



# PARENTS HANDBOOK

## **Swimming Australia Ltd**

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

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# Welcome to the swimming community!

Swimming is one of Australia's most popular past times and whether your child wants to race, get fit or just have fun – swimming is a great sport to get into.

Swimming Australia believes every Australian child should have the opportunity to participate in swimming regardless of gender, age, ability, sexuality, cultural background or religion. As a parent, you can be confident that our swimming community at all levels is committed to being Child Safe by removing barriers to participation, increasing safeguards for children, eradicating discrimination and promoting the important role swimming and aquatics can play in the lives of all Australians. Swimming Australia encourages you to work positively with your club and coach to best understand your child's particular needs and circumstances.

Each new member under the age of 12 will receive a New Member Kit.

As part of the Kit, you and your child will receive the following –

- **Bag** to keep all your child's equipment in
- **Personal Best book** to record all your child's achievements
- **Parent Handbook** to answer any of your questions and to ease you into our sport
- **Chamois** to wipe down after an enjoyable session in the water

This year, Swimming Australia launched a personalised member portal – MyLANE. MyLANE will allow every member to see their race results, set personal goal times, enter for meets online as well as keep up to date with all the latest swimming news around your state and nationally. Contact your club administrator to find out more on how you can set up MyLANE!

We wish you all the best as you begin the journey with your child and hope that you make the most of the swimming experience by becoming involved. Remember, clubs are like big extended families and there are many rewarding roles that will help your child and your swimming club be the best they can be.

Have fun on pool deck!

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## ABOUT US

Swimming Australia is the governing body for competitive swimming. Each swimmer is a member of their swimming club, which in turn is a member of their state swimming association and is therefore affiliated with Swimming Australia.

Above all else, Swimming Australia and its stakeholders are about providing an opportunity to be involved in this great sport, in a fun, safe and supportive environment, enjoying sporting excellence and developing important life skills.

# CODE OF CONDUCT

Swimming Australia and Clubs expect that the following General Code of Conduct and the Code of Conduct for dealing with Children or Young People are followed at all times and by all people involved in any way with the Sport of swimming:

- (a)** Respect the rights, dignity and worth of others – treat others as you would like to be treated yourself.
- (b)** Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- (c)** Be professional in, and accept responsibility, for your actions.
- (d)** Be aware of and follow - at all times - Swimming Australia's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- (e)** Operate within the rules and spirit of the Sport, including the national and international guidelines that govern Swimming Australia.
- (f)** Understand the possible consequences of breaching the Safe Sport Framework.
- (g)** Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate Person(s) in a Position of Authority, as appropriate.
- (h)** Refrain from any form of Abuse, Harassment, Discrimination and Victimisation towards others.
- (i)** Raise concerns regarding decisions or conduct of Persons in Positions of Authority through the appropriate channels and in a timely manner.
- (j)** Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- (k)** Show concern, empathy and caution toward others that may be sick or injured.
- (l)** Be a positive role model to all – particularly to your team.
- (m)** Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- (n)** Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- (o)** Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- (p)** Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority

# WHAT DO I GET WITH MY MEMBERSHIP?

## What do you get as part of your Swimming Membership?

- All new members aged 8 - 12 will receive a New Member Kit. A welcome pack for new members including parent information, personal best time record booklet, nutritional information and mesh bag.
- Access to all Swimming Australia programs including Junior Excellence
- Access to state specific programs
- Receive support, assistance and other development opportunities for Multi-Class swimmers from Swimming Australia and Disability Sporting Associations
- National search results database which will give you access to swimming results and identification
- Best practice governance and administrations leading to the best environment for the sport to grow at all levels
- Comprehensive Insurance Cover provided under the Swimming Australia National Insurance Scheme through JLT Sport
- Commitment to welcoming and inclusive club environments for all children and members via the Safe Sport Framework including the Child Protection Commitment Statement and Codes of Conduct
- Connected with online news including access to regular correspondence such as the Community Newsletter, updates from the Australian Dolphins Swim Team and information on upcoming swimming events.
- Access to all levels of competition - swimmers have the opportunity to attend regular club nights, weekend club carnivals, Area Championships, State Championships (including Multi-Class competitions) and National Championships
- Exclusive member ticket offers to all National events as well as the Swimmer of the Year Awards
- Discount at Accor properties when attending National events
- Ability to enter meets through the Online Meet Entry system
- Access to MYLane, an individual online portal for each member where members can access the latest news, results and upcoming meets
- Exclusive quarterly member discount deals from Swimming Australia partners

# KEEPING OUR SPORT SAFE – Our Safe Sport Framework

We want swimming to be fun, enjoyable and safe for all. The Safe Sport Framework is an essential part of Swimming Australia's proactive and preventative approach to safeguarding children and young people in our sport and addressing inappropriate behaviour for all of us in swimming.

- The Safe Sport Framework was introduced in swimming in July 2016 and replaces the Child and Member Welfare Policies and Procedures, as well as the previous versions of the Codes of Conduct. The key changes to the Safe Sport Framework include:
- The introduction of a Child Protection Commitment Statement;
- The introduction of a Code of Conduct for dealing with Children and Young People. This outlines much higher standards of behaviour for all of us in swimming to safeguard our children;
- The consolidation of the general and role-specific Codes of Conduct for us all in swimming – whether members or general participants or spectators in swimming;
- The introduction of rigorous recruitment and screening requirements for staff, coaches and volunteers and administrators who may work with children and young people;
- The consolidation and simplification of our Complaints Procedures; and
- The Provision of guidance and advice for those referencing and using the Safe Sport Framework, as well as tools, resources and guides for Clubs, Members and participants in swimming.

We are committed to ensuring that everyone associated with Swimming Australia complies with the Safe Sport Framework and ask all people involved in swimming assist us in promoting the best practice policies, practices and procedures wherever possible.

It is the responsibility of everyone involved in swimming to be aware of our responsibilities and expectations and to help safeguard each other and the children and young people involved in our sport.

## Safeguarding Children and Young People

Swimming Australia understands the importance of being a child safe organisation and safeguarding the most vulnerable people in our sport – our children and young people. The introduction of new provisions in our Safe Sport Framework that specifically address expected behavioural standards in dealing with children and young people - as well as our Child Protection Commitment Statement - is testament to this. We encourage all Parents to read these documents on our Swimming Australia website closely (see "Safe Sport") as they are equally relevant for Parents in our sport, as they are for coaches, administrators and officials.

- We call on all parents/carers (and other spectators) in swimming to:
- observe our Guidelines for Parents/Carers;
- when necessary, politely and respectfully remind others of their obligations under these guidelines;
- in the event of serious or ongoing breaches of these guidelines by another person, to report the matter to a Person in Position of Authority at the Club or Event (eg, a club official or coach) so that appropriate action can be taken.



## Our Guidelines for Parents/Carers

The participation, safety and enjoyment of Children and Young People in Swimming Australia, Member Association and Club activities, programs, services or events are our primary considerations. As parents and carers your role is to support these outcomes by:

- encouraging your child's participation in a positive manner;
- not engaging in behaviour that discriminates against any other person on the basis of gender, race, ability, colour, religion, language, politics or national or ethnic origin;
- not engaging in, or threatening to engage in, violent or physical confrontations with any other person;
- not encouraging or inciting swimmers to violence, or similar breaches of competition rules or spirit;
- expressing your support by cheering our swimmers and not engaging in behaviour designed to belittle, insult or intimidate others;
- never mocking or insulting participants – including our own – when they make a mistake or do not swim well;
- demonstrating good sportsmanship by respecting and acknowledging good results and/or behavior by competitors;
- respecting and accepting the decisions of officials and not criticising or arguing about decisions during or after the event other than raising concerns through appropriate channels;
- not entering the swimming area, inclusive of pool, without appropriate authority; and
- following any directions of Swimming Australia, Member Association or Club staff or officials, including any request to modify your behaviour or to leave a facility following a breach of these guidelines.

Serious or ongoing breaches of these guidelines are not tolerated. Those who breach our guidelines risk being asked to leave the event and/or being prohibited from attending future events.

### Report Any Concerns

If at any time during your child's swimming experience you have concerns about your child's safety or welfare, please report your concerns immediately to an official of your Club such as a coach or administrator or a Club Member Protection Information Officer. For serious concerns such as criminal conduct or Child Abuse, please contact your Club and call Swimming Australia on (03) 9910 0700.



# INSURANCE

As a parent it is important that you know what level of coverage is provided in the unlikely event of something going wrong around pool deck. Swimming Australia, in partnership with JLT Sport, is committed to ensuring quality ongoing protection for its members. For information on all insurance policies visit <http://swimming.jltsport.com.au>.





# POSITIVE PARENTING TIPS

Sports Psychologist, Wendy Swift

## The triangle of success

A great way to understand how you can maximise your child's sporting experience is to use the 'triangle of success'. Children will gain most from a balanced focus on all three points of the triangle.

### PERFORMANCE



### DEVELOPMENT



### EXPERIENCE

The **performance** focus is easy to understand. Everybody loves to win, but we understand only one person can touch the wall first.

That doesn't mean we can't talk about performance. Beating a personal best (PB) time is a great way to focus on self-referenced performance improvements. PBs give kids a lot of satisfaction and a great sense of achievement. However, PBs are not everyday occurrences for most kids. A better performance focus is on process. Process focus is all about how you swim the race. This is as simple as a race plan, for example 'explode off the gun, keep your stroke long, kick hard to the wall'. The reason this focus is so

fantastic for performance is that it is completely controllable. The child knows they can execute, it gives them the best chance of achieving a PB, and praise can be given when the process is achieved regardless of the time or place result.

It is also okay to talk about race outcomes with your child as this gives you an opportunity to teach sportsmanship no matter what place they achieve. Parents should never show disappointment over a race performance. You can always talk about effort, sportsmanship, process, and also ask about what the coach had to say.

Coaches will usually give a child some practical feedback on racing. This feedback brings us to the second point of the triangle – **development**. Technical improvement in both stroke technique and race strategy is critical to developing performance. As a parent, be interested in this area. Ask your child what they are working on, or what feedback they got from the coach. For example, a coach may be working on lengthening a short and choppy stroke. The child may race a slow time, but really lengthened their stroke. Therefore there should be celebration and interest in this achievement. The development point of the triangle gives your child an opportunity to show expertise to you. If you are interested, they can demonstrate knowledge of many different technical aspects of swimming. Being the expert on their sport will really make kids feel good about it.

And ‘feeling good’ is a large part of the third point in the triangle – **experience**. It has to be fun to keep children interested and coming back. If we only ever focus on performance and development, it doesn’t take long for swimming to become ‘work’. So make sure you balance your interest and questions to include - who they made friends with, what funny things happened, and how much fun it all was. With these three areas of focus, your child will have a solid foundation for a long and happy involvement with the sport of swimming.

## Good questions to ask

- What were you working on today?
- Did you have fun?
- Did you try hard?
- How did you go?
- What did your coach think?

## Letting go

Part of the process of learning to be a swimmer is learning to trust the coach. For a child to be able to achieve this, as parents, you must be able to let go, and hand your child’s swimming development over to the coach. Sometimes this is hard to do. Common worries parents might have include:

- the coach may not have enough time to fully pay attention to my child’s development
- the coach may not understand my child and their needs
- the coach has missed something that I can fix.

All coaches recognise that they are coaching the development of a whole person, not just a swimmer. They understand that children learn through working things out on their own. If you, as a parent, try to rush the technical development of your child, they may miss out on enjoying the fun side of the experience. It will become obvious to the child that the triangle is unbalanced and that your main focus is on performance.

If you have any concerns about your child’s development, raise your concerns with the Coach in the first instance.

## The PB error

Many parents believe that if they only speak about PBs then they are safely keeping pressure off their child. But if we think about it – a PB by definition is something the child has never done before. So even though it is self-referenced it can still carry a considerable amount of pressure. So don’t expect them all the time. However, PBs are fantastic goals when equally balanced with a focus on fun, and skill development. They are all the more enjoyable when they don’t happen every day.

In summary, children enjoy challenge in a supportive, fun environment. Keep the triangle balanced and enjoy what swimming has to offer to you and most importantly, your child.



# COACHING AND TRAINING

Dr Ralph Richards

## The right amount of training

I'm frequently asked by parents, "How much training should my son/daughter do?" This core question is linked with two important elements of training. Firstly the type of training, as this determines the overall stress placed upon the individual. Secondly, the ideal length of each session, the number of sessions per week and weeks per year, as this determines the total training volume.

Whilst there is no single right or wrong answer, and no single formula for all cases, two general rules that parents, swimmers and coaches can apply are:

- commit to a training program the swimmer can recover from (i.e. feel rested enough to train effectively during the next session);
- maintain a level of training that allows the swimmer to feel enjoyment in their effort and achievement.

Prior to puberty the paramount objectives of any program should be to instill a love of the sport, teach quality technique, and develop fitness. Training programs must be well thought-out and have goals that include skill development as well as an adequate emphasis on physical conditioning.

Questions regarding volume and intensity of training and type/number of competitions during childhood are complex issues. Both over-exposure and under-exposure to these variables may detract from achieving one's full potential. Age-group training and competition should be seen as a means to an end (i.e. long term participation in sport), not an end in itself. Careful attention must be given to individual needs and motivations, as well as the traits that affect sporting development.

It's part of our cultural heritage for children to be exposed to a range of aquatic experiences at a fairly young age. The formal process of learn-to-swim instruction provides the basis for life-long skills and confidence in and around the water. There may be several years of 'learning' or consolidation of basic aquatic movement skills before any type of 'systematic training' commences.



Training is a term that is hard to define during early childhood because the learning process itself relies upon repeated practice. However, training generally involves these broad performance objectives:

- the acquisition of complex skills such as tumble turns and racing starts that are specific to competition rather than required for safety or recreational pursuits;
- improvement in physical capacities that allow sustained swimming;
- improvement in technical capabilities that allow more efficient propulsion in the water.

Naturally, the achievement of these objectives means that a swimmer is able to move further, faster, and more skillfully.

Training should produce fatigue, but this fatigue should be short-lived enough that the young swimmer is ready (physically and mentally) to participate in the next scheduled session. If the swimmer is not ready, then analysis of the type, duration, and frequency of training sessions should take place.

All models for sporting development should embrace the principles of childhood growth and development. It's important to understand that skills

and physiological capacities acquired while young will impact upon later stages of development. For example, stroke technique is much harder to modify after many years of application. Muscle endurance and strength development will naturally show steady improvement during childhood as long as the child remains active.

Due to activity being linked to interest (i.e. motivation to participate) there is a strong case for progressively increasing training demands in a logical manner throughout childhood. Therefore, swimming programs should not offer the same number and type of training sessions to, for instance, both eight and 12 year-olds. The training requirements at these two ages are fundamentally different, and this should be reflected in the programs being offered.

It's also true that every child will mature at a slightly different rate. Child development research tells us that any two 10 year-old swimmers may be one to two years apart in their biological maturity. Research also suggests that physical training is absorbed differently because of many environmental and biological factors. These points are made to emphasise the fact that variation between individuals must always be considered – don't compare the volume or frequency of training your child does with another child of the same age.



# NUTRITION: PUTTING THE PIECES TOGETHER.

## THE SWIMMING NUTRITION JIGSAW PUZZLE.

The ideal diet for a swimmer is not about changing one thing nor some magic potion or pill that makes everything right. Protein, fat, carbohydrate, fluid, micronutrients, phytochemicals, and fibre all have their role. Formulating the right balance of these priorities at the right time is like putting together a jigsaw (the swimming nutrition jigsaw). Encouraging swimmers to think about their nutrition needs more holistically and not simply focusing on one particular piece of the puzzle ensures they are meeting their diverse needs. Often putting this theory into practice is what swimmers struggle with. The swimming nutrition jigsaw focuses on key nutrients and groups of nutrients that can enhance a swimmers training performance and physical development.

## THE PIECES OF THE PUZZLE

### Repair and Rebuild

This piece of the puzzle highlights the value protein containing foods have in the repair and regeneration of growing muscles. The body is constantly growing and breaking down protein. Traditionally protein was only the focus of the strength and power athlete. Swimmers need to pay attention to the importance of protein, not only for muscle tissue development but for the development of other key cellular and immune machinery that can enhance training performance.

Although there is a lot of information out there on the benefit of protein, one key message that has often been overlooked is the strategic timing of protein to maximise its effect on muscle tissue repair and regeneration. Like most things not enough doesn't get the job done and too much gets wasted. Think of it like filling a cup, fill the cup half way and there is not enough to for optimal muscle tissue growth and repair, over fill it and you are wasting it. The goal of protein is to eat adequate amounts often over the day. Swimmers should focus on moderate regular intakes of protein at all meals and snacks throughout the day to maximise the benefits of the protein they are eating.



## PRACTICE TIP

Include lean high quality protein sources such as lean meat, chicken, fish (tuna or salmon), eggs, dairy products, nuts, beans, or tofu in sufficient amounts to provide the required  $\approx 15\text{-}30\text{g}$  of high quality protein in your meals and snacks.

## Revitalise

A range of vitamins, minerals, anti-oxidants, phyto-nutrients and good fats are all necessary for recovery and performance. Swimmers often focus on major nutrients like carbohydrate, fat and protein and neglect the revitalising nutrients which can help maintain immune function, improve cellular recovery and drive favourable training adaptations. Swimmers in general are good at eating more carbohydrate and protein as training intensity and duration increases. However, they are not as good at eating more revitalising foods, like fruits and vegetables, during this time of increased nutrient need.



Minerals like Iron, Calcium, Zinc, Magnesium, Potassium all play critical roles in exercise performance. Without sufficient intake of these nutrients training performance can suffer. Vitamins like the B-vitamins, Vitamin C, E, A and K are necessary for energy metabolism and to supporting the body's daily function and immune system. Without sufficient amounts of these nutrients training adaptations can suffer. Good fats help with optimise cell function and are essential in the production of hormones, which are critical especially around puberty. **Swimmers who overly restrict fat intake during their development years may be compromising effective hormonal function.** The latest area of interest in the revitalising food is the emergence of the phyto-nutrients. These nutrients are abundant in colourful fruits, vegetables, herbs and spices and help the body adapt to training and boost the immune system. With all this in mind swimmers should be eating a diet full of - **colourful fruits, vegetables, herbs and spices.**

## PRACTICE TIP

Make it the junior swimmer's **goal to consume as many different colourful natural foods in a training day as possible ie. fruits, vegetables, herbs, and spices.**



## Rehydration

Staying hydrated is important but dehydration in swimming is different to other land based activities. In the pool the body doesn't need to sweat as it cools itself by losing body heat to the water (water is 25 times more efficient at heat transfer than air). This means water loss via sweating is reduced when swimming and performance decrements due to dehydration may not be as great as on land. Therefore fluid intake may be less important in pools that are temperature regulated especially in easy training sessions.

However swimmers should also be aware that as water temperature increases closer to their body temperature the efficiency of water to cool decreases. Meaning on hot days when you are working hard and the pool temperature is reaching 29°C cool fluids are essential in maintaining performance. Junior swimmers have underdeveloped cooling mechanisms and may require more fluid than senior swimmers to allow the body to stay cool especially in the height of summer in outdoor pools.

### PRACTICE TIP

Encourage your swimmer to drink often out of the pool. Cool fluids should be available to swimmers throughout the day (water is sufficient). If your swimmer is getting out of the pool to go to the toilet (this includes in the pool) often they are probably drinking too much.

## Replacing

Muscles are like batteries and store energy in the form of glycogen (muscle carbohydrate) to be used quickly when hard work begins. When the battery is empty the swimmer needs to replace what the muscle has used (recharging it) by eating carbohydrate containing foods. Obviously individual training programs will influence the amount of carbohydrate needed in the diet based on the age of the swimmer, gender, duration, intensity and frequency of training. Additionally carbohydrate should be consumed as nutrient dense foods rather than energy dense, refined carbohydrate foods, which are high in energy and devoid of other nutrients.



Certain young swimmers undertaking large training volumes may need to consume higher proportions of these energy dense carbohydrate snacks to simply meet their energy requirements but these athletes should not underestimate the benefits of the other pieces of the nutrition jigsaw. High carbohydrate needs is not an excuse to consume poor quality foods.

## PRACTICE TIP

Consume adequate nutrient dense carbohydrate sources (high fibre wholegrain bread and cereals like pasta, rice, couscous, barley, fruit and vegetables) at meals and snacks especially around hard training sessions.

The general principles of completing the Swimming nutrition jigsaw are simple. All meals should have all pieces of the puzzle in them. Missing one piece means your swimmer is missing out on a piece of their recovery and development. It is important to realise that every swimmer is different and to ensure you are getting the pieces of the puzzle right for your swimmer talk to someone in the know like a sports dietitian. [www.sportsdietitians.com.au](http://www.sportsdietitians.com.au)

Article written by Sports Dietitians, Greg Shaw and Steph Gaskell

# TOP TEN TIPS TO KEEP SWIMMING FUN FOR EVERYONE

These top 10 hints for parents can help keep swimming fun for not only parents but for your young swimmers too.

10. Give continuous encouragement to your children
9. Emphasize the benefits of swimming including fun, commitment & self-discipline
8. Allow your child's coach to coach. Avoid interfering
7. Build friendships with other parents to make swimming events more fun for you
6. Volunteer where possible. Our sport relies heavily on our parents lending a hand!
5. Go for swims with your children and join in on the fun!
4. Reward effort
3. Create an environment to help a child understand success and failure
2. Show interest: attend competitions, ask questions about training
1. Show them unconditional love no matter what!



# OPTUS JUNIOR DOLPHINS

**OPTUS Junior Dolphins is an exciting new national swimming program where kids can have fun with their friends and improve their swimming in a safe environment.**

After successful pilots across Australia, **OPTUS Junior Dolphins** will be launched nationally this spring! The program will be delivered through swimming clubs, swim schools and primary schools.

## What's the program?

Developed in partnership with industry experts, **OPTUS Junior Dolphins** is designed to increase participation in swimming in a fun and engaging way, helping kids across Australia develop their swimming skills further at a pace that's right for them.

Aimed at kids who have already learnt the basics of swimming, **OPTUS Junior Dolphins** is designed for kids aged between 5 and 8 years old. It's perfect for kids in the mini and junior squads of swimming clubs, or for those who are interested in joining a swimming club for the first time.

**OPTUS Junior Dolphins** focuses on fun and teaches skills within a non-competitive learning environment to encourage kids to continue their swimming journey.

Want to find out more?

- Visit the OPTUS Junior Dolphins website - <http://www.swimming.org.au/junior-dolphins>
- Get in touch with your State / Territory Swimming Association for more information



**Join the fun!**



# JUNIOR EXCELLENCE (JX) PROGRAM

The Australian Junior Excellence Program (JX) recognises, rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

Under the program, swimmers aged from 9 to 16 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season.

For doing so, qualifiers receive special recognition by way of:

- Publication of their name on the Swimming Australia website
- A unique JX avatar on their individual MyLANE portal
- A JX certificate of achievement signed by the National Head Coach
- A JX pack consisting of a variety of merchandise
- Access to a variety of JX Clinics, forums and activities throughout the year

To be a part of the Swimming Australia JX Program swimmers need to be aged 9 – 16 years, be an active Swimming Australia member and achieve a qualifying time at a Swimming Australia approved meet. The JX Program for 2016-17 will run from 6 April 2016 – 30 April 2017.

Further details on the JX criteria, including qualifying times and a full list of previous JX qualifiers can be found at [www.swimming.org.au](http://www.swimming.org.au).



# HOW TO GET INVOLVED

## VOLUNTEER

Parents are one of the main secrets to success in the world of swimming. They are the people who offer access to the sport, give moral support and also help with odd jobs to ensure meets can be run successfully. Volunteering means that you not only have another avenue to have a great impact in your child's athletic environment, but it also gives you a fun setting in which to meet other adults and make new friends.

Here are some ways you can get involved:

- Join your child's swimming club committee
- Become an official, timekeeper or announcer
- Maintain equipment
- Conduct fundraisers
- Cook the BBQ
- Administration duties
- Be a car pool driver
- Sell Programs at events

As a volunteer, you can be extremely instrumental in strengthening swimming in Australia. If you are interested in volunteering, please contact a committee member at your child's swim club.

Swimming Australia would like to thank all parents who dedicate their time and effort to assist with their child's swim club.



## COACHING

Coaching is a great way to express your passion for swimming and be actively involved. It is not only exciting and self satisfying but you can have a positive influence on people's lifelong involvement in swimming. Coaching is a rewarding job at all levels of swimming as you are responsible for helping people improve and develop their swimming, you can pass on your own experiences and watch people progress through the different pathways of swimming.

The Australian Swimming Coaches and Teachers Association (ASCTA) are responsible for the administration and delivery of Swimming Australia Coaching courses and assist in the administration of accreditation courses and the licensing of qualifications to coach.

\*The Gold and Silver coach accreditations are currently under review and may change.

Accreditation	Course Pre-Requisites	Is this course for me?
Gold*	Current Silver Coach Accreditation Demonstrated the ability to coach swimmers competing successfully at National Open Championships	This is the 'elite level coach' and is an advanced coaching qualification. Coaches who are focused on competitive swimming at Age and Open National level competitions and development of swimmers for high performance achievements and National Team selection should consider this course.
Silver*	Current Bronze Coach Accreditation	This is the 'performance coach' and is the first coaching level where swimmer performance is evaluated. Coaches who are focused on benchmarking, education and continuous improvement, promoting participation in competitive swimming at Regional, State and National or above level competitions should consider this course.
Bronze	Current Swim Australia Teacher or Competitive Swimming or equivalent certificate	Coaches who have a focus on promoting participation in competitive swimming, developing a broader range of skills and techniques for Club swimmers, encouraging swimmers to compete at district level and above all, encourage participation, swimming for fun, play and skills and a safe swimming environment should consider undertaking this course.
SATCS	No pre-requisites required	This course is aimed at people who are interested in teaching junior Swimmers who are in the early stages of competitive swimming development and/or assist a suitably qualified and licenced Coach in the delivery of competitive swimming programs for age group (i.e. 13-18 years) and open Swimmers (training squads).

## BECOME A TECHNICAL OFFICIAL

Becoming an official is a great way to help out around your child's club and help make sure meets are run smoothly.

Why become an Official?

- Online courses available
- Close to the action
- Become an integral component to successful meets
- Learn and acquire different skills
- Great way to make lasting friendships with other parents

Some of the officiating positions include:

**Time Keepers:** use watches or automatic times (depending on the facilities at the venue) to record the official time for the swimmer in their lane

**Judges of Stroke:** observe the swimmers, alongside the pool, ensuring that each rule relating to the different strokes is complied with.

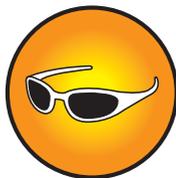
**Turn judges:** observe from each end of the pool to ensure that the turns comply with the rules applicable to each stroke

Contact your state or territory association to find out how you can become a technical official and contribute to our sport!





# SUN SMART



## PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

As swimming pools are usually outdoors, it's important that parents ensure their children adopt the following five easy steps recommended by The Cancer Council:

**Slip on sun protective clothing** cover up as much of the skin as possible.

**Slop on SPF 30+ screen** make sure it's broad spectrum and, water resistant and reapplied at least every couple of hours.

**Slap on a hat** make sure it's a brimmed hat that covers the face, neck, head and ears.

**Seek shade**

**Slide on some sunglasses** close fitting, wrap-around styles offer the best protection.

And remember to take extra care between 10:00am and 3:00pm when UV radiation is most intense.



# FREQUENTLY ASKED QUESTIONS

## What does Swimming Australia do to ensure my child's welfare / safety?

Swimming Australia has worked closely with expert organisations to ensure we have and maintain a child safe organisation. It is critical your child can safely grow and develop in your local swimming community. We take child safety very seriously and this is reflected in our Safe Sport Framework. Our approaches to safety screening of all employees and volunteers and ongoing monitoring and reporting ensures continuous improvement in this area.

## How do I choose the right club for my child?

Finding the right club to suit your child and your needs can be difficult. Here are some important factors to look for in a club:

- The club's coaches, officials and volunteers have the right qualifications
- The club is implementing Swimming Australia's Member and Child Welfare Policy
- The club will encourage your child to do their best and give them suggestions and opportunities to improve and achieve their potential
- The club has regular club nights which provide the chance to put training into practice and also an avenue for fun and social interaction

## What equipment does my child need?

Not all equipment is required for every swimmer and some clubs may even provide certain items for practice and meets. Your child's coach will be able to tell you exactly what your swimmer needs. We suggest some must haves for the upcoming season:

**Goggles:** Swimmers use goggles to protect their eyes from the chlorine as well as to gain a clear view of their surroundings in the pool. You can buy these from your local pool or sports store.

**Caps:** Caps are designed to keep the hair out of swimmers' faces and goggles straps into place. There is a comfortable cap for your child included in this new member kit.

**Swimwear:** There is a vast range of swimwear available that come in different styles, colours and materials. The important thing is to make sure the swimwear is comfortable and suitable for training. Always check the Swimming Australia website to confirm suitable swimming attire for competitions.

For more frequently asked questions check out the [goswim.org.au](http://goswim.org.au) website.



# DEVELOPMENT PATHWAYS FOR YOUR CHILD

Swimming is a sport for life and it's never too late to start. Regardless of whether you're swimming for recreation or competition we want to inspire and support you to be the swimmer you want to be. The below pathway aims to help you navigate your journey

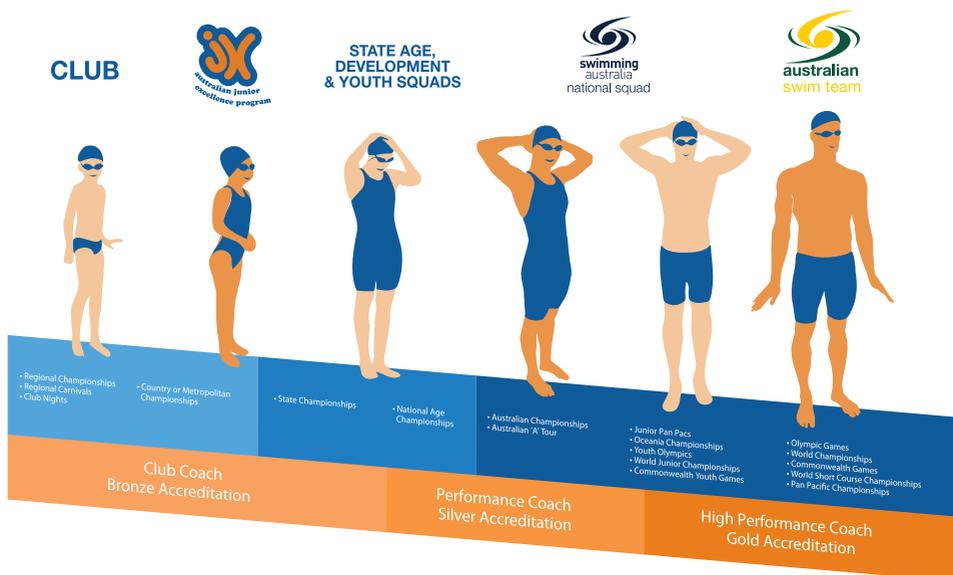
Swimming is a sport for life. Swimmers gain cardiovascular fitness, endurance, muscle strength, coordination and flexibility; important physical benefits at all ages but particularly beneficial during developmental stages of our children.

From the start, swimmers are provided with pool sessions that focus on the development of technique across all strokes and dry land training for strength, coordination and flexibility. Other important skills swimmers will pick up are reading the pace clock, training as a team and competition skills. As swimmers progress in training, racing and overall development they will progress through levels of squads.

Swimming Australia has developed a structured competition pathway for swimmers to encourage their continual development. The pathway is not meant to be a rigid blueprint, but rather provides a clear guide of what swimmers can aim for.



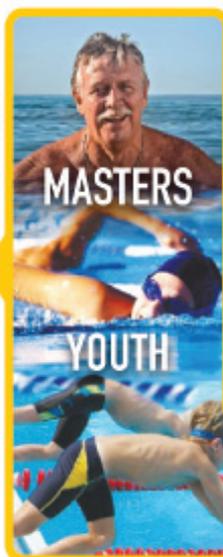
## ATHLETE AND COACH DEVELOPMENT PATHWAY



RECREATIONAL

CLUB

COMPETITIVE PATHWAY



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

# FUN AND GAMES

## Word Search

T N V F C E L Y N E B W S S S  
L I U Y T O Y Z K Z U A R V I  
I S U F X T A O O K T T E Z H  
Z R H S S V R C I C T E P N Q  
F S W C M T S C H S E R P J N  
K R U A S I K Y E M R A I I Q  
V W E K I B W L B O F C L T O  
U I C E O N G S A I L G F N K  
O A U A S O N U M W Y P O H G  
B O R X O T G N I M M I W S U  
P D I G S L Y K I C K I N G T  
A M U X D P B L U S L B I O W  
C E V I D F K M E B T Q W L N  
S B R E A S T R O K E E X P L  
Y Q J I C W R U S G L E N B X

BACKSTROKE

BREASTROKE

BUTTERFLY

CAP

COACH

DIVE

FLIPPERS

FREESTYLE

FUN

GOOGLES

KICKBOARD

KICKING

SWIMMING

SWIMSUIT

TOWEL

WATER

# SOCIAL MEDIA

Follow all our highlights and information on our Social Media platforms. Don't forget to use the #ourteam when posting your swimming shots!



**Australian Dolphins Swim Team**



**@dolphinsaus**



**@DolphinsAUS**

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

