



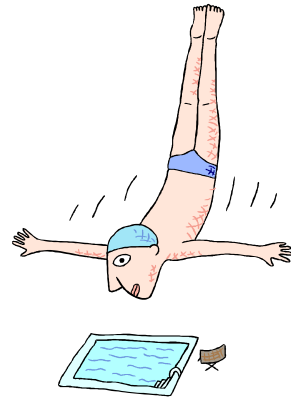
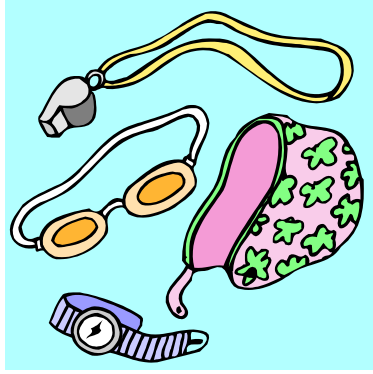
*Intermediate*

**Swimmer Handbook**

**2006 – 2007**

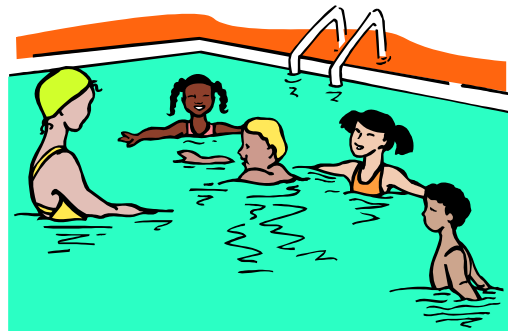
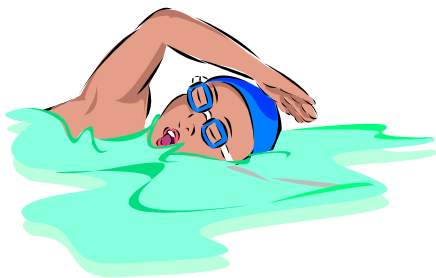
*Designed to suit JB, JA, DS and ES Squads*

*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:* \_\_\_\_\_

\_\_\_\_\_

## P.B. TIMES

Event	P.B. Time	Goal time for this season	Time achieved by May 2007
<b>Free 50m</b>			
100m			
200m			
400m			
800m			
1500m			
<b>Back 50m</b>			
100m			
200m			
<b>Brst 50m</b>			
100m			
200m			
<b>Fly 50m</b>			
100m			
200m			
<b>IM 100m</b>			
200m			
400m			

Please mark Long course (L/C) or Short course (S/C)

# Chapter 1: Training

- **Training aims**
- **Heart rate monitoring**
- **Dry land & flexibility**
- **What to bring**
- **Time management**

# 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?*

# Heart rate monitoring

## The importance of heart rate monitoring:

Monitoring your heart rate has many benefits. It allows you to tell what intensity you are working at, can give early warning signs of over training, is a measure of fitness and allows you to train more specifically to your optimum range.

## Heart rate and training:

There are 4 specific levels of training, and monitoring your heart rate allows you to know whether you need to work harder or easier to achieve the most benefit from your training program. These 4 levels of training are:

1. **Easy to moderate (50% to 60% of your max HR):** *This level of training is mostly used in warm up and cool down and as recovery swims after high intensity sets. Generally 10 – 15% of your training will be at this level.*
2. **General aerobic (70% to 80% of your max HR):** *General aerobic training is also known as endurance based training. At this level, your body produces lactic acid equal to your body's ability to remove it. Training in this zone will give you the benefits of becoming fitter, stronger and faster especially over the longer distance events. Generally 40 – 50% of your training will be at this level.*
3. **High aerobic threshold (80% to 90% of your max HR):** *This level of training is the cross-over point between aerobic training and anaerobic training and you will often experience fatigue, tired muscles and heavy breathing. The work to rest ratio for this type of training is typically 2:1 (so for every 2 minutes of swimming, you get a minute of rest). This type of training is not done a lot at the start of the season, but nearing the end of the season (as we are now) as much as 30% of a training session could be at this level.*
4. **Anaerobic (90% to 100% of your max HR):** *Training at the anaerobic level is primarily used for race preparation. Most of this training is done at 100% effort so that you use the same muscles as you would in a race. Anaerobic training involves swimming fast bursts at maximum speed followed by long periods of rest. During anaerobic training, lactic acid builds up in muscles so it is especially important for swimmers to cool down and stretch properly. Towards the competition end of the season, this type of training accounts for approx. 20% of a training session.*

## How to take your heart rate:

There are 2 main ways of taking your heart rate (HR). The first and most accurate is by using a heart rate monitor, and the second is by using your fingers to find the pulse in your neck. Because we don't have access to HR monitors, we will use the second method. This is done by:

- Find a clock or get someone to time you for 6 seconds
- In this 6 seconds, count the number of heart beats by pressing your fingers to your neck (do NOT use your thumb to do this!)
- Multiply this number by 10 to work out your heart rate  
(eg. 8 beats = 80 HR, 15 beats = 150 HR, 22 beats = 220 HR)

We will go over this method a few times in training until everyone gets the hang of it!

## **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.

## **Flexibility**

Another important aspect of swimming is flexibility. All swimmers (with the exception of beginners) should have a good knowledge of a range of stretches they can use before, during and after competitions and training. It is however, the responsibility of all experienced swimmers to stretch before training, whether that be on pool deck or at home before they come!

## **Junior B (JB) and Junior A (JA) squads**

### Uniform and equipment required

#### ***Training:***

- Training bathers
- Drink bottle
- Swim cap
- Goggles
- Flippers (short or cut off)
- Pool buoy
- Swim bag for the above

#### ***Competition:***

- Racing bathers (either club or black)
- Goggles
- Club swim cap
- Club polo-shirt
- Black shorts / tracksuit pants
- Club rugby jumper / tracksuit top

## **Developing (DS) squad and Emerging (ES) Squad**

### Uniform and equipment required

#### ***Training:***

- Training bathers
- Drink bottle
- Swim cap
- Goggles
- Flippers
- Pool buoy
- Swim bag for the above

#### ***Competition:***

- Racing bathers (either club or black)
- Goggles
- Club swim cap
- Club polo-shirt
- Black shorts / tracksuit pants
- Club rugby jumper / tracksuit top

## ***Important swimming websites***

Australian swimming:  
[www.swimming.org.au](http://www.swimming.org.au)

Swimming Victoria:  
[www.swimmingvictoria.org.au](http://www.swimmingvictoria.org.au)

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

Ringwood Swimming Club:  
[www.ringwoodswimmingclub.org.au](http://www.ringwoodswimmingclub.org.au)

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

Asthma medication declaration form:  
<http://www.swimmingvictoria.org.au/AdminForms/TherapeuticUseExemptionsAsthma.pdf>

## **Time management**

Swimmers at this level are usually balancing swimming with other sports or school commitments, as well as homework. The key to being able to commit to a high level of swimming is managing your time efficiently. This means no more putting off homework until the night before it's due and then using that as an excuse to get out of training! To assist you in learning the basics of time management, there is a weekly planner template on the next page with space for you to fill in all your commitments during the week so you don't forget anything!

Start off by adding to it ALL of your squad training times (not just those you think you'll actually come to), then add in things such as other sporting commitments, your favourite TV shows (yes, we all have those ones we can't bear to miss!), etc. This will give you a rough idea of what time you have left for homework and any other social activities you plan.

TO DOWNLOAD THE 'STUDY PLANNER' GO  
TO THE RINGWOOD SWIMMING CLUB  
WEBSITE.

[www.ringwoodswimmingclub.org.au](http://www.ringwoodswimmingclub.org.au)

# Chapter 2: Competition

- **Aggregates**
- **Interclub**
- **Entry procedure**
- **Basic swim meet know-how**
- **Conversion factors**
- **State qualifying times**

# 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.

## 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.

## Competition entry procedure

- Put all competition entry dates in you diary or keep your RSC club calendar somewhere where you'll see it
- Parent and/or swimmer should speak with their coach if they're unsure which events or competitions to enter
- All competition entries should be done on green cards. For details on how to fill these in, consult your coach
- Short course times (from 25m pool) must be converted to long course times (from 50m pool) using the conversion times supplied.
- Check that all times are entered for the correct events (ie. That you haven't entered 50m times for 100m events)
- Make sure all entries are sent well before the closing date, especially for meets where the number of entries is limited!
- Give you coach a list of the events you have entered so they know when and what you're swimming
- Keep a copy of the events you entered for yourself so you know what you're swimming on the day
- **YOUR REGO NUMBER IS THE FIRST 3 LETTERS OF YOUR SURNAME, FOLLOWED BY THE FIRST 2 LETTERS OF YOUR GIVEN NAME, FOLLOWED BY YOUR DATE OF BIRTH.**
- *Eg. Jane Smith DOB: 7<sup>th</sup> December 1995                      SMIJA071295*

**IF YOU'RE UNSURE ABOUT HOW TO FILL IN GREEN SV ENTRY CARDS, TALK TO YOUR COACH.**

# Basic swim meet know-how

*All the little tips to make sure you get the most out of a competition*

## Race procedures

**1. Warm up:** this is very important! At all competitions, the pool usually opens at least half an hour before the meet starts (and 1.5 hrs before for state championships at MSAC) so make the most of this time to get in the pool and get a feel for the water. Pools will be at different temperatures and depths, so without a warm up it's hard to know what to expect. Another problem with swimming in different pools is the stroke count from the flags to the wall in backstroke. Make sure you work out how many strokes you take in your warm up because it could be slightly different to at Ringwood! If you're going to a meet where there won't be a coach present, make sure you check with them at training beforehand what to do for warm up.

**2. Stretching:** It's really important to stretch before your races. At club meets the club captains will usually take you through stretches before the meet starts. However, if you're swimming at any other meet where the club captains aren't there, it is important to take responsibility for your own stretching. If you can't remember a stretch, ask one of the other RSC swimmers. If all else fails, at least swing your arms and legs around a bit to get your muscles moving!

### **3. Marshalling:**

#### The marshalling area:

Marshalling areas will usually be obvious when you arrive at the pool. Be prepared that a marshalling area won't always be in the same place just because the meet is at the same pool. When you arrive, have a look for the marshalling area so you know where to go when it's time to swim.

#### The marshalling board:

Also have a look for the marshalling board, this will tell you when your event needs to marshal. If there is no marshalling board, there will at least be an event board which tells you what event is swimming in the water at that time. As a rough guide, you always want to marshal at least 3 events ahead of the event you're swimming in.

#### Marshalling at MSAC:

Marshalling at MSAC is a little different. At MSAC (which is where All junior semis and finals are held), the seating area is upstairs and the marshalling area is downstairs by the pool. The event board (which is huge, you can't miss it!) will always tell you when to marshal, but it's good to find your way around when you first get there so you have plenty of time to get to marshalling when you need to.

### **In the marshalling area...**

Once in the marshalling area it can be really noisy so it's important that you listen carefully for when your name is called. It's good to know what event, heat and lane you're in before you arrive in the marshalling area, so you know when to listen for your name. If you're a forgetful person and can't remember your heat or lane, get out a pen and write it on your hand, along with what stroke and distance you're swimming! That way, if you get an attack of the nerves, you'll be able to check quickly what you're swimming.

One thing I notice a lot, particularly among the younger swimmers, is the tendency to take off all your clothes and go off to marshalling in nothing but your bathers. Not a

good idea! Marshalling rooms are usually quite cold, so you'll need your clothes. The most common excuse for this is "but I won't get time to take my clothes off before I have to swim". Not true. There'll be plenty of time between when you leave the marshalling area and when you dive in the pool. Keep your clothes on until you're behind the blocks, then you can take them off and dump them against the wall (or where ever there's room) while the heat before you is swimming. Another necessity for marshalling is your spares! Spare goggles, spare cap, puffer if you're an asthmatic. Things such as this fit quite easily into the small mesh bags you can buy from sports shops and that way you've got them with you when you need them. You're not going to need spare goggles sitting in the stands, if you need them, it'll be when you're about to race!

**4. One start rule:** All swim meets are now conducted under the 'one start rule'. This means that there are no false starts, if you false start; you're out. If it's a really noticeable false start, like if someone falls in after 'take your marks' and everyone else is still on the blocks, the remaining swimmers will be asked to stand down while that person leaves the pool, and then you will be restarted as normal. If however, it is only a slight false start, where one swimmer leaves the blocks a tiny bit before everyone else, the race will continue to be swum and that swimmer will just be disqualified at the end of the race. Whatever happens, if the starting signal goes; **SWIM!**

*What to do if you're the one that false starts: If you're the person that falls in before the others have left the blocks, you need to get out at the side of the pool and go and collect your stuff because you're out of the race. If this happens to you, don't worry, it happens to all of us! It's all part of the experience and it means you'll be more prepared next time.*

**5. Starting over the top:** Starting over the top is a method used a most swim meets to save time. It's generally done with 100m swims or further. When swimming long course, it doesn't apply for 50m swims. All it means is that once you finish your race, instead of hearing a whistle to get out of the pool, you'll hear a whistle for the next heat or event to get up on the blocks. All you need to do is stay against the lane rope in your lane (nice and close to the wall) so you're not in the way of the people diving. Once they've dived in and started swimming, then you can exit the pool **TO THE SIDES** (don't get out at the end of your lane!) and make sure you go **UNDER** the lane ropes, not over.

**6. Exiting the pool:** Unless otherwise instructed, always exit the pools at the sides, not at the end of the lane. Do so quickly, and go under the lane ropes, not over. If you're swimming at MSAC you will **ALWAYS** exit to the side of the pool, because getting out at the end of your lane interferes with the timing equipment. Ringwood is about the only pool where this rule doesn't apply, and that is because of the diving pool being in the way.

## Conversion factors

Stroke	Distance	15/Over	14/Under
Freestyle	50m	0.5	0.3
	100m	0.9	0.7
	200m	1.9	1.5
	400m	3.8	3.1
	800m	11.3	6.5
	1500m	20.0	12.0
Backstroke	50m	0.7	0.5
	100m	1.5	1.1
	200m	3.0	2.4
Breaststroke	50m	0.6	0.4
	100m	1.5	1.0
	200m	3.5	2.2
Butterfly	50m	0.6	0.4
	100m	1.3	1.0
	200m	3.3	2.0
Individual Medley	200m	3.6	2.5
	400m	8.1	5.5

**25m Short Course Time - Add constant to obtain 50m long course time**

**50m long course time - Subtract constant to obtain 25m short course time**

These conversion factors apply to the age of the individual on the first day of the meet - not the event age group. If your time was achieved in a 25m pool and the competition you are entering is being swum in a 50m pool, you must add the constant to obtain the entry time. Conversely, if the time was achieved in a 50m pool and the competition you are entering is being swum in a 25m pool, you need to deduct the constant to obtain the entry time.

FOR A COPY OF THE VICTORIAN SHORT  
COURSE QUALIFYING TIMES SEE  
'RECORDS AND TIMES' PAGE ON THE  
RINGWOOD SWIMMING CLUB WEBSITE.

FOR A COPY OF THE VICTORIAN LONG  
COURSE QUALIFYING TIMES SEE  
'RECORDS AND TIMES' PAGE ON THE  
RINGWOOD SWIMMING CLUB WEBSITE.

## **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.

In the front of this handbook, there is a table for you to fill out with your current PBs and goal times for this season. This is YOUR copy to keep so that you can stay on target to achieve your times. Remember to re-evaluate your goal times regularly so that you are setting yourself a new goal when you achieve your desired time.

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

# RINGWOOD SWIMMING CLUB

## COMPETITIONS SUMMARY

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

# RINGWOOD SWIMMING CLUB

## COMPETITIONS SUMMARY

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

# RINGWOOD SWIMMING CLUB

## COMPETITIONS SUMMARY

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

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

[www.ringwoodswimmingclub.org.au](http://www.ringwoodswimmingclub.org.au)