



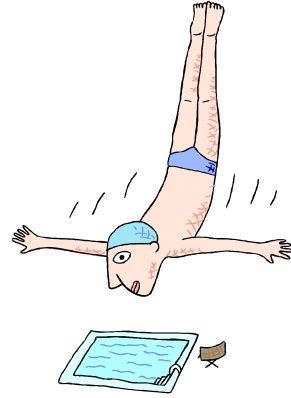
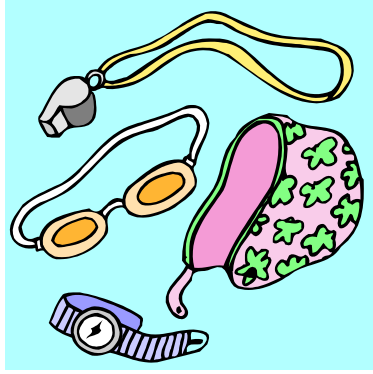
Beginner

Swimmer Handbook

2006 – 2007

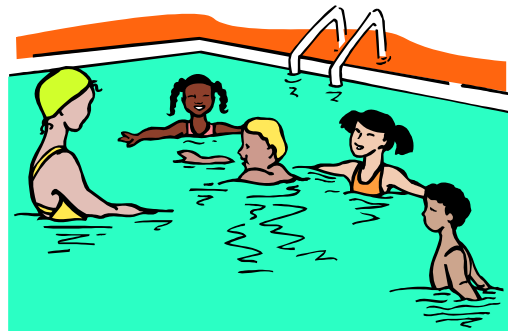
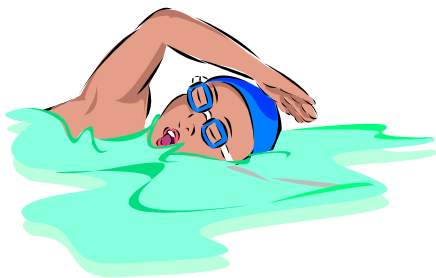
Designed to suit JD and JC Squads

Produced by Katherine Fitzgerald



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Goal Setting

Ultimate goal: Your ultimate goal is the goal you work towards achieving throughout your entire swimming career. It's your dream achievement and can be as realistic or unrealistic as you like. Some examples of an 'ultimate goal' are swimming at the Olympics, making national qualifying times, competing in state finals, etc.

My ultimate goal for my swimming career is: _____

Season goal: This is the ONE thing that you want to achieve most this season. It can be a goal to do with training, competitions, nutrition, or something completely different.

My season goal for the 2006-07 season is: _____

Competition goal: This is the goal you set yourself for competitions throughout the season. It may include anything such as doing PB's, winning medals at district championships, or making semi finals for All junior; it's up to you.

My competition goal for the 2006-07 season is: _____

Training Goal: This is the goal you set yourself for training for the season. It can be anything at all that you wish to achieve in training, such as doing perfect turns every session, learning correct technique for butterfly, being able to make sets on faster times, or anything else you can dream up.

My training goal for the 2006-07 season is: _____

Chapter 1: Training

- **Training aims**
- **Swimming club myths**
- **What to bring**

Training aims

1. Improving training habits

Just a few pointers so that we start off the season smoothly:

- Swimmers should be ready to start on time (this means at the end of their training lane with their goggles on at the start time).
- Swimmers are advised to arrive 10 – 15 minutes early so they have time to stretch (either in club rooms or on pool deck).
- Let coaches know of any illness' or injuries before you get in the pool so we can adjust the training for you

Let's continue the wonderful commitment to training we saw from all swimmers last season so that everyone is swimming to the highest of their ability.

2. Improving stroke technique

Ringwood has always prided themselves as a club that focuses on stroke technique.

To continue that tradition, we need the full commitment of all swimmers to work to the best of their ability to improve those little areas of our stroke we all know need some work! Listen to coaches and give their ideas a go, but also play an active part in your stroke development by talking to coaches about areas you think you can improve and getting their feedback on how you could do that. Use training to play around with different techniques and find out what works for you!

3. Improving race skills

With not a lot of designated club meets in the first half of the season, it is important for swimmers to pick at least one meet early on to swim at, just to get back into the swing of things. We also have Interclub early in the season which is an excellent chance for race practice as well as kicking some butt! Also, don't forget that the club aggregates on offer are an excellent opportunity to improve your race skills such as starts, turns, finishes, pacing, etc. Make use of the resources available to you about competition skills such as this booklet, your coaches, friends, parents, internet, etc. to get the most out of your performance potential.

4. Improving kicking

At all levels of swimming, from the beginner to the world champion, the better swimmers in all strokes are invariably the better kickers. This is because a strong kick provides:

- Forward propulsion
- Good body position
- A stable base for your upper body to pull through the water

It is essential that kick work be performed at the same intensity as stroke work. The last few months have shown that the use of a kickboard often leads to a reduction in focus, and therefore if given the choice, it would be nice to see a lot of the kick work from now on being done without a board!

Something to think about...

Legend has it that Ian Thorpe can kick 50m in 28 seconds, while Alexander Popov can kick 50m in 26 seconds. How do you compare?

Dry Land

Dry land classes are run every Wednesday night. Times are as follows:

Senior Swimmers: 5:00 – 5:45pm

Junior Swimmers: 5:45 – 6:30pm

All swimmers are encouraged to attend to build up their core body strength and improve their muscle definition. The work done in dry land is closely related to actions used in the pool while swimming and is of great benefit to swimmers of all ages and ability.

The cost of dry land classes are included in squad fees.

Swimming Club Myths

We finally get out in the open the true facts about what it means to be part of a swimming club and dispel all those off-putting myths you've probably heard!

"SWIMMING CLUB IS ONLY FOR FAST SWIMMERS"

Ringwood Swimming Club is a family based swimming club aimed at teaching kids of all ages and abilities correct stroke technique while helping them to stay healthy and physically fit. Our Junior squads offer a transition between "Learn to swim" and competitive swimming and have a great deal of emphasis on fun! To join, all you need to be able to do is swim freestyle and backstroke and perhaps a bit of breaststroke. We'll teach you butterfly!

"TO BE A MEMBER OF A SWIMMING CLUB YOU HAVE TO TRAIN EVERY DAY"

NOT TRUE

Ringwood Swimming Club offers training for Junior D and Junior C squads once a week. Most of our members juggle swimming with another sport (or two!) so we realise that it isn't possible for people to always train every session.

"YOU HAVE TO TRAIN LOTS OF EARLY MORNINGS TO BE IN A SWIMMING CLUB"

NOT TRUE

This is the biggest swimming club myth around! Only our State and National level swimmers train early in the morning, and even at that level night time training is still available. All junior squads train on week nights, with NO morning sessions offered.

“SWIMMING TRAINING MEANS HAVING TO SWIM LAP AFTER LAP EACH SESSION”

NOT TRUE

Swimming training is not just swimming up and down the pool. The coaches provide a program to suit the level of ability of the swimmer. These programs are developed by the coach to provide stroke development, endurance and sprint training, and technique correction as appropriate along with a lot of fun and a social atmosphere!

It is true that the older, more serious competitive swimmers will swim longer distances and longer sessions, however at junior level swimmers are rarely required to swim more than 200m at a time.

“YOU HAVE TO SWIM AT LOTS OF COMPETITIONS TO BE IN A SWIMMING CLUB”

NOT TRUE

To be a member of Ringwood Swimming Club you just have to enjoy swimming! The club holds regular aggregates, which are friendly competitions against other members within the club which all swimmers are encouraged to attend. These are usually held on a Sunday morning (8am start) about 5 times a year and are a great opportunity for swimmers to socialise with members of other squads and have some fun.

We do encourage swimmers to take part in competitions outside club level when the coaches feel they are ready, however these are OPTIONAL.

“YOU HAVE TO SWIM A CERTAIN TIME TO BE ABLE TO ENTER SWIMMING CARNIVALS”

NOT TRUE

Most meets don't have qualifying times that you need to enter! The only exceptions to this are longer events such as 800m and 1500m, simply to avoid a meet running too long. New members can swim 25m and 50m races at club aggregates to get times until they feel ready to swim longer distances, there's no pressure to swim events you don't want to!

“SWIMMING IS PURELY AN INDIVIDUAL SPORT”

NOT TRUE

Being a part of Ringwood Swimming Club means that you are part of a team, so even though you are racing most times in an individual event, your team mates will cheer loudly, congratulate you on a PB and give you a pat on the back and say “better luck next time” if you don't quite make the time you want. We put a HUGE focus on team spirit and provide regular opportunities for swimmers to compete as part of relay teams or to interact with other swimmers in their squad during training.

"BEING IN SWIMMING CLUB COSTS A FORTUNE!"

NOT TRUE

Our squad rates start at just \$79.20 a quarter (3 months) for Junior D and Junior C squads! Payments don't have to be made in huge lump sums; most parents usually pay quarterly. What do u get for your \$79.20? The option of coming to training for an hour once a week, where you will receive quality coaching from accredited coaches with a great deal of knowledge and background in competitive swimming.

Junior D (JD) and Junior C (JC) squads

Uniform and equipment required

The following basic swimming equipment is required at this level:

Training:

- Training bathers
- Swim cap
- Drink bottle
- Goggles
- Flippers
- Swim bag for the above (optional)

Important swimming websites

Australian swimming:

www.swimming.org.au

Swimming Victoria:

www.swimmingvictoria.org.au

Metro East:

<http://home.vicnet.net.au/~drdsa/home.htm>

Ringwood Swimming Club:

www.ringwoodswimmingclub.org.au

SwimNews online:

<http://www.swimnews.com/>

Chapter 2: Competition

- **Aggregate**
- **Aggregate know-how**
- **Monitoring self-improvement**
- **Interclub**

Ringwood Aggregates

What are aggregates?

Aggregates are club based competitions where the swimmers get a chance to socialise and compete in a low-level competition against other swimmers from their squads.

There are usually about 5 aggregates per season, although this can vary depending on dates of external meets, holidays, training, etc.

Aggregates are held on:

Sundays 8:00am start (finish approx. 9:30am)

What events do I have to swim?

Usually we offer 4 or 5 different events in the following format:

1. 50m or 100m backstroke
2. 50m or 100m breaststroke
3. 50m or 100m freestyle
4. 50m butterfly (25m for Junior squads) or 100m IM

Distance events such as 200m, 400m, 800m & 1500m are only run once per season as part of Club Championships.

Having said that, it is up to the swimmer what they wish to swim on the day. If they are not comfortable swimming butterfly, they may prefer to swim breaststroke, backstroke and freestyle instead; it is purely up to them.

Do I need to attend ALL aggregates?

No, only those you can. However, to be eligible for trophies and to swim at club championships, you need to compete at a minimum of 7 designated events throughout the season (either aggregates, interclub or spring pennant). If a swimmer is injured or sick for an extended period of time, exemption to this rule may be gained through consultation with the committee.

What other fun stuff do we do at aggregates?

Following some aggregates we have delicious pancakes cooked by some of our wonderful helpers. Also, aggregates are a great chance to social with friends in your squad, and also meet other swimmers your age from different squads.

Aggregate know-how

All the little tips to make sure you get the most out of an aggregate

Race procedures

1. Warm up: this is very important! There is usually time before events start to jump in the pool and warm up. Swimmers are strongly encouraged to do this, as swimming without a warm up can lead to injuries. If you're not sure what to do for warm up, ask either your coach or one of the older swimmers for some help. Try to pick a lane with swimmers your own ability so that you don't get run over by the big kids!

2. Stretching: It's really important to stretch before your races. We understand that there isn't much time before aggregates start so here are a few tips for getting your stretching done:

- Stretch while heats are being organised (this is a wonderful time to stretch arms).
- Stretch while the older kids are swimming (don't forget those legs!)
- Remember it's a good idea to stretch before EACH race, because there isn't a chance to do warm up during aggregates.
- If you're not sure about what stretches to do, ask one of our friendly club captains or coaches who'll be happy to help you out!

3. Marshalling: The marshalling area for aggregates is near the blocks at the deep end of the pool. Just hang around and wait to be assigned a heat (this will usually be with other swimmers in your squad) and the marshal will tell you when it's your turn to swim. *Hint: if you stick with your friends in your squad, you'll all be in the right place!*

4. Exiting the pool: At aggregates, make sure you get out of the pool using the ladder at the side of the pool. Please exit the pool QUICKLY so that the next heat can get under way. You may ask timekeepers for your time after you have exited the pool.

Monitoring self improvement

It is expected that all swimmers monitor their self improvement. This means writing down times from swim meets / aggregates and keeping a record of P.B's to compare times with. If you do not have a PB book please ask your coach to provide you with one. It also makes it a lot easier if you start a fresh one each season, so that you can find current times to enter meets quickly.

Time management & extra information

For more information about competitions or notes on time management, please refer to intermediate or advanced handbooks.

Interclub

Every season there will be 5 Interclub competitions held at Aqualink Nunawading. *See website for more details.* The interclub competition comprises of 2 parts:

1. *Aggregate section – This includes individual races for swimmers aged 10/U years, where they accumulate points towards medals at the end of the Interclub block. Swimmers will compete in 2 strokes each week.*
2. *Relay section – Relays are conducted in the ‘Open’ (aged 13/O yrs as of 30/6/06) and ‘Junior’ (aged 12/U yrs as of 30/6/06) categories. Each category may have multiple teams from each club entered ie. A, B, C, etc. Competitors will compete in a minimum of 2 relays and a maximum of 4 relays in any week they are chosen to compete.*

OPEN | LONG COURSE

(Aged 13 years & over on June 30, 2006)

All Weeks:

- 4 x 50m Backstroke
- 4 x 50m Breaststroke
- 4 x 50m Freestyle
- 4 x 50m Butterfly
- 4 x 50m Medley

JUNIORS | LONG COURSE

(Aged 12 years & under on June 30, 2006)

All Weeks:

- 4 x 50m Backstroke
- 4 x 50m Breast/Free/Breast/Free
- 4 x 50m Medley
- 4 x 50m Fly/Free/Fly/Free
- 4 x 50m Freestyle

Because interclub is being run differently this season, all teams will be finalised by the end of May. Swimmers may not be added to teams after this date so all swimmers wishing to compete should sign up as soon as the interclub list goes up on the noticeboard. Those swimmers who put their name down need to commit to swimming at least 3 or 4 of the 5 Interclubs so as we have enough swimmers in each team each week.

The doors usually open at 7:00pm, for a 7:30pm start. All swimmers are required to be there at 7:00pm for warm up / stretching. Coaches will usually be there to assist in warm up, and club captains will be in attendance throughout the evening to make sure the younger swimmers get to marshalling on time. The evening will begin with the aggregate section, which will usually run for at least 30mins, however we ask that all senior swimmers are there to support the club and the younger swimmers during this time!

R.S.C. Interclub selection criteria:

- Must currently be a registered member of Ringwood Swimming Club
- The Team manager will ensure that all swimmers wishing to compete at District Champs. will have attended enough meets to be eligible.
- Swimmers who attend training regularly will usually be given preference in instances where there are a limited number of swims.
- FULL R.S.C. uniform must be worn at all times (no one will be allowed to swim without a R.S.C. club cap)
- All participants are expected to give 100% to every race, regardless of what stroke.

Chapter 3: Nutrition

Information regarding nutrition can be found by following any of the links mentioned earlier in this booklet.

Club Events

- **Competitions Summary**
- **Club Calendar**

RINGWOOD SWIMMING CLUB

COMPETITIONS SUMMARY

Level	Competition	Details	Entry
Club <i>(Ringwood)</i>	Aggregate	<ul style="list-style-type: none"> • Sunday morning competition • Points scored per swim vs PB • Trophies presented at AGM - <i>Male-Female, Junior-Senior</i> 	<ul style="list-style-type: none"> • All swimmers encouraged • Learning experience for new swimmers • Enter “on-the-day”
	Club Championships	<ul style="list-style-type: none"> • Held annually on several dates • Age group and Open events • Points scored per event • Trophies presented at AGM - <i>Age and Open Champions</i> 	<ul style="list-style-type: none"> • All swimmers encouraged • Eligibility and Closing date rules apply • Must enter all 4 strokes • Use GREEN Entry Card
	Annual Swim Meet	<ul style="list-style-type: none"> • Held annually in June • Open invitation to all Clubs • Age group events • Medals presented “on the day” - 1st, 2nd, and 3rd placegetters 	<ul style="list-style-type: none"> • All swimmers encouraged • Closing date applies - <u>but get in early</u> • Use GREEN Entry Card
District <i>(Dandenong Ranges & District Swimming Assoc)</i> “Metro East”	Aggregate	<ul style="list-style-type: none"> • Friday night competition • Junior swimmers only - <i>8/U, 9, 10yrs, Male-Female</i> • Points scored per swim • Medals presented on “last night” - <i>1st, 2nd, and 3rd placegetters</i> • 5-6 meet competition from July through September 	<ul style="list-style-type: none"> • All swimmers encouraged • Two swims only per night • Enter “on-the-night”
	Interclub	<ul style="list-style-type: none"> • Friday night team competition • District East clubs only • Senior (13/Oyrs) / Junior (12/Uyrs) categories • Points scored per event • Trophy to winning Club + award to all winning team members • 5-6 meet competition from July through September 	<ul style="list-style-type: none"> • All swimmers encouraged • Write names on Club noticeboard during May. • Teams selected by Team Managers
	District Championships	<ul style="list-style-type: none"> • Held annually in March • District East clubs only • Age group and Open events • Medals presented “on the day” - <i>1st, 2nd, and 3rd placegetters</i> - <i>“A” and “B” grades</i> 	<ul style="list-style-type: none"> • All swimmers encouraged • Eligibility and Closing date rules apply • Use GREEN Entry Card

RINGWOOD SWIMMING CLUB

COMPETITIONS SUMMARY

Level	Competition	Details	Entry
	District Team	<ul style="list-style-type: none"> • Interstate competition usually in June/July each year • Transport, accommodation, meals etc arranged • Restricted to 12yrs and over 	<ul style="list-style-type: none"> • Team selected by District from “A” grade medallists at District Championships • National qualified swimmers ineligible • Invitation only
State <i>(Swimming Victoria)</i>	7-10 Encouragem’nt Championships	<ul style="list-style-type: none"> • District East Eliminations held annually in October • 50m events only • Age group events - 7yrs to 10 yrs • Top 10 to Finals in November 	<ul style="list-style-type: none"> • All swimmers encouraged • Closing date applies • Use GREEN Entry Card • Finalists notified
	All Junior Championships	<ul style="list-style-type: none"> • District East Eliminations held annually in February • 50m events only • Age group events - 8/U, and 9 to 14 yrs • Top 10 to Semi-finals and Finals in March 	<ul style="list-style-type: none"> • All swimmers encouraged • Medallists from State Championships and State Sprints excluded • Closing date applies • Use GREEN Entry Card • Semi-finalists notified
	Spring Pennant	<ul style="list-style-type: none"> • Friday night team competition in Oct-Nov at MSAC • Separate Junior-Senior comps. • Open to all SV Clubs • Graded relays format • Points scored per event • Pennant to winner and runner-up per grade “on last night” • Pennants to all winner/runner-up team members at AGM • Bus transport may be arranged 	<ul style="list-style-type: none"> • All swimmers encouraged • Apply by writing name on Club noticeboard • <u>Must commit to all weeks</u> • Time trial criteria applies for selection • Teams selected by Team Managers
	December Competition	<ul style="list-style-type: none"> • Held annually in December • Last opportunity to achieve Qualifying times before State Championships 	<ul style="list-style-type: none"> • All swimmers encouraged • Closing date applies • Use GREEN Entry Card

RINGWOOD SWIMMING CLUB

COMPETITIONS SUMMARY

Level	Competition	Details	Entry
State (Swimming Victoria)	Victorian Championships	<ul style="list-style-type: none"> Held annually in early January Age group and Open events <ul style="list-style-type: none"> - 11/U, 12yrs and Open - 13 to 16yrs and 17/18yrs Heats and Finals (+ semi-finals in Open events only) 	<ul style="list-style-type: none"> State Qualifying times from approved meets only apply Closing date applies Use GREEN Entry Card
	Victorian Sprint Championships	<ul style="list-style-type: none"> Held annually in early February 50m events only Age group and Open events <ul style="list-style-type: none"> - 11/U, 12 to 14yrs - 15 to 18yrs, 19/O Heats and Finals 	<ul style="list-style-type: none"> State Qualifying times from approved meets only apply Closing date applies Use GREEN Entry Card
	Victorian SC Championships	<ul style="list-style-type: none"> Held annually in Aug-Sept Shortcourse = 25m pool length Age group and Open events <ul style="list-style-type: none"> - 11/U, 12yrs and Open - 13 to 18yrs Time trials (no finals) 	<ul style="list-style-type: none"> State Qualifying times from approved meets only apply Convert times to 25m pool length Closing date applies Use GREEN Entry Card
		<ul style="list-style-type: none"> Club "State Team" polo shirt presented to eligible swimmers at the meet Trophy presented at AGM 	<ul style="list-style-type: none"> Swimmers must qualify, enter and swim any of the above 3 competitions to receive polo shirt
National (Australian Swimming)	Australian Age Championships	<ul style="list-style-type: none"> Held annually (usually in April) Different Capital city each year Age group events <ul style="list-style-type: none"> - 13/U, 14 to 17/18yrs Heats and Finals 	<ul style="list-style-type: none"> National Qualifying times from approved meets only apply Closing date applies Use ASI Multi-Entry Card Entries submitted via Swimming Victoria
	Australian Open Championships	<ul style="list-style-type: none"> Held annually (month varies) Different Capital city each year Open events only Heats, Semi-finals and Finals 	<ul style="list-style-type: none"> As for Age Nationals
	Australian Shortcourse Championships	<ul style="list-style-type: none"> Held annually (month varies) Different Capital city each year Shortcourse = 25m pool length Open events only Heats, Semi-finals and Finals 	<ul style="list-style-type: none"> As for Age Nationals Convert times to 25m pool length
		<ul style="list-style-type: none"> Club presentation to qualified swimmers at any of the above 3 competitions and at AGM 	

RINGWOOD SWIMMING CLUB

COMPETITIONS SUMMARY

Level	Competition	Details	Entry
Schools	Primary Schools Championships	<ul style="list-style-type: none"> • Primary school students only • Age group events - 9/10, 11 and 12/13yrs • Must progress through District, Zone, Regional trials (Feb-Mar) • Finals in April at MSAC • Conducted by Victorian Primary Schools Sports Association • Victorian representative team selected from results for Aust. Primary Schools C'ships 	<ul style="list-style-type: none"> • Enter via schools only • Closing date applies • Schools submit entries on special entry forms • Team selected by Victorian Primary Schools Sports Assoc. (VPSSA)
	All Schools Championships	<ul style="list-style-type: none"> • Secondary school students only • Held annually in April at MSAC • Age group events - 12/13yrs to 17/0 • Conducted by Swimming Victorian • Victorian representative team selected from results for Aust. Secondary Schools C'ships 	<ul style="list-style-type: none"> • Enter via schools only • Closing date applies • Schools submit entries on special entry forms • Team selected by Victorian Secondary Schools Sports Assoc. (VPSSSA)
	Pacific School Games	<ul style="list-style-type: none"> • The Primary and Secondary schools combine every four years into a Victorian team to compete in these international Games. Students from over 40 countries come together to compete in swimming, diving, athletics and gymnastics. A different Australian Capital city hosts the Games each time 	<ul style="list-style-type: none"> • Teams selected by School Sports Assoc.'s based on results from nominated meets
	All Schools Relays	<ul style="list-style-type: none"> • Secondary school students only • Held annually in April at MSAC • Relays only • Conducted by Swimming Victorian 	<ul style="list-style-type: none"> • Enter via schools only • Closing date applies • Schools submit entries on special entry forms
Other Meets <i>(many and varied)</i>		<ul style="list-style-type: none"> • Various Metro and Country Clubs hold many other meets • Club selects some meets to attend as a group – refer Club Calendar for details • Other meets can be attended as desired 	<ul style="list-style-type: none"> • Watch Club Noticeboard for details • Closing dates apply • Usually GREEN Entry Cards but some meets require the PINK/BLUE cards

AN UP TO DATE COPY OF THE CLUB
CALENDAR CAN BE FOUND ON THE
RINGWOOD SWIMMING CLUB WEBSITE.

www.ringwoodswimmingclub.org.au