

SWIMMER AND PARENT PARENT HANDBOOK

2019-2020



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Dear members,

Welcome to Warragul Swimming Club!

Warragul Swimming Club (WSC) has a proud heritage of creating young champions in Gippsland and Victorian Swimming since 1957 and we are delighted to welcome you and your family to be part of our growing community.

At Warragul we place a strong focus on overall wellbeing of our young athletes and our coaching and training programs balance technique, fitness, strength, resilience, teamwork and build confidence to help our swimmers become the best that they can be. We are committed to creating a safe environment for your children to grow with our club and to making the sport accessible to all ages no matter what their ability or background or motivation for taking up the sport; be it for fitness, making friends or to become a future Olympian! We also encourage active participation and support from parents to help ensure our values are maintained and the club continues to offer a rewarding environment for our members to develop.

This handbook contains valuable Information for new families to help guide you through your first few months with the club as you learn to navigate your way around your new sport. For long established members, or returning families it also serves as a handy reference and reminder of some important points and we hope you find it useful.

Thank you once again for trusting us with the development of your child and we look forward to working together to create some great memories for your family.

"We are Warragul; couldn't be prouder!"

Toni Halloran-Lavelle
President



CHILDS SAFE STANDARDS

Warragul Swimming Club takes the safety of it's members seriously and as such has adopted Swimming Australia Safe Sport Framework Parts 1-4. This includes the introduction of a requirement of completion of the 'Play by the Rules' modules for all coaches and committee members. The club is aware that there are regular occasions where parents are asked to volunteer to help for example during club nights and swimming meets. We have decided, due to the high level of parental involvement, to join many other sporting clubs and require all parents and guardians of members who have regular contact with the club submit a current working with children's check upon registration. Additionally, we phasing in a requirement by 2020/21 for parents to complete the 'Play by the Rules' online course which only takes around 30 minutes and can be accessed here: <https://www.playbytherules.net.au/online-courses/child-protection-online-course>. A certificate is generated after completion of the online course which can be emailed along with the Working with Children's Check to the Club Secretary for registration.



CODE OF CONDUCT

Warragul Swimming Club Members agree to:

- Follow the rules of Swimming Australia at all times
- Give our best at all times
- Never argue with an official.
- Use the appropriate rules and guidelines to resolve a dispute.
- Never use aggressive behaviour or abusive language
- Work equally hard for myself and my team
- Be a good sport
- Applaud good performances whether they are made on our team or the opposition
- Treat all swimming participants as I would like to be treated
- Never bully or take unfair advantage of another team member or competitor.
- This includes verbal and physical bullying and bullying via text messaging or internet.
- Cooperate with my coaches, team mates,

opponents, management, event staff and officials.

- Participate for my own enjoyment and benefit, not to satisfy the expectations of others.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.
- Not engage in activities that will affect my performance – tobacco, alcohol, or drugs
- If sponsored by the club in any way commit to competing for the club at Gippsland Championships
- Wear sponsorship T shirt when advised
- Thank an Official they are all volunteers

CLUB CONTACTS

COACHES

Director of Coaching: Paul Myers 0419 877 490
Andrew Marks 0429 516 458
Jo Ballantyne 0438 515 064
April Inglese 0413 934 722
Craig Watson 0438 122 090
Heidi Gratton 0427 094 899

headcoach@warragulswimmingclub.com.au

COMMITTEE

President Toni Halloran-Lavelle 0409 110 939
Secretary Dee Morris 0417 306 099
Treasurer Cindy Callewaert 0429 953 771
Lee Spencer 0417 364 329
Daniel Mills 0400 232 451
Sarah Watson 0438 124 477
Co-opt Jo Griffin 0400 932 699

President@warragulswimmingclub.com.au
Secretary@warragulswimmingclub.com.au
Treasurer@warragulswimmingclub.com.au

WELFARE OFFICER

Jo Griffin 0400 932 699

Welfare@warragulswimmingclub.com.au

UNIFORM COORDINATOR

Sonia Cannon 0439 388 525

Uniform@warragulswimmingclub.com.au

TEAM MANAGERS

Performance Jo Griffin 0400 932 699
State Jo Griffin
State Development Jo Griffin
Country Kaylene Chaproniere 0417 814 091
Gippies Sarah Watson 0438 124 477
Warriors Julie Thomas 0419 382 438
Dolphins Julie Thomas

CLUB CAPTAINS

Chelsea Spencer
Callum Halloran-Lavelle

VICE CAPTAINS

Shani Ballantyne
Ben Francis

COMMUNICATION

Team Stuff

We use Team Stuff for our communication (available on all smart phones). To join team stuff you will be emailed via the App once you have signed up to the club. You will be asked to fill in your details, your swimmers details and any allergy information required so please be as detailed as you can. The information you fill in can only be seen by the club administrators and coaches. It is a very useful tool as it allows great communication to all club members and it also allows coaches to have emergency contact details with them at all times. For more information or to receive your email, please contact your team manager.

Club Website

Our website has some great information: www.warragulswimmingclub.com.au

Text & E-mail

Team Managers, Committee and Coaches may also use SMS & Email for communication to squads.

Facebook Page

Search for Warragul Swimming Club and 'like' our page!

Club Notice Board

We hope to install a notice board at the Warragul Leisure centre with upcoming events and contact details – stay tuned!

Club Meetings

Will be held on a regular basis – parents / swimmers will be advised prior. At the meeting swimmers and parents are provided with latest information, upcoming swim meetings, closing dates for entries, target meets and celebrations of success, so please make every effort to attend, they aren't usually long.

Newsletters

Newsletters will be provided on a regular basis and sent to parents through 'TeamStuff' and uploaded to our website. These newsletters will contain information on upcoming events and important updates.

Other resources

Parents and swimmers should familiarize themselves with the:

Gippsland Swimming website

– www.gippslandswimming.org.au

Swimming Victoria website

– www.swimmingvictoria.org.au

Both of these websites contain swim meet information and entry links in addition to general information and updates for the swimming community.

CLUB GRIEVANCE POLICY

What is a complaint?

As referred to in the Swimming Australia Member Welfare Policy, a complaint can be about an act, behaviour, omission, situation or decision that someone believes is a breach of policies and/or procedures. Complaints can be about an individual or group behaviour, be extremely serious or relatively minor or be about a single incident or a series of incidences.

While there can be multiple variables to a complaint below is the general process by which the Swim Club and Grievance officer will handle the complaint and work toward a resolution. Confidentiality of the complaint will be kept at all times unless the law requires otherwise. It must be noted, however, that if the complainant wishes to remain anonymous, the Grievance officer cannot assist to resolve the complaint as the Warragul Swim Club must follow the principals of Natural Justice and be fair to both sides. This means that the complainant is required to provide the person or people with full details of the complaint so they have a fair chance to respond to all allegations. Note: In some circumstances an exception to this policy can be made. If anonymity is requested the matter will be considered via a sub-committee consisting of the President, the Secretary and the Grievance officer.

(A flow chart is also provided for general overview of the process on our Website)

Step 1

Complainant has an issue with someone and wishes to discuss the issue. The Grievance officer can be contacted for clarification on whether or not this is the appropriate avenue to pursue the complaint. At this point the complainant may decide to resolve the matter personally.

Step 2

If complainant wishes, they may file a written complaint to be given to the Grievance officer or, if the position is not filled, to the Warragul Swim Club President.

Step 3

The Grievance officer determines if the matter falls within the connections of activities and policies of the organisation. If the matter is of a personal nature the complainant is informed that the organisation cannot manage the complaint.

Step 4

If the complaint falls within the organisation's responsibilities the written complaint is recorded as such and the complaint is given to the respondent for consideration and response.

Grievance Officers



Paul Myers
0419 877 490



Jo Griffin
0400 932 699



Toni Halloran-Lavelle
0409 110 939

Step 5

At this point, the process can take one of many directions. If the respondent denies the allegations the complaint is handed over to the executive committee for further consideration. If the respondent admits to the allegations then appropriate disciplinary measure are put in place as outlined in the Swimming Australia Member Welfare Policy (Sec 2.5) as well as taking into consideration outcomes requested by the complainant at the time of filing the complaint.

Step 6

(if required) – If either the complainant or respondent believes the issue has not yet been successfully resolved the Grievance officer will defer to the Warragul Swim Club executive committee for further discussion and options for resolution.

FEES

WSC & Swimming Victoria Membership Fee

Swimming with Warragul Swimming Club will incur 3 separate sets of fees:

- Club fees
- Swimming Victoria Membership (paid annually)
- Warragul Leisure Centre pool entry

Swimming Victoria membership is required by all swimmers of Warragul Swimming Club Inc. which:

- Covers you for insurance at any swim meet and whilst participating in scheduled club training sessions
- Allows you to compete at any swim meet
- Registers you with Swimming Victoria, our governing state body

Swimming Victoria membership fees are set by Swimming Victoria in June for the forthcoming season and so we can only give an approximate value of \$120. Membership is an annual payment payable on 1st July direct to Swimming Victoria. Once membership is paid (through Swimming Victoria) you will be able to access the Swim Central portal which enables you to enter meets, track your pbs and much more. It is a work in progress so some applications may not yet be enabled.

Swimming Victoria memberships must be completed online at the Swimming Victoria website using the new Swim Central portal through www.swimmingvictoria.org.au. You will be notified when registration payments are due but please note there is usually a very short time to register and it is important this is done as close to the end of June or beginning of July to ensure continuity of insurance.

Membership runs for a full year from 1st July and it is up to Swimming Victoria if they offer a pro-rata option.

New and Re-Registrations

- for swimmers who were a registered member of the club last season:

Go to the Swimming Victoria website www.swimming.victoria.org.au

Scroll down to Swim Central link and follow the instructions.

If you have any membership enquiries or need assistance to register please contact:

Club Registrar

Dee Morris

E: secretary@warragulswimmingclub.com.au

or call

0417 306 099.

WSC Coaching Fees

Warragul squad coaching fees are set for each level within the club program taking into consideration the training expectations for each squad and associated costs (eg. pool hire and coaching salaries) While the Club endeavours to maintain fees at an affordable level, regular review will be undertaken to take into consideration the costs of delivering the squad program as well as other market factors.

- Squad fees are payable via direct debit over 20 fortnightly payments on Fridays commencing 21st June 2019.
- Direct Debit forms are available on our website a link will also be sent via *Teamstuff*
- Annual squad fees paid in full by 21st June 2019 will receive a 5% discount
- Families with 3 or more children can receive 5% discount off their lowest membership fee for the third and subsequent children
- Squad fees include strength & conditioning classes where applicable
- Squad fees do not include venue entry, trips away or travel
- WSC training fees are based on the training requirements of each squad and are fixed once the sessions are scheduled in. These costs do not reduce if a swimmer does not attend or ceases training. Accordingly, **one month's notice is required if a swimmer does not plan to continue training** and coaching fees are not transferable or refundable.
- Refunds on squad fees will only be considered in exceptional circumstances and any refund request needs to be submitted in writing to the Club President: president@warragulswimmingclub.com.au for consideration by the executive.
- Cash will not be accepted by the Treasurer on pool deck.

Please direct all enquiries regarding payment of coaching fees to :

Club Treasurer

Cindy Callewaert

E: treasurer@warragulswimmingclub.com.au

Pool Entry Fees

Pool Entry Fees

Warragul Swimmer Entry Fee

In addition to Squad and Membership fees all swimmers are required to pay an entry fee to Warragul Leisure Centre.

Please contact the Centre to discuss which swim pass option will best suit your requirements

Options Include-

- Single Entry;
- Swim Pass (50 entries) or
- Aquatic Membership (unlimited entry).

Warragul Leisure Centre is located in Bourke Street, Warragul and is managed by the YMCA. Ph: (03) 5623 4017

Drouin Indoor Pool

No individual entry fee is paid by swimmers to use the Drouin Indoor pool, the costs are included in the swimmers coaching fee structure. The Drouin Indoor Pool is located at the Drouin Secondary College in South Road, Drouin.

Competition Fees

GSI Swimming Meet Race Fees

These fees vary slightly but are usually approximately \$15 per meet with the exceptions of larger meets where the entry cost is replaced with a small fee per race.

MSAC/Other Meet Race Fees

As with the GSI race meets some fees are charged per day but it is more common to be a per race entry charge.

It is worth noting that registration costs are non-refundable.

If you have any further questions regarding completion fees please contact your team manager or coach.

TRAINING & CLUB UNIFORM

WHAT TO BRING TO TRAINING

- Bathers
- Towel/s
- Club swimming cap
- Goggles (good to have a spare pair if possible)
- Drink Bottle/s
- Gear Bag
- Fins (Flippers)
- Kickboard
- Pull Buoy
- Hand Paddles (only squads as advised)

Squad Training Schedules can be found on the website and teamstuff. Swimmers are encouraged to attend as many training sessions as possible. If you cannot attend sessions due to illness or holidays please notify your coaches.

CLUB UNIFORM

- Club Swimming Cap
 - Compulsory for all swim meets
- Polo Shirt - Compulsory for all swim meets
- Warragul Shorts or any Navy Shorts
- Warragul Track pants or any Navy Track Pants
- Club Jacket
- Club Hoodie

****You will receive a Club cap once you become a registered swimmer. It is compulsory for all competitive swimmers to wear their Club polo top to and from the pool and at swimming meets.***

Uniform orders must be placed through our Uniform Coordinator; Sonia Cannon: 0439 388 525 or via our website: www.warragulswimmingclub.com.au Orders will be placed through our supplier Engine once per term. Dates for ordering will be sent through TeamStuff.

CAP GUIDELINES

All swimmers must wear a WSC cap whilst competing. As swimmers progress and represent the club at Country, State &

National Championship events they are required to wear the appropriate cap. Caps can be purchased from the Uniform Officer.

PLEASE NOTE- As each swimmer moves to the next level of representation they will be presented with a cap to signify their achievements...

CLUB CAP

- May be worn at any swim meet or training session
- Must be worn at Gippsland Championships

COUNTRY TEAM CAP

- Available to swimmers who compete at LC & SC Country Championships
- Must be worn at LC & SC Country Championships
- May be worn at any swim meet/training session except Gippsland Championships

STATE TEAM CAP

- Available to swimmers who compete at LC & SC State Championships and State Sprints
- Must be worn at all State level events
- May be worn at any swim meet/training session except Gippsland Championships

NATIONAL TEAM CAP

- Available to swimmers who compete at Australian Open and/or Australian Age Championships
- Must be worn at National level events
- May be worn at any swim meet/training session except Gippsland Championships

CLUB INFO & EVENTS

CLUB MEETS

All clubs within the region host their own meets at various locations with the technical support of Gippsland Swimming. Warragul Swimming Club meets will be held at Warragul Leisure Centre. Hosting a swimming meet requires as many volunteers as possible for various tasks which include catering, setting up, clearing up and general jobs for a few hours on the day. The committee provide an explanation of jobs they need help with and will ask for volunteers. It's always a fun day and a great way to meet other parents whilst raising vital funds for the club.

CLUB NIGHTS

Club Nights are generally held regularly on a Friday night during the winter season and Saturday mornings during the summer at Warragul Leisure Centre. Dates will be provided on through Team Stuff, Facebook and our website. Swimmers from all squads compete in various events on the night and it's a great opportunity for them to learn race skills in a low pressure environment. Swimmers times are recorded and trophies presented at Presentation Night to the most improved swimmer in each age group. The night is fun and informal and provides a great chance for parents to also learn and practice their timekeeping skills.

INTRACLUB NIGHTS

Intracub Nights are organised between 2-3 clubs and are similar to a Mini Meet. Teams are made up of a combination of all Clubs ie- Blue, Red etc instead of Warragul, Moe etc. It encourages a social evening where Swimming families can mingle, volunteer and have fun. Team Managers and Coaches will advise you when Intracub nights will be held.

ANNUAL PRESENTATION DAY or NIGHT

The club's Annual Presentation is held around April or May each year. Major trophies, awards and certificates won during the season are presented at this fun, social event.

OTHER SOCIAL EVENTS

The Committee, Coaches and Captains will at times organize other social events for the whole club or specific squads. These events may be in the training season where we do swim-a-thons or just have a social outing outside of the pool.

FUNDRAISING EVENTS

Throughout the Season the club looks to Fundraise to purchase items for the club. In the past we have held BBQ's and sold Cadbury Chocolate Boxes. Families are asked to help where they can but please note that participation is not compulsory. If families have any fundraising ideas, please see a Committee member or your Team Managers.

COMPETITIONS

Warragul Swimming Club belongs to Gippsland District D21 which incorporates clubs from within the Gippsland area – Sale, Moe, Morwell, Traralgon, East Gippsland Water Dragons & South Gippsland Bass. All swimmers are encouraged to compete at Gippsland Swimming Inc. (GSI) swim meets which start in late October and run through until March, culminating with the Gippsland Championships held over the long weekend in March.

Swimmers are also able to compete at many meets outside the Gippsland area. Your Team Manager and Coach will be able to provide you with more information about these competitions.

Your coaches and team managers will let you know which meets the club will be targeting and what events your swimmer should enter into. Going to targeted meets ensures coaches are in attendance and the WSC cheer squad will be right behind you.

GIPPSLAND SWIMMING FIXTURE

The fixture for swim meets held in Gippsland and hosted by GSI clubs will be available around July and can be found on the Gippsland Swimming website www.gippslandswimming.org.au. A list of these meets will also be posted on the club website.

SWIMMING VICTORIA FIXTURE

A statewide listing of swim meets is available on the Swimming Victoria website. www.swimmingvictoria.org.au

Some of the Swimming Victoria meets require swimmers to have gained certain qualifying times- this information will also be on the Swimming Victoria Website.

VOLUNTEERING at WSC

The Club relies heavily on the volunteer support especially from our parents. Volunteering is an activity which takes place through not for profit organizations and WSC could not operate without this support. It is a fundamental building block of our club and this essential element of our community enables members to offer their time, talent and energy through both individual and collective actions. Those who volunteer, benefit the Club, the swimming community and most importantly their child.

We are looking for parents, grandparents, and family members to help support with the organizing, setup and running of various activities and programs throughout the year.

Perhaps you have skills and time to assist us with:

Committee

Each May, the club holds it's Annual General Meeting where the Committee is elected from the membership. Meetings are held on the 3rd Monday of each month at 7.00pm at the Warragul Leisure Centre

Sub-Committees

Social Events, Club Swimming Events, Fundraising.

Team Managers

Vital in the success of our club. You are required to be a communicator between the Coaches and Families. Delivering Club messages, special requirements and general information are just a part of what your role includes. Team Managers of the younger swimmers are also needed to help the introduction of families to swimming meets.

Swimming Meet Roles

Including Time Keeping and Marshalling; parents of swimmers will be rostered on by the Meet Coordinator if their child is swimming. It is a great way of meeting other members of different clubs and you also have the best seats at the pool.

Food Preparation for WSC Swimming events

When we host a swimming meet we as a club are required to provide food in a number of ways.

- For the Officials whist on pool deck,
- A sit down lunch during the break of a meet for the officials, and
- Food for Sale for competitors and families - all profits from these sales benefit our club.

Become an Official.

All clubs are required to have officials to ensure the swimming meets are able to be recorded. Our club is in need of a variety of officials so when we hold our own meets, times can be recorded. Some practice in a specific role and some assessment is all that is required, please become an official to help the club!

If you have any questions or would like to join the Team of Volunteers at WSC, please speak to one of our Committee Members. Any help would be greatly appreciated.

WARRAGUL SWIMMING CLUB

Team Chant

We are Warragul, couldn't be prouder, if you can't hear us shout it out LOUDER!

We are Warragul, couldn't be prouder, if you can't hear us shout it out LOUDER!!

WE ARE WARRAGUL, COULDN'T BE PROUDER, IF YOU CANT HEAR US SHOUT IT OUT LOUDER!!!

Got the coach! (*Got the coach!*), **Got the team!** (*Got the team!*)

Got the prep! (*Got the prep!*) **Got the steam!** (*Got the steam!*)

Got the coach, team, prep, steam three cheers for our team, GOOOOO Warragul!!!!

Give me a W (W)

Give me an A (A)

Give me a R (R)

Give me a R (R)

Give me an A (A)

Give me a G (G)

Give me a U (U)

Give me a L! (L)

What's that spell? (WARRAGUL!)

What's that spell? (WARRAGUL!!!)

*Club cheers/claps/high fives



Key:

Bold= Coaches and Club captains

(Italic)= Club repeats

Underlined = All together

GLOSSARY

AGGREGATE - Is a points based system where swimmers compete against their own personal best times rather than against other swimmers.

BILATERAL BREATHING - This involves alternating the side that a swimmer turns their head to breathe, mostly in freestyle.

BLOCKS - The starting platforms located behind each lane. Some pools have blocks at the deeper end of the pool, and some pools have blocks at both ends. Blocks have a variety of designs and can be permanent or removable. Blocks usually include a bar for swimmers to hold onto when starting in the water to perform backstroke.

COOL-DOWN - The recovery swimming a swimmer does after a race (when pool space is available). This helps the swimmer to clear waste products from their muscles.

COUNTRIES - The Victorian Country Championships (Short Course & Long Course) the main championship events for country clubs. Short Course held in August and Long Course held in January. Qualifying Times apply.

DECK - The area immediately surrounding the pool. During most meets, only 'authorised' people (swimmers, officials/timekeepers, coaches) are allowed on pool deck.

DNF (DID NOT FINISH) - This is when a swimmer starts an event, but does not complete it for some reason.

DQ (DISQUALIFICATION) - This is when a swimmer in a race is disqualified by a technical judge. It happens to most swimmers at some stage, usually for starting a little before the gun, an incorrect turn, or not getting something right with a stroke (e.g. doing the incorrect kick for breaststroke, or not keeping your feet together for butterfly kick). The DQ code will appear in the results sheet next to the swimmers name at the base of the results

for that event/heat.

FALSE START - When a swimmer leaves the starting block before the horn or gun. One false start will disqualify a swimmer or a relay team, although the starter or referee may disallow the false start due to unusual circumstances.

FLAGS - Pennants that are suspended over the width of each end of the pool approximately 5 metres from the wall. The flags are especially helpful to swimmers doing backstroke so they know when they are approaching the wall.

GIPPIES - The Gippsland Championships which is the main championship event for Gippsland Clubs.

GSI - Gippsland Swimming Inc which is the governing body of swimming in the Gippsland area

HEATS - A division of an event when there are too many swimmers to compete at the same time. The results are ordered by swimmers time swum, after all heats of the event are completed. At some meets (such as at State Championships), there may be a final for the top ranked swimmers after all heats have been swum.

IM (INDIVIDUAL MEDLEY) - A swimming event using all four of the competitive strokes on consecutive lengths of the race. The order must be: Butterfly, Backstroke, Breaststroke, Freestyle. Equal distances must be swum of each stroke over a total distance of either 200M or 400M.

LANE ROPES - Dividers that mark the width of lanes in a pool. There are individual disks placed on a cable that turn on the cable when a swimmer's wave hits - this helps to dissipate the wave.

LAP COUNTER - This is the large numbered cards placed at the non-starting end of the pool for freestyle events of 800 metres or longer - an official turns the cards for each lap.

LONG COURSE (LC) - Events swum in a 50 metre length pool.

MARSHALLING - This is the area where each swimmer waits before their upcoming race. At each meet there is a marshalling board which shows the number of the event that the meet is marshalling for. It is important to know your event number (e.g. you might be in heat 4 of 8 heats for 50M freestyle), and to keep an eye on what event is being marshalled so that you don't miss your race.

MEDLEY- A swim event where all strokes are used. This may be an individual event (see 'individual medley'), or a team event with four people with each swimmer swimming a different stroke. For relay events, the order is backstroke, breaststroke, butterfly and freestyle.

OPEN WATER - Swimming in water other than in a pool, such as a lake or the ocean.

OFFICIAL - The volunteers you will see on pool deck usually dressed in a white top. In order for an event to be classified as an official meet and swimmers to gain official times the meet must have the allocated number of registered officials within allocated roles.

PACE CLOCK - Most pools have two pace clocks, one at each end of the pool. The pace clock is like a big stopwatch, except that it runs continuously. It's used to time your swims, to time your rest intervals, and to keep you separated from the other swimmers in your lane.

PB (PERSONAL BEST) - This is when a swimmer goes faster than their previous fastest performance in a particular stroke over a particular distance. Each swimmer can set a PB for freestyle, backstroke, breaststroke, butterfly, and individual medley (IM) over each available distance, such as 25M, 50M, 100M, 200M, 400M and even 1500M.

PULL - Using your arms in a swimming practice drill. Swimmers usually place a 'pull buoy' between their legs to keep their legs together while they pull.

REFEREE - The head official at a swim meet.

SCR (SCRATCHED) - This code may appear against a swimmers name on the results sheet when they have registered to enter a particular event, but do not start for some reason.

SHORT COURSE (SC) - Events swum in a 25 metre length pool. The times for short course events are often quicker than long course events due to swimmers getting to push off the wall more often.

STREAMLINE - This is a term used to describe the best technique for swimmers to move through the water through the dive, stroke, turn, and finish sections of their swims, with minimum water resistance and the best chance for speed.

TIMEKEEPER - The volunteers sitting behind the starting blocks/finish end of the pool, who are responsible for setting stopwatch times on events and/or activating the back-up buttons for the timing system. If there is an automatic timing system with touchpads, the timekeepers are the backup for the automatic system.

TOUCHPAD - This is the removable plate on the end of the pools that is connected to an automatic timing system. A swimmer must properly touch this automatic timing pad at the end of a race to register an official time in a race.

TUMBLE TURN - A turn at the ends of the pool used in freestyle swimming which is similar to a somersault under the water. Once the technique is mastered, this is quicker than a 'touch and go' turn.

WARM-UP - The practice and "loosening up" session a swimmer does before the meet or before their event is swum. This helps the swimmer to get their body ready to perform at their best on the day, and helps to prevent injury.

