9 years 20 seconds & under

Any swimmer who shows ability in another stroke may, at the discretion of the coaches, be promoted to a higher group.

### **How do I get promoted to the A Squad**

From the Junior Squad: Promotion into our 'A' Squad will be based on a time trial and qualifying times. If you have any queries you can contact Johnny at 086 8358750. To be promoted from our Junior Squad into our 'A' Squad, a swimmer has to be in the Junior Squad for at least one year and be at least 8 years of age. At our Time Trial the standard for promotion is 46 seconds for 50 metres frontcrawl at age 8, and 43 seconds for 9 years of age and over.

From the Development Squad:

#### *100 metre Time Trial*

The Club will hold two 100 metre Time Trials for Development Squad swimmers aged 10 years and over. Gold, Silver and Bronze awards will be presented to swimmers achieving the standard time for their ages (see below). Any swimmer who achieves the Gold standard will be promoted into the 'A' Squad.

Age	Gold	Silver	Bronze
10 years	1:34	1:44	1:54
11 years	1:30	1:40	1:50
12 years	1:26	1:36	1:46
13 years	1:22	1:32	1:42
14 years	1:20	1:30	1:40
15 years	1:18	1:28	1:38
16 years	1:14	1:24	1:34

### **How do I get promoted to the Elite Squad**

For promotion to the Elite Squad swimmers must achieve the Division 2 qualifying time based on the following Summer's Division 2 standards. Swimmers must be a minimum of 11 years to qualify for the Elite Squad.

An extra Sunday morning session will be provided for any swimmer aged 10 and over who achieves a Division 2 Summer Championship time plus 5 seconds for their age group on any event from 100 metres upward.

\*Eligibility for Elite Squad promotion is for existing club members only. Club transfer requests are dealt with through the committee on a case by case basis.

**(Link to Qualifying Times can be found on**

**<https://www.swimireland.ie/competitions-events/competition-information>)**

## **ATHLONE SWIMMING CLUB TIMETABLE**

<b>Group</b>	<b>Elite</b>	<b>A</b>	<b>Junior</b>	<b>Development</b>
<b>Mon</b>	5.30 – 7.00pm			
<b>Tues</b>	6.00- 7.30am*			
<b>Wed</b>	6.00 - 7.30am*	5.30 – 7.00pm	5.30 – 6.45pm	
<b>Thurs</b>				
<b>Fri</b>	6.00 – 7.30am* 4.45 – 6.00pm	3.45 – 5.00pm	5.00 – 6.00pm	
<b>Sat</b>	6.00 – 8.00am*	5.00 – 5.50 pm Gym 6.00 – 7.30pm	6.00 – 7.30pm	(2)12.30 – 1.15pm (1)1.15 – 2.00pm
<b>Sun</b>	7.30 – 10.00am* 10.15 – 11.00 am Gym			

- Parents of swimmers are required to participate in a rota for supervision of all sessions.
- Parents of competitive swimmers are required to timekeep at galas.
- Parents of swimmers on the Connacht Squad will be required to complete a Team Manager's Course.

# **A Beginners Guide to Galas**

## **Registering for a Gala:**

- Gala dates, location and times are always displayed on the notice board and relevant squads notified through the squad group WhatsApp.
- The race entrance envelopes are available at the noticeboard.
- Fill them out and put the entrance fee into the envelope and pass onto the coach. Make sure to pay in advance of the closing date.

## **Day of Gala:**

Gear needed:

- Warm up togs and Racing togs.
- Tracksuit and T-shirt.
- Flip-flops.
- 2 pairs of goggles.
- 2 towels.
- Club hat and spare hat.
- Club hat to be worn during war-up and race, to enable the coach to get all times.

## **Programme:**

- Upon arriving, it is advisable to purchase a programme which details the order of events and lists all swimmers taking part.

## **Warm Up:**

- Swimmers should change, check in with the team manager or coach and join the practice swim before the gala starts.
- This is called the warm up and can be very busy.
- Before the warm up ends, certain lanes will be dedicated to practicing dives.
- It is vital that swimmers participate in the warm up, as it helps prevent injury and allows swimmers to become familiar with the lanes and turn markings. Swimmers should complete 1 x 800 free, 2 x 100 kick, 2 x 50 build, 1 x 100 DPS.
- When doing a sprint, raise your hand to get coaches attention.
- Remember the coach can only get one split at a time. Report back to coach quickly for feedback.

- Warm up sessions are separate for boys and girls.
- After the warm up, get changed quickly and report back to poolside.

**Food / Drink:**

- Eat a normal breakfast in the morning, i.e. cereal, toast, tea etc.
- Bring some wholemeal sandwiches or pasta and do not eat directly before a race
- Avoid sweets and fizzy drinks.
- Make sure to drink plenty of water or sports drink throughout the day.

**Event Call Up:**

- Swimmers will be asked to gather in a designated area of the pool to line up for their chosen events, where they will be told what heat and what lane they are in.

**Seeding:**

- Swimmers are seeded for each event based on their previous results.
- All events run from slowest to fastest times and there are benches reserved for the swimmers to line up on.
- NT means the swimmer has No previous Time and is placed near the start of the event.
- Girls and boys swim in separate events.

**Race Rules:**

- The starter will blow three short whistles to get timekeepers attention, then one long whistle to signal the swimmers to climb onto blocks or enter the water and prepare to start the race.
- If, after starting, the referee blows the whistle continuously, this signals a false start and swimmers must stop and return to the blocks to restart the race.
- On Butterfly and Breaststroke turns, swimmers must touch with 2 hands, and the same applies at the finish. A one hand touch will lead to disqualification.

**Getting a time:**

- Swimmers will see their times on a scoreboard (if available) next to their lane number. This is called getting a time.
- This becomes the swimmers official time when it is confirmed by Swim Ireland.



- As swimmers go to more galas they may try to get a faster time and can see the progress they are making.
- All times are printed out on the day of the gala and posted on a wall for everyone to see.
- As swimmers get used to competitions, they will need to get to know about A, B and C times.
- Please note that there are different times for boys and girls and for different age groups.

**(Link to Qualifying Times can be found on  
<https://www.swimconnacht.com/>)**

### **General**

- Stay in the Pool Complex at all times and obey the Pool rules.
- Report to the coach after each race, for splits and corrections.
- Do not leave money, or valuables such as mobile phones, unattended in the dressing rooms.
- Bring food.
- If you cannot attend the gala for whatever reason please make contact with the team manager or coach on the day

### **Swimming Galas**

Athlone Swimming Club are part of the Connacht(East) region of Swim Ireland and the Regional Development Meets are hosted with the other clubs in this area – St Comans Roscommon, Ballinasloe, Carrick on Shannon and Longford. Galas offer the chance for swimmers, of various ages, to achieve an official time for their swim.

### **Meets or Galas are categorized as follows:**

Regional Qualifying Meets are aimed at the fastest swimmers with challenging entry times.

Regional Development Meets are intended for younger swimmers or swimmers with slower times, these events are time banded with minimum qualifying times as well as upper time limits to ensure swimmers of all abilities get a chance to succeed.

## **Regional Development Meet Structure**

Every graded meet will have two 100 metre events and one 200 metre event. This means every 100 metre events will be swam three times and the 200 metres events swam once in a given season. Including our graded final's, we will have six graded meets in one season. We will leave the 200 metres freestyle for the last meet to give swimmers the opportunity to qualify for the Irish National Division Two Competition.

**(Link to Connacht Calendar can be found on <https://www.swimconnacht.com/>)**

### **Meet Conditions for Regional Development Meets**

ENTRIES WILL BE ACCEPTED FROM SWIMMERS WHO:

- Have not yet achieved a faster time then the B Grade cut off time.
- Swim in their own age group in individual and relay events.
- Squads: Swimmers on Squads must swim and be qualified to swim in the F/S event on the day. If swimmers break the Q.T. time on the day then they WILL be allowed to swim in the Relay Event.
- Squads: Two swimmers may swim up on a relay but may only swim in one relay.

**(A link to the framework for Graded Gala Qualifying Times can be found on [www.swimconnacht.com](http://www.swimconnacht.com))**

An example of how times work at a graded gala:

Three swimmers are 11 and under and enter the Girls u11 Regional Development Meet 100M Backstroke.

Swimmer 1 achieves 1:48.74, swimmer 2 achieves 1:38.25 and swimmer 3 achieves 1:30.01

Despite all swimming in the same Event, because of their times, they are classified under different competitions for that day.

Swimmer 1 with 1:48.74 is considered part of the C gala competition (slower than C time of 1:46). Medals are awarded for this competition.

Swimmer 2 with 1:38.25 is considered part of the B gala competition (slower than B time of 1:36 but faster than the C time of 1:46). Medals are awarded for this competition.

Swimmer 3 with 1:30.01 has achieved the A standard and cannot swim, in that specific Event 100 Backstroke, in any other Regional Development Meet again. Swimmer 3 may now attend Regional Qualifying Meet in that specific stroke - 100M Backstroke. Certificates will be issued in time – no medals.

**All Swim Irelands Competition Pathway Information can be found at**  
<https://www.swimireland.ie/files/documents/Competition-Pathway-20182019.pdf>

## Glossary of Swimming Terms

DNF	Did not finish
DNS	Did not start
NS	No show
DQ	Disqualified. A swimmer should be notified by the gala referee with a reason - No time is given
FTR	Freestyle Team Relay (4 swimmers swim Freestyle)
Green Book:	Handbook available from Swim Ireland with details of competitive swimming at National Level
HDW	Heat Declared Winners (No finals will be held in this event. The fastest times in heats are winners)
IM	Individual Medley - swimmer does a set length of each stroke (Order fly, back, breast free)
LC	Long Course (each length of the pool = 50 metres)
MTR	Medley Team Relay (Order backcrawl, breaststroke, fly, freestyle)
PB	Personal best
QT	Qualifying Time
NQT	No Qualifying Time
RDM	Regional Development Meet - for swimmers who have not achieved a time faster than the B Grade cut off
RQM	Regional Qualifying Meet - for swimmers who have achieved a time faster than the B Grade cut off
SC	Short Course (each length of the pool = 25 metres)
SI	Swim Ireland
Straight Finals	No heats will be held in this event - normally less entrants than lanes in the pool
Swim Up	To swim in the age group above swimmers actual age group
TBD	To be decided
Age Group:	Division of swimmers according to age
FINA	The international governing body for the sport of swimming
LEN	Ligue Européenne de Natation (European Swimming League)
Scratch:	To withdraw a swimmer from an event before the start of the competition
Heat Sheet:	A printed order of events by session with swimmers listed by heat and lane (with team and entry time)

Swim Off	A race after the scheduled event to break a tie. The only circumstance that warrants a Swim-off is to determine which swimmer makes finals.
Starter:	The official in charge of signalling the beginning of a race and insuring that all swimmers have a fair take-off
Split	A swimmer's intermediate time in a race. Splits are registered every 50 metres (or 25 metres depending on the pool and the equipment on hand)
Referee:	The head official at a swim meet

## **Improve Your Technique...**

### *Frontcrawl Turns*

- Approach fast, holding your breath for last three strokes into the wall
- Drop the head down to bring the legs over faster and stay in a tucked position for the fastest roll
- One arm stays by the hip while the opposite arm pulls the body over
- Both feet hit the wall with the feet facing slightly sideways, with the swimmer on his back but ever so slightly angled to the side
- The legs should be flexed at 90° to allow for a maximum drive off the wall
- The push off from the wall should see the body about 1.5 feet deep making sure you push forward, not down or up
- The arms should be squeezed against the ears, one hand on top of the other, fully extended, and the eyes should be looking straight down (NB: Don't tuck the chin in)
- Begin the kick slightly after the push away from the wall using 3 to 4 powerful Butterfly kicks and ascend to the surface with a flutter kick.
- Begin the stroke after the body has reached the surface and not before
- On a longer distance race it is recommended to breathe immediately after each turn but sprinters should keep the head down for one stroke after the turn

### *Common Mistakes*

- (1) Throwing the legs straight over
- (2) Breathing into the approach
- (3) Gliding into the turn
- (4) Poor streamlining off the wall
- (5) Turning the body around at the wall and onto the front

### *Backcrawl Turns*

- From the flags learn to know exactly how many strokes to the wall before you turn
- On the last stroke bring the arm over whilst turning over onto the front
- At this point you basically complete a Frontcrawl turn but end up on your back
- It is a slightly deeper underwater push off the wall with the body approximately 2 foot under the surface

- The rules allow you to kick 15 metres underwater on the start & turn. Having a strong Butterfly kick is a huge advantage, but most swimmers will not kick this far. The danger is that fatigue may set in at the final part of the race
- Again, make sure the body reaches the surface before you begin your first pull

#### Common Mistakes

- |  |  |
|--|--|
| (1) Turning too early  | (3) Poor streamlining off the wall                                 |
| (2) Turning onto the front which will lead to disqualification | (4) Beginning the first armstroke when too deep under the surface. |

#### *Butterfly Turns*

- Approach the wall at speed and keep the head down on the last stroke
- Both hands must touch the wall simultaneously, but keep the shoulders in line with the surface until the touch is made
- Use a powerful kick on the last stroke, trying to touch the wall with the arms fully extended
- On touching the wall, lean back keeping the head and chin as close to the surface. The legs are brought up under the body together and placed on the wall (pull the knees into the gut)
- Flex the arms on the touch but avoid pulling the body into the wall, release one arm as quickly as possible and tuck into the side
- The opposite arm releases from the wall in a high elbow manner close to the head, entering the water with as little splash as possible
- Before the push the feet are facing sideways approximately 50 cm under the water
- Bring the arms and hands together and push off slightly down if doing a lot of fly kicks under and horizontally if doing fewer kicks off the wall (approx 1.5 feet under the surface)

#### Common Mistakes

- (1) Pulling the body too high out of the water
- (2) Turning the body onto the front before pushing off
- (3) Pushing off too near the surface of the water
- (4) Taking two breaths on the turn

### *Breaststroke Turns*

- The Breaststroke turn has the exact same approach and turn off the wall as in Butterfly
- Push slightly down to a depth of approximately 2 feet
- Drive off the wall, hold for a moment in a streamlined position, and begin the pull out
- Keep the pull out narrow and drive the hands back to the legs. One dolphin kick may be executed during the pull out phase
- Recover the arms in under the body and use a strong narrow kick and rise to the surface
- The head must break the surface for a breath before the end of the outswEEP of the first stroke

### Common Mistakes

- (1) Pulling the body too high out of the water
- (2) Turning the body onto the front before pushing off
- (3) Pushing off too near the surface of the water
- (4) Taking two breaths on the turn
- (5) Using more than one Breaststroke kick during the pullout
- (6) Kicking Frontcrawl legs whilst pushing off

### *Individual Medley Turns*

#### Butterfly to Backcrawl

- This is the same as a regular Butterfly turn but on the push off you go from the side onto the back and use your Butterfly kick as normal

#### Breaststroke to Freestyle

- Again this is the same as a Butterfly turn to a Backcrawl turn except on the push, where the body is on the front and use your normal freestyle kick

#### Backcrawl to Breaststroke

- Normal touch turn
- Somersault turn
- Modified Naber turn

\*These turns will be covered by the Coach to avoid any confusion



## “A” Squad Time Trial League 2019/2020

### Conditions:

- There will be 8 Time Trials throughout the year, so each swimmer will swim all four strokes twice. These will be held on the first Friday of each month at 4.00pm.
- Results will be posted on the notice board a few days after each Time Trial.
- Prizes will be presented to the top 3 swimmers in each age group at the end of the year.
- Ages will be age on day of swim.

### Qualifying Standards:

#### FREESTYLE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	1.10-1.14	1.06-1.10	10
1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	1.10-1.14	8
1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	1.14-1.18	7
1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	6
1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	5
1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	4
1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	3
1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	2
1.58+	1.54+	1.50+	1.46+	1.42+	1.38+	1

#### BACKSTROKE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	1.18-1.22	10
1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	1.22-1.26	8
1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	1.26-1.30	7
1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	1.30-1.34	6
1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	1.34-1.38	5
1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	1.38-1.42	4
2.02-2.06	1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	1.42-1.46	3
2.06-2.10	2.02-2.06	1.58-2.02	1.54-1.58	1.50-1.54	1.46-1.50	2
2.10+	2.06+	2.02+	1.58+	1.54+	1.50+	1

BREASTSTROKE 100M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	1.33-1.37	1.29-1.33	10
1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	1.33-1.37	8
1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	1.37-1.41	7
2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	1.41-1.45	6
2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	1.45-1.49	5
2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	1.49-1.53	4
2.13-2.17	2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	1.53-1.57	3
2.17-2.21	2.13-2.17	2.09-2.13	2.05-2.09	2.01-2.05	1.57-2.01	2
2.21+	2.17+	2.13+	2.09+	2.05+	2.01+	1

BUTTERFLY 50M

UNDER 9	UNDER 10	UNDER 11	UNDER 12	UNDER 13	13 +	POINTS
40-44	38-42	36-40	34-38	32-36	30-34	10
44-48	42-46	40-44	38-42	36-40	34-38	8
48-52	46-55	44-48	42-46	40-44	38-42	7
52-56	50-54	48-52	46-50	44-48	42-46	6
56-1.00	54-58	52-56	50-54	48-52	46-50	5
1.00-1.04	58-1.02	56-1.00	54-58	52-56	50-54	4
1.04-1.08	1.02-1.06	1.00-1.04	58-1.02	56-1.00	54-58	3
1.08-1.12	1.06-1.10	1.04-1.08	1.02-1.06	1.00-1.04	58-1.02	2
1.12+	1.10+	1.08+	1.06+	1.04+	1.02+	1