



# WHAKATĀNE SWIMMING CLUB

“Swimming Faster & Better Together”



WASC Whānau Handbook

Important information for swimmers & their support team

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## Welcome to the Whakatāne Amateur Swimming Club

### Our Strategic Plan/Direction

At the Whakatāne Amateur Swimming Club we strive to grow successful young adults through aquatics. We have five core values which drive us towards this goal, and we endeavour to exhibit these in all aspects of the club's operations:

- We are **Successful** – in whichever area/level/space our athlete is aiming for.
- We are **Supportive** – we have each other's backs both in and out of the water. This extends from our swimmers, through our parents, coaches, supporters and up to the governance level.
- We are **Hard Working** – we thrive on challenges & adversity and understand that how we react to such challenges will determine how much we improve.
- We are **Intentional** – everything that we do has a purpose and helps us get closer to reaching our goals.
- We are **Enjoyable** – our stakeholders enjoy their swimming at all levels. **Having fun keeps us coming back!**

### Communication Channels

Member communication is conducted primarily via e-mail & on the club's Facebook Whānau Group (<https://www.facebook.com/groups/whakataneswimclub>). Please ensure that the club always has your up-to-date e-mail address/es, as not all information makes it to the Facebook Whānau Page.

The below table has a list of contacts of our club's coaches & officers should you need to get in touch with them electronically:

Personnel	E-Mail Address
Head Coach – Mason Pickering	<a href="mailto:coach.whakatanesc@gmail.com">coach.whakatanesc@gmail.com</a>
Assistant Coach – Jules Gladwin	<a href="mailto:jules.whakatanesc@gmail.com">jules.whakatanesc@gmail.com</a>
Club Captain – Kiri C	<a href="mailto:club.captain2020@gmail.com">club.captain2020@gmail.com</a>
Treasurer – Kylie W	<a href="mailto:whkswimming@gmail.com">whkswimming@gmail.com</a>
Recorder – Steph L	<a href="mailto:whkswimclubrecorder@gmail.com">whkswimclubrecorder@gmail.com</a>
Administrator – Kylie W	<a href="mailto:whakataneswimclub@gmail.com">whakataneswimclub@gmail.com</a>

### Clubrooms & Club Gear Use

We have a range of basic swimming equipment which is available to be used during training time by members. These include kickboards, pull buoys, fins & paddles across a range of sizes. These are only to be used by swim club members and can only be used during training (ie: swimmers cannot use them for play or give them to their non-swim club mates for use).

Swimmers with personal gear bags are permitted to store these in the gear racks in the clubrooms when they are not training. They can use club gear in these bags, but naturally must return this if they depart the club. Please note that keeping gear in the racks is a privilege, and swimmers are expected to show respect for the gear of their fellow clubmates and are responsible for keeping this area clean & tidy.

Swimmers in the Orcas squad and above are encouraged to purchase swimming specific "short" fins and a swimming snorkel. As well as simply being more comfortable for the extended periods of time that these squads utilise fins for, they also mimic a large foot, as opposed to a floppy extra part of the leg as the yellow & blue club

fins do. Swimmers of any age with particularly wide or large feet may also wish to purchase these. Please get in touch with a coach via e-mail if you would like to be directed to where these can be purchased.

Makos swimmers are also encouraged to purchase a swimming snorkel – note that this is a different type of snorkel to the one you use out at Moutohorā Island! For details on this please get in touch with your coach.

### Uniform Information

Information on uniform types, sizing & pricing can be found on the noticeboard in the clubrooms. Orders can be placed at any time by filling out the order page below the uniform order information documents. Our supplier requires a minimum of 20 garments, so orders will be open year-round & will be processed once this minimum has been reached.

Uniform orders need to be paid in full before they can be processed. Please pay these to the account details found in the below “Membership Cost & Payment Info” section, with your last name as the reference. And “Uniform” as the code.

A club swimming cap is available for purchase either at trainings or at meets – talk to a coach & they will be able to provide you with these. This is a white-on-blue cap which can be used for racing at \$15ea. Your purchased cap cost will be added to your swim club account & invoiced to you alongside squad fees. Please note that at interclub competitions cap use is mandatory.

### Health & Safety Information

The club’s health & safety policy documents (hazard register etc) can be found in the clubrooms, or alternately get in touch with a committee member for full details. Please complete the online H&S medical information form (<https://forms.gle/w79trtX1xtav9AGK7>) advising the club of any health conditions, medications or treatment plans that your swimmer may have.

If a swimmer need medication to be stored at the club this can be organised with your swimmer’s coach. Please note that coaches & more widely the club can take no responsibility for the upkeep of stored medication. In reference to more general medical circumstances, we have a small first aid kit appropriate for dealing with small cuts & grazes kept in the clubrooms, anything more substantial will be referred to the Aquatic Centre’s lifeguards.

Should you or your swimmer witness an accident or injury whilst in the clubrooms or during organised swim club activities, please ensure that an incident form is filled out – either grab a hard copy form (found next to the clubroom exterior door) or request an electronic copy from the club administrator. This should be filled out & submitted to our administrator as soon as is practicable.

### Membership Cost & Payment Information

The costs of membership are divided up into an annual registration & a monthly coaching fee. The annual registration is a flat \$201.00, which covers the period from July 1<sup>st</sup> through June 30<sup>th</sup> the following year. This cost will be included in your June invoice and must be paid prior to the Swimming New Zealand new year to ensure your swimmer's registration is processed in time. The registration contributes to some of the club's coaching costs and covers fees which are payable to our regional and national governing bodies – Swimming Bay of Plenty & Swimming New Zealand respectively. If joining after March, then the registration fee is \$120.00, which will register them through till the July 1<sup>st</sup> of that same year. The registration fee is the same for all members (club or competitive).

Penguins' swimmers are an exception to the registration fee – they pay only the monthly fee until they move up into the Kingfish squad, at which time they will need to pay the registration fee.

The monthly fee primarily covers lane hire and coaching costs, and as such differs per squad. The table below outlines the current fee structure, note that this is subject to change – please double check with our treasurer if you are unsure about anything fees related. **We request one month notice for departing swimmers.**

Squad	Monthly Fee	Annual Registration / Admin Fee
Penguins	\$45.00 p/m	\$30 admin fee
Kingfish	\$60.00 p/m	Annual Registration \$201 per year
Dolphins	\$70.00 p/m	
Marlins	\$85.00 p/m	
Orcas	\$95.00 p/m	
Orcas Plus	\$105.00 p/m	
Makos	\$115.00 p/m	
Performance	\$135.00 p/m	
Sailfish	\$80.00 p/m	
Sr Open Water	1-3 \$70.00 p/m Up to 6 \$100.00 p/m	\$30 admin fee
Adult Fitness	\$70.00 p/m	

Invoices are sent out via e-mail at the beginning of each month. Please note that failure to pay fees will result in your swimmer/s being unable to participate in trainings, race at meets, or participate in other club activities. If you have any queries or troubles around fees, please get in touch with our treasurer via the e-mail above.

Fees can be paid into Westpac account 03-0490-0227709-00 with your swimmer's name as the reference.

### Pool Access and Swipecard Information

Once swimmers have returned their completed registration form, a swipecard will be created and made available for you to collect from reception as you enter the pool.

Swimmers need to scan in at reception when here for morning training. Ideally this is done prior to training but this can also be done whilst exiting the facility post-training too. If you are a new member, please check in with reception when next at the pool as they should have your swipecard waiting there for you (let me know if not).

For any misplaced cards, please see reception to organise a replacement – this incurs a \$5 fee.

## Training Cover – What Happens When a Coach Is Away?

Whenever one of our coaches are away, whether it be for a swim meet or for leave, we turn to the assistance of our ever-supportive member families to help keep our squads swimming through the coach's absence.

Initially, a notice will be posted on the Facebook Whānau Page a few weeks out with details on which sessions are in need of cover. If you are able to assist with the running of any of the listed sessions, please make that known by posting in the comments which session/s you can help with.

Please note that ***no prior swimming or coaching knowledge is required to help out!*** Session plans are provided from the absent coach, and these simply need to be written up on the whiteboard for the swimmers to work their way through. Once written up, the helper supervises the swimmers to make sure they are staying on task & getting through the prescribed session.

Should cover not be able to be found for a session, then that session will regrettably be cancelled. Any cancellations will be notified via the Facebook Whānau Page.

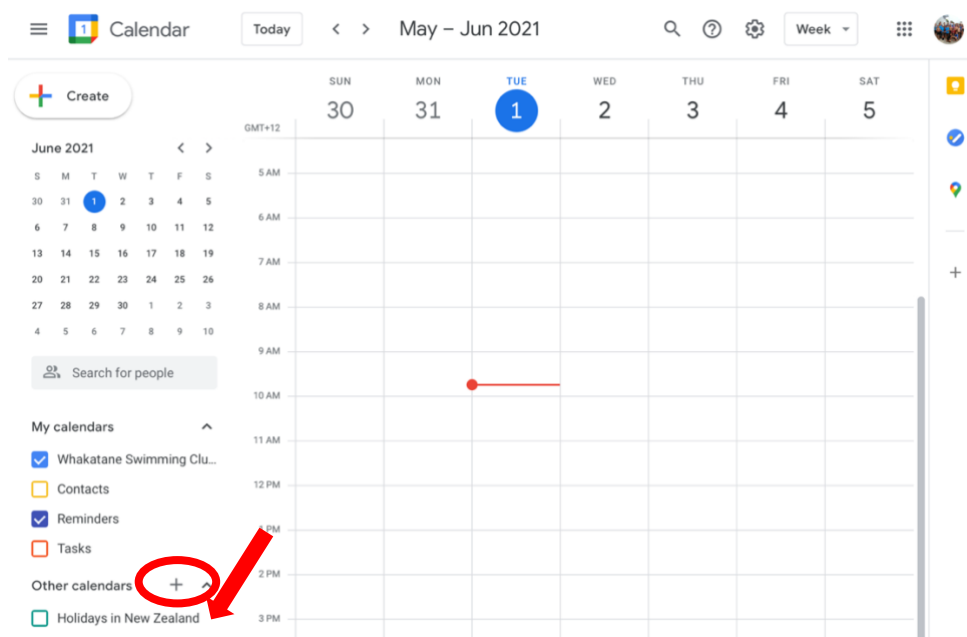
## Training Timetable & Google Calendar Subscription Instructions

The club aims to maintain a fairly stable timetable throughout the year, but as we move through the different terms & school holidays session times naturally undergo some changes. There are also one-off changes & cancellations which occur due to Club Nights & other swimming/club events.

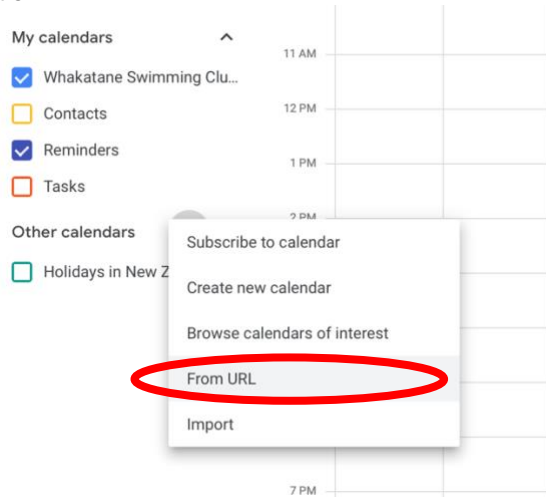
Major changes will always be notified via e-mail notices, as will many of the minor changes if they are expected. Unexpected changes and cancellations will often be posted on our Whānau Facebook Group before they are e-mailed, please become a member of that group and answer the entry questions ASAP so you don't miss out on anything.

The easiest and most up to date way to keep on top of any timetable changes & aberrations is to subscribe to our club's Google Calendar, the instructions on how to do this can be found below. **PLEASE ENSURE YOU COMPLETE THIS PROCESS ON A DESKTOP OR LAPTOP COMPUTER.**

1. Open [Google Calendar](#) (this may work with other providers but I cannot be sure, Google will work best)
2. Press the "+" button next to "Other Calendars"

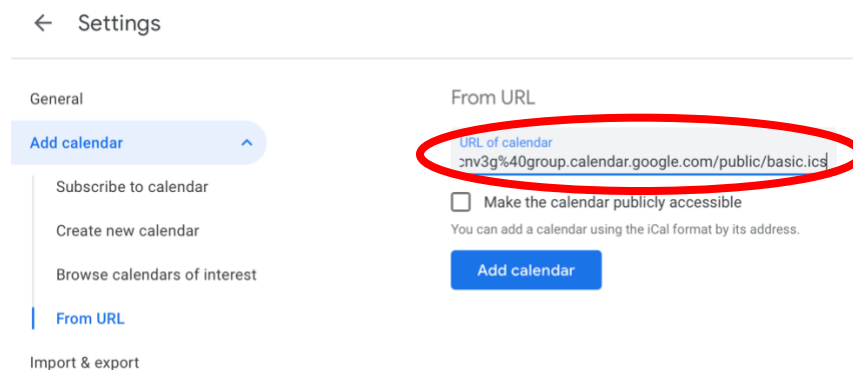


3. Select the “From URL” option

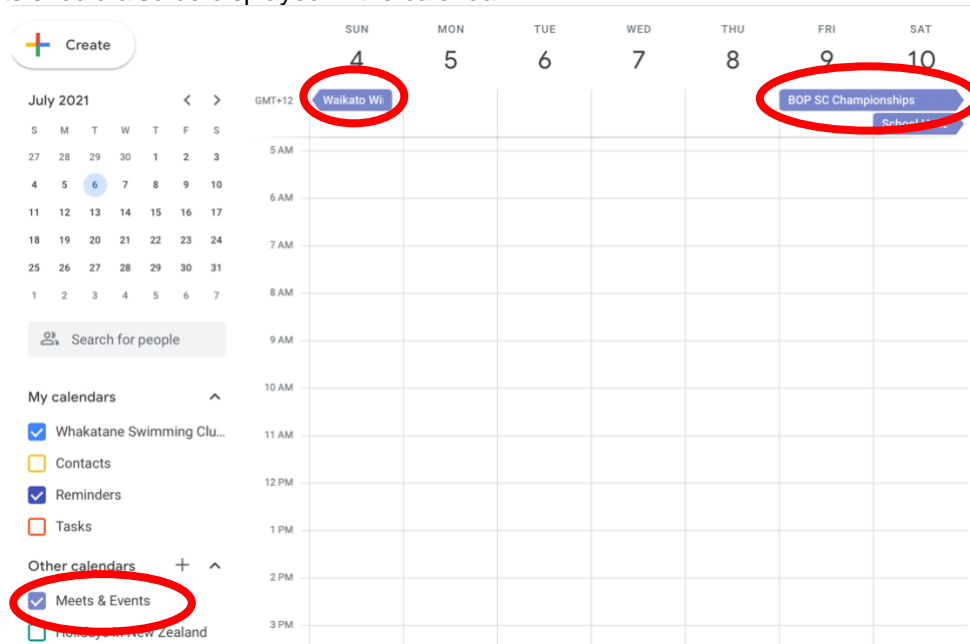


4. In the “URL of calendar” box circled below, copy & paste the URL of the calendar you wish to subscribe to from the table below and press “Add Calendar”. Do not select “Make the calendar publicly accessible”

Meets & Events	<a href="https://calendar.google.com/calendar/ical/tsr9g2al50qt28vi63jslcnv3g%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/tsr9g2al50qt28vi63jslcnv3g%40group.calendar.google.com/public/basic.ics</a>
Penguins	<a href="https://calendar.google.com/calendar/ical/funqtf2suub1l22d1ga4iott0%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/funqtf2suub1l22d1ga4iott0%40group.calendar.google.com/public/basic.ics</a>
Kingfish	<a href="https://calendar.google.com/calendar/ical/iu619t68k4m8i9i86d8u42dbi4%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/iu619t68k4m8i9i86d8u42dbi4%40group.calendar.google.com/public/basic.ics</a>
Dolphins	<a href="https://calendar.google.com/calendar/ical/opm8q980dodd6i333m13n7j7i0%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/opm8q980dodd6i333m13n7j7i0%40group.calendar.google.com/public/basic.ics</a>
Marlins	<a href="https://calendar.google.com/calendar/ical/bs5ph7uf3tjf2lthgao1egt74%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/bs5ph7uf3tjf2lthgao1egt74%40group.calendar.google.com/public/basic.ics</a>
Orcas	<a href="https://calendar.google.com/calendar/ical/n5ehsia8mudabaep4kjr4ahb0%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/n5ehsia8mudabaep4kjr4ahb0%40group.calendar.google.com/public/basic.ics</a>
Makos	<a href="https://calendar.google.com/calendar/ical/ke2ea9397i02feo6nhdmerjncv%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/ke2ea9397i02feo6nhdmerjncv%40group.calendar.google.com/public/basic.ics</a>
Performance	<a href="https://calendar.google.com/calendar/ical/ft8vqif5bfap4flamnc4to99f4%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/ft8vqif5bfap4flamnc4to99f4%40group.calendar.google.com/public/basic.ics</a>
Sailfish	<a href="https://calendar.google.com/calendar/ical/r808mppmrdsfq612897eebhd0%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/r808mppmrdsfq612897eebhd0%40group.calendar.google.com/public/basic.ics</a>
Senior Open Water	<a href="https://calendar.google.com/calendar/ical/n0n0119tf1ro2485768vqnc4m0%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/n0n0119tf1ro2485768vqnc4m0%40group.calendar.google.com/public/basic.ics</a>
Adult Fitness	<a href="https://calendar.google.com/calendar/ical/4ugmm17r45vqird3mcfifig59c8%40group.calendar.google.com/public/basic.ics">https://calendar.google.com/calendar/ical/4ugmm17r45vqird3mcfifig59c8%40group.calendar.google.com/public/basic.ics</a>



- Head back to the main calendar screen and the new calendar should appear under “Other Calendars”. Events should also be displayed in the calendar



- Repeat the process for other calendars that you wish to subscribe to.

**Important:** whilst pressing on the links provided & importing the file will appear to work, this will not subscribe you to the calendar (ie: any changes that coaches make to the events **will not** be updated in your own calendar). Please follow the steps above carefully to ensure you are kept up to date, and if you are unsure on anything please e-mail [coach.whakatanesc@gmail.com](mailto:coach.whakatanesc@gmail.com) for assistance.



## Swimming Training Sessions – What to Expect

Trainings form the bulk of our club's operations and will be where your swimmer will spend most of their time. Training is where the correct movements patterns & skills are taught & ingrained by our team of passionate coaches, with these learnings later being used in racing situations.

For all squads, swimmers should aim to be at the pool ready to dive in a minimum of five minutes prior to the session starting – turning up at the time your child's session starts will result in them missing the first few lengths or the session's initial instructions. Senior squads have additional requirements around pre-training warmups.

The training content & focus of each of the club's squads differ and are based upon a range of both psychological & physiological criteria. Below you will find a brief explanation of the criteria for each of the squads. Note that these are only guidelines, and that our coaching team have ultimate say on squad placement & movement. Please get in touch with your swimmer's coach should you have any questions in this space.

### Junior Squads

Our junior squads are filled predominantly with swimmers aged up to 12 years, as well as older swimmers who are newer to the sport. These squads bridge the gap between learn to swim and squad swimming. Whilst in these squads, swimmers will be focussed on having fun, learning & refining stroke mechanics & skills and putting these into practice with consistency. The challenges for swimmers in these squads will predominantly be mental focus & co-ordination.

#### Penguins Squad

2x30min sessions per week (minimum 1 session). **Squad only for siblings of other members.**

Focus on general water confidence, stability/control whilst in the water and kick. Sessions are geared around fun and keeping new swimmers interested and engaged. Penguins can participate in Club Nights with the use of fins.

#### Kingfish Squad

3x45min sessions per week (minimum 2 sessions).

Build and maintain water confidence and begin transferring that to competence over Free, BK, BR & Fly kick (butterfly stroke taught for timing only). Swimmers are exposed to a large variety of drills and skills with fun still being the main focus. Kingfish are encouraged to participate in Club Nights once they are settled into their squad.

#### Dolphins Squad

3x1hr sessions per week (minimum 2 sessions).

Trainings are still centred around fun and skill acquisition through a myriad of drills and skills. Stability/control in the water is maintained. Aim to increase competence over longer distances/increased repetitions for Free, BK & BR, and have swimmers complete a length of Fly with good form. Dolphins should be regularly participating in Club Nights.

#### Marlins Squad

1x1:30, 2x1:15, 1x1hr session per week (minimum 3 sessions)

Introduction to lower mileage squad trainings – swimmers will cover an average of 1.5-2.5kms per session. Trainings are still centred around fun, but swimmers are at training to get better/faster. Aim of the squad is getting swimmers to compete in and complete the 200IM without disqualification whilst maintaining technique. 12&U squad members are training to compete at the Aquaknights Junior Festival.

### Senior Squads

Our senior squads are typically filled with long term club swimmers and swimmers aged 13 years and above. These are of the more "traditional" swimming squad mould, ie: training is based around getting fitter & faster and performing when in race conditions. Whilst improvement is the focus, sessions and squad placements are always mindful of where swimmers are in their physiological & mental development (see below discussion for more details). This is important as senior squad trainings introduce a gradually increasing physiological focus.

Senior squads are expected to be at the pool at twenty minutes before the start of every training session to go through a self-directed dryland warm-up. **This is a requirement for all senior squad members** and aids in injury prevention as well as instilling good habits they can carry through their sporting lives.

### Orcas Squad

- 4x1:30 pool sessions per week (minimum 3 sessions)
- 3x dryland sessions.

Increased training intensity & mileage from Marlins, with swimmers covering 2.5km+ most sessions. Training is still focussed on technique and broad skill acquisition, but swimmers are now challenged to hold form over longer distances and at higher intensities. Swimmers are expected to be mentally & physically engaged with trainings. Introduction to dryland training, centred around core strength, stability & co-ordination.

### Makos Squad

- 2x1:30, 2x1:45, 2x2hr sessions per week (minimum 4 sessions),
- 4x dryland sessions.

Fully periodised competitive swimming training program geared towards performances at Division II Championships, Secondary School Championships, and regional championship meets. Swimmers do not specialise (ie: aim to qualify in as many events/strokes as possible). Focus on athlete driven training & performance. High mileage per session (3.5km+ per session) with technique being maintained across all intensities.

### Performance Squad

- 2x1:30, 4x1:45, 2x2hr sessions per week (minimum 6 sessions)
- multiple dryland training sessions or personalised strength & conditioning programme required.

Athletes are consistently working towards being at the pinnacle of swimming for their age & stage of physical development. Athlete driven training & performance (“If it is to be, it is up to me!”).

### WASC’s Training Philosophy

WASC aims to develop “thinking swimmers” at ALL levels. We want kids to be asking coaches the right questions and be engaged right from Penguins though to Performance. Junior swimmers should be able to understand why they’re performing a certain aspect of technique. Senior swimmers should have/wish to have a full understanding of technique and develop a grasp of the physiological reasons behind different types of trainings & corresponding training cycles.

“Why are there so many swim trainings?  
\*Other sport\* only has one each week!”

The simplest answer to this question is that your swimmer is essentially re-learning to walk, four different ways, in a medium for which the human body was not designed. Performing physical activity horizontally with restricted access to oxygen in an environment roughly 700 times denser than air, does not come naturally, and thus requires a very large amount of practice to adapt to. Swimming is also unable to be learned or practiced passively in everyday life like walking is, which makes every minute spent in the water crucial to initial competence & eventual mastery.

### Training Attendance

A truism in youth sport is that “the only kid that is not improving is the one that is not there”. This is applicable to all codes, but is especially to swimming with fitness and “feel” being such big components of performance. The attendance requirements of each squad are prescribed to ensure all club members continue to improve and enjoy the sport over the long term. Consistently low attendance can result in prematurely plateauing times, and in a swimmer being left in a lower squad whilst their friends progress. These situations are all too common in cases of swimmers losing interest and eventually dropping out. Pubescent swimmers especially need to be mindful of their attendance, as they will be actively relearning stroke techniques & skills as their body undergoes rapid changes. Low or inconsistent attendance during this phase of a swimmer’s development can exacerbate the aforementioned negative outcomes.

## Dryland Training

Dryland training is a crucial portion of any training programme for all ages & stages of development. Until puberty is complete, it is focussed predominantly on core stability, functional movement & co-ordination. This is of particular importance for members who only partake in swimming. Once a swimmer has reached physiological maturity, they may look to implement a more specific dryland program based around individual needs, which would be prescribed by a qualified strength & conditioning coach. Please talk to your coach if you are interested in adding dryland training to your programme, and keep an eye on the club communication channels for dryland information & opportunities.

## Squad Movements & Individual Requirements

You may have noticed there is no explicit requirements/tests for a swimmer to move from squad to squad. This is by design. Whilst the coaches do have general baselines for a swimmer to be able to take part in a squad, other factors such as, but not limited to; physical & mental maturity, fit with other squadmates, other commitments, & attendance all need to be taken into account by coaches before a swimmer is advanced.

Coaches will be able to discuss what an individual swimmer needs to do in order to move up to the next squad, but for some the answer to this will simply be “you need to grow/develop a bit more”. This becomes especially relevant as swimmers near the Orcas squad & above. The reality with senior squad sessions is that they are physically demanding, and pushing swimmers to higher groups before their bodies and minds are prepared to deal with those stresses is, at best, irresponsible, and at worst, dangerous – there have been many fast nine-year-old swimmers that are out of the sport before they even reach senior level due to burnout or injury.

This presents a perfect time to cover off two of the less comfortable topics around the sport of swimming: puberty & physiological development, and injuries.

## Physiology, Puberty & PB's, or why we rarely focus solely on times

On the surface (no pun intended!) success in swimming may seem fairly easy to measure: you swim a fast time & nab a PB (Personal Best) = you had a good race, you add time = you had a bad one. This is far from the truth, especially through the pubescent years, but we'll get to that in detail shortly.

- It is best to start this discussion by exploring the true uniqueness of swimming in terms of how one can analyse improvement over a period of time. On a basic level one can look at PB's – these are always cause for celebration no matter what age they are gained. For younger and newer swimmers, chipping away at these, which will naturally happen as they grow, is a great motivator. During these PB plentiful periods these drops in time should be celebrated, but not elevated to where PB's are the only thing that matters. The challenge during this age lies in focussing on technique and skills in racing, instead of jumping in and “splashing and dashing” for best times. Consistent streamlines, fast turns, not breathing on the first stroke out of the wall – these are all of greater importance to a junior swimmer's long-term success & enjoyment of swimming than gaining a best time. The skills provide the foundations of a successful age group & senior level swimmer.
  - It is important to note that success at this early age/development stage, especially relating to age group peers in terms of placings, is typically a reflection of early physical development as opposed to technical prowess. This rings particularly true for “smaller” or later developing swimmers, where focussing on their own performances across the range of aforementioned criteria is crucial for their sustained interest in the sport whilst the physiological playing field is anything but level.
- The next age group/stage of development comes during puberty. It hits no two kids the same, which, as I'm sure all our parents of teenagers can appreciate, makes life interesting (challenging!) for all involved. Puberty's onset typically coincides with one of two things relative to PB's: they either start falling in chunks due to increased muscle mass (more typical of boys at the onset), or times plateau and PBs become few and far between for an extended period/s of time, before the benefits of strength

& size come into play further down the track. This period of change is where the principles of long-term athlete development (LTAD) come into play. Put simply, LTAD is a framework based around developing kids into long term patrons of swimming. When applied effectively this framework is successful with both performance & participation level swimmers, keeping both in the sport for longer and allowing for all to experience sustainable success for as long as they wish to pursue it.

Whilst some aspects of LTAD have fallen out of favour in recent years, two of its major focuses still provide universal utility –a focus on developing all four strokes and a focus on correct skill execution. During the pubescent years, these two focuses, if introduced from an early age/stage, provide an emphasis that can provide a welcome break from the timekeeper’s stopwatch. Age group plateaus are very real things, and times in form events may remain at a standstill for up to a year or even longer, as bodies change and the brain has to relearn how to use longer and stronger limbs to move through the water.

- Having a continual focus on all four strokes (an “IM based programme”) allows for an easy focus pivot for pubescent swimmers during this time, and often provides a source of fresh motivation and best times from where the swimmer least expects it. For example, a twelve-year-old who excels at freestyle may see their times in free plateau for months on end as they begin puberty. If they have been working on all four strokes throughout their swimming, they can switch their focus to breaststroke for a time and see PB improvements there whilst the mind catches up with their changing body in their main stroke.
- The second discussable aspect of LTAD is continual skill development. This encapsulates everything from fast turns to race plans and execution. Underwaters will be the main focus for many pubescent swimmers as these naturally develop with time & mental maturity, and are also easily measurable, ie: “How many kicks did you do out from your third turn? How many should there have been?”. Turns, and by extension skills, will often be the first thing a swimmer is asked about by their coach after a race, so consistent improvement & excellence in this area is a great non-PB focus to hold during the period of physical development disruption. Skills may also become easier/harder throughout puberty as limbs grow and bulk up, so a consistent focus is required just to keep these at maintenance level.

It is worth noting that this period will typically be where many swimmers are encouraged to increase the number of sessions they are attending, or they may be elevated to faster lanes during trainings. Aside from the size & strength benefits of puberty, these increases in volume/training intensity will result in increased fitness and should aid in reducing the magnitude of plateaus. This is also another reason that younger swimmers are not always moved to higher squads/lanes/levels of training attendance right away, as such improvements are often better realised during the pubescent years.

- Post puberty is arguably the easiest of the three stages to analyse. Swimmers are physically mature and can begin full strength & conditioning programmes, provided they have been attending & applying themselves to the club’s dryland sessions through their junior & pubescent years. This typically leads to gains in strength & power which are directly applied to swimming performance. Swimmers will also be familiar with season planning & training cycles, so will know when times/placings are the focus versus other aspects of their race performances.

## Dealing With Injuries

To be exceptionally clear: **no-one, no matter the level, should ever “train through” an injury**. The days of telling athletes to “grit their teeth & harden up” are well and truly over – it is a tried and true way to get kids to leave a sport well before their potential is reached.

The typical rationale behind the aforementioned antiquated approach is to avoid losing fitness. Ironically, training through injury causes just that to happen. Pushing through an injury will increase recovery time and increase the risk of reinjury, whilst also creating imbalances in muscle use as the body tries to perform actions without utilising the injured area. This typically results in either additional or chronic injuries, all which force more time out of the water than necessary in the long run.

Senior swimmers, after consultation with medical professionals & coaches, may continue to train in a limited capacity to retain fitness & feel for the water, but **only** if the injury can be completely isolated and not aggravated whilst training. This is also contingent on the swimmer being able to partake in the regular flow of training, ie: not take up an entire lane to themselves doing kick work. If this is not possible then the swimmer will not be permitted to train until cleared to do so by a medical professional. It is a swimmers responsibility to ensure rehabilitation & injury prevention exercises are performed as prescribed during rehabilitation and that these are maintained post-injury.

### Important note on injuries:

It is better to have a week off with a minor injury and come back at 100%, than it is to push through for three weeks at 60%, or to get a more serious injury that takes you out of the water for a month or more.

## Club Nights & Competitions

Swim meets are an opportunity for your swimmer to put what they have been learning in training into practice. They are not just for “top” swimmers but are designed – especially at the earlier levels – for swimmers of all ages to have fun and enjoy getting faster together with their mates. There are competitions throughout the year covering the entire competitive spectrum from entry/post-LTS level through to performance athletes. Coaches will keep you informed on which competitions are suitable for your swimmer’s current level & are being targeted for attendance.

“Help! My swimmer doesn’t have a time!”

If your child would like to enter an event they do not yet have a time for, please let your swimmers’ coach know. They will typically be able to enter a time manually which will be counted as the swimmers’ seed time (entry time). There are exceptions to this depending on the meet, so please discuss with a coach before entering.

### *What does my swimmer need to bring to a swim meet?*

Is it your swimmer’s first meet? Are they a bit on the forgetful side? Have them double check that they’ve got the below items packed before setting off for the pool:

- Togs
- Towels (minimum of two)
- Goggles (& a spare pair)
- WSC Swim Cap
- Water Bottle
- Food/Snacks (enough to stay fuelled for the meet’s duration)
- Warm Clothes/Jacket

## Club Nights

Whakatāne’s Club Nights are a fun, pressure free way for swimmers of all levels & ages to get into competing. Club Nights are run monthly year-round on Thursday evenings from 6:00pm – 7:30pm. Swimmers will be placed into a team for the season when they first attend a Club Night, where they are placed under the guidance of their senior squad team leaders. Along with the club’s coaches, the senior team leaders are there to help swimmers navigate their first swims in a competition environment. Each week includes a selection of races for swimmers to enter, as well as a “novelty” (read: “silly”) event and team relay which contribute toward team points and help build club camaraderie.

It should be stressed that Club Nights, and indeed the vast majority of junior (12&U) meets, are not about “speed” in the traditional sense. For juniors & newer swimmers, it is about coming along and having a good time with their swim club buddies. Whilst growing swimmers will PB on a regular basis, this is not a coach’s main concern with this age group, for reasons outlined previously in the training session information section.

Once comfortable with Club Nights and the basics of racing, we look to introduce swimmers to meets which are open to other clubs. Here they will race swimmers based on their current PB time which they have gained at a Club Night. Success and comfort at those meets then leads to a step up to regional and potentially national championship competitions as they continue to develop. Even as they progress through these levels, it is important to stress that **fun in both their training and racing remains paramount to their continuation in & enjoyment of the sport.**

### *“Which/how many races should my swimmer enter?”*

This varies wildly depending on the squad and age of your swimmer as well as the significance of the meet. For target meets, coaches may provide recommendations for which events your child should enter. These will take into account things such as event spacing, time since last PB, and what the squad has been working on in training, but it is ultimately up to your swimmer as to which events they would like to enter. Coaches are always happy to discuss entries and recommendations should you or your swimmer have any questions.

### *“When should my swimmer start racing?”*

If your swimmer is brand new to the club – be that from LTS, club transfer or other means – it is best to give them a period to settle in and get comfortable with their coaches & squadmates before looking at entering competitions. Once they are comfortable in their new training environment, discuss with your swimmer’s coach about beginning Club Nights.

### *“My swimmer is racing, what do I do?”*

Whakatāne Swimming Club, and to a wider degree Swimming BOP & Swimming NZ, are always looking for volunteers to come aboard & be actively involved in their child’s sport. It matters not whether you have no prior swimming knowledge– anyone can drive a stopwatch with a quick intro!

## Club Night Officiating

The easiest place to get started is with Club Nights. When your swimmer begins participating in Club Nights, all caregivers of competing swimmers need to be available to help regardless of level of experience. A duty roster for each Club Night is posted on the club’s Facebook Whanāu Page, so make sure you are joined up to and receiving notifications for that group.

Most new helpers will begin by being rostered as timekeepers, which is also a great way to get to know some of the club’s other members & their whanau. From timekeeping there are many other officiating paths & roles that can be learnt – chat to one of the committee members or a coach when you are ready to continue upskilling.

### DQ’s – a learning opportunity and not the end of the world!

Whilst a disqualification is not a positive, it need not be seen in an entirely negative light.

This is especially true for younger or newer swimmers. Disqualifications should be seen first and foremost as an opportunity for learning how to race – you will often find that your child knows what it was that got them DQ’d, they just got a bit excited whilst racing!

If the technical side of things isn’t your cup of tea, there are many other ways to help during Club Nights. We often have a Club Night dinner or BBQ for the attending swimmers & their families, so help with organising and cooking these is always appreciated. During busier nights, help with marshalling the swimmers is also required and a great way to get to know the club’s other swimmers.

### Out of Club Meets

Assistance at non-Club Nights meets is still required but takes a slightly more official form. For the majority of meets, the committee will have organised a roster of roles for each session that caregivers will need to follow. This is typically communicated via both e-mail & the whanau Facebook page, so keep an eye out for the schedule in the week leading up to a competition. If you are unable to fill your allotted role on a specific day/session, you will need to organise a replacement/swap.

For these larger meets, timekeepers are required based on the number of swimmers Whakatāne has competing, and those wishing to help-out as officials will need to have completed the training for that role. Team managers will also be needed to help with organising and marshalling – again, the more swimmers, the more team managers needed.

## Different Types of Meets

At the start of each year/season, the club will provide a target meet list for all squads. This is so members can set family calendars and get on to booking accommodation with plenty of time. An example of the target meet list is below.

Target Meet List - Updated 12/08/2021							
Confirmed Meets	Date/s	Squad					
		Kingfish	Dolphins	Marlins	Orcas	Makos	Performance
SBOP Relays	13th June	Target	Target	Target	Target	Target	Target
WASC Club Champs	20th June	Target	Target	Target	Target	Target	Target
Waikato Winter SC Championships	3rd & 4th July				Optional	Optional	Optional
SBOP Short Course Showdown	9th-11th July			Optional	Target	Target	Target
NZ Secondary School Championships	22nd-25th July				Qualified	Qualified	Qualified
NZ Short Course Championships	17th-21st August					Qualified	Qualified
SBOP Junior Series #1	29th August	Target	Target	Target			
AIMs Games Swimming	5th-7th September				Qualified	Qualified	Qualified
<b>Whakatāne Club Night</b>	<b>9th September</b>	all swimmers of all levels					
SBOP Classic	19th September	Target	Target	Target			
Evolution Spring Classic	1st-3rd October				Optional (no coaches attending)		
<b>Whakatāne Club Night</b>	<b>7th October</b>	all swimmers of all levels					
SBOP Junior Series #2	10th October	Optional (no coaches attending)					
WASC Junior Camp	16th & 17th October	12&U	12&U	12&U	12&U		
Central North Island Championships	22nd-24th October	Target	Target	Target	Target	Target	Target

Every effort is made to ensure the target meet list is accurate, but updates will be made and communicated periodically as future meets firm up dates. All events are classified into one of four categories for each particular squad. Please see the next table for details:

Target	Meet is a target meet. Swimmers should aim to attend these meets whenever possible. A coach will attend all targeted meets.
Qualified/Selected	Attend if qualified/selected.
Optional	Attendance optional. A coach may or may not be attending dependant on numbers.
Blank/No	Do not attend.

Generally speaking, swimmers should aim to be racing once a month once they have graduated from being Club Night only swimmers. Target meets are selected by coaches with this in mind. Swimmers can attend any meet they are willing to travel to and, where applicable, have qualified for, but only targeted & national meets will definitely have a coach present.

#### Login & Entry Process Details

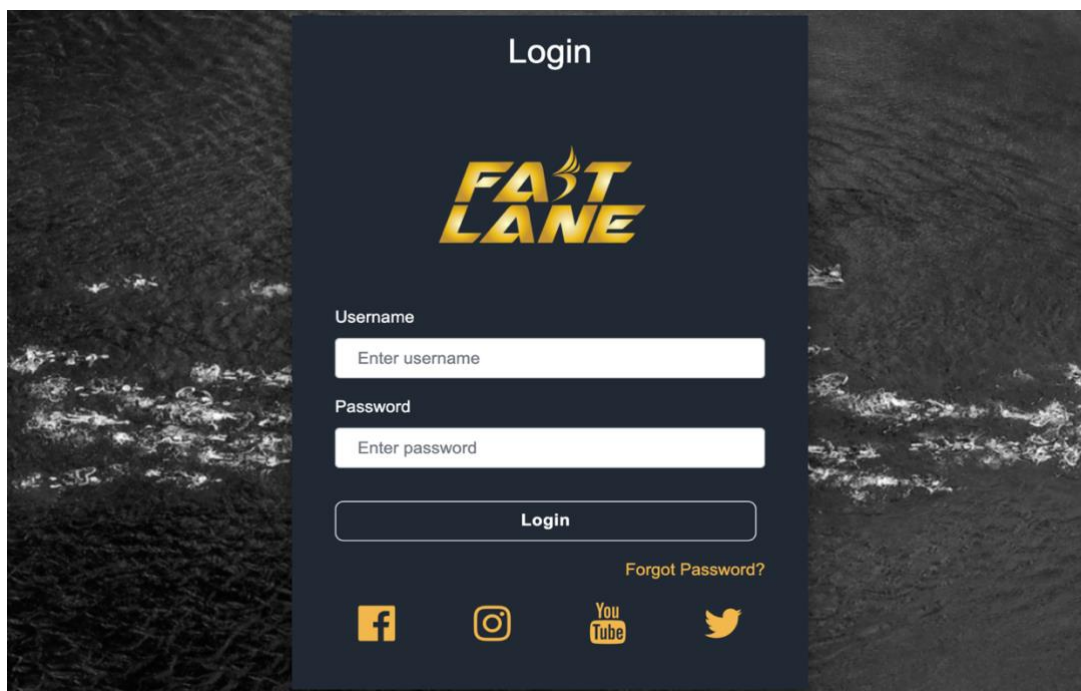
Please follow the steps below to enter any meet, including Club Nights. Alternately, you can find a video tutorial on the entry process at <https://youtu.be/s20NGkjY27M>. If you have not yet received login details for your swimmer, please e-mail a committee member or coach **with plenty of time before entries close** for the meet your child wishes to enter.

*“My swimmer doesn’t want to race, what shall I do?”*

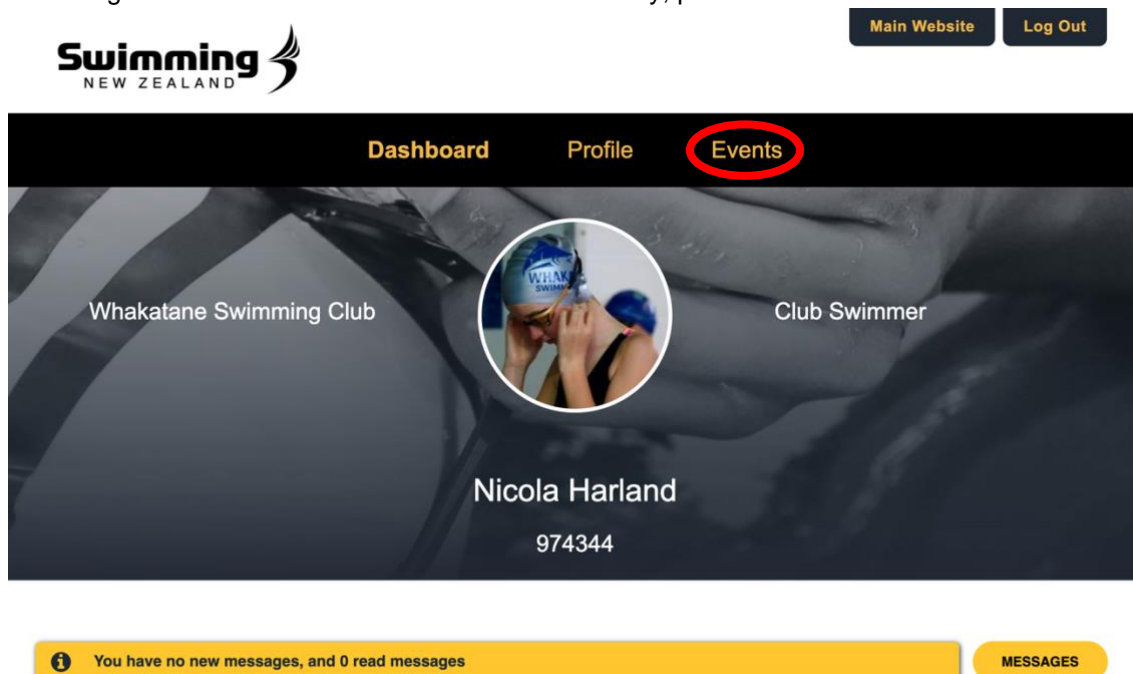
This is not an issue – the club has many members, junior and senior alike – who are non-competitive for a range of reasons. Members may be new to the club & not yet settled in, or may have swimming as a second/supplemental sport. Whilst it is always encouraged, taking the competitive swimming route is not a requirement of being a club member. Non-competitive swimmers are still eligible to & encouraged to enter and race at our fun filled Club Nights.



Start by heading to <https://fastlane.swimming.org.nz/login>, you should see something similar to the below. Enter your swimmer's username & password and hit "Login"



Your swimmer's FastLane homepage will load, looking something similar to the one in the image below. From this page you can access & update your swimmer's information, see a selection of upcoming meets and the latest Swimming New Zealand media releases. For meet entry, press on the "Events" button.



A list of upcoming meets will appear, scroll down until you find the event that you wish to enter. For a meet that is a while away, you may need to go to the “Next Page” to find it. Press the “Book” button next to the event you wish to enter.

Swimming NEW ZEALAND

Main Website Log Out

Dashboard Profile Events

### Events

29 November 2020		Southland Ribbon Day Meet 2020 Invercargill	DETAIL	BOOK
29 November 2020		CSC L3 Meet November 2020 Silverdale	DETAIL	BOOK
02 December 2020		Whakatane Club Night 2 12 20 Whakatane	DETAIL	BOOK

You will next be presented with a page similar to the one below. Select the events which your swimmer will be racing via the highlighted drop-down boxes. Once you have selected those events click “Proceed”.

### Events you qualify for

Event Number 1-1	Event: Mixed, 200 Medley	Your best time 3:50.10 (S)	Qualifying Time Open
Type Standard	Enter Event --Please select--		
Event Number 2-2	Event: Mixed, 25 Back	Your best time 23.81 (S)	Qualifying Time Open
Type Standard	Enter Event --Please select--		
Event Number 7-7	Event: Mixed, 50 Fly	Your best time 1:01.26 (S)	Qualifying Time Open
Type Standard	Enter Event --Please select--		

← BACK PROCEED

Typically, FastLane will not allow you to enter events for which your swimmer is not eligible or has not qualified for, but you should double check this by consulting the meet's flyer. This will have all the relevant qualification information included. Meet flyers can be found on a meet's "Detail" page and are often circulated in the club's weekly e-newsletter for upcoming targeted meets. If you are unsure about the conditions of any meets or are having trouble finding information, please get in touch with a coach and they will be happy to help. Check that the selected events are correct & press "Save Entry".

The screenshot shows the 'Swimming NEW ZEALAND' logo at the top left. In the top right corner, there are two buttons: 'Main Website' and 'Log Out'. Below the logo is a navigation bar with three items: 'Dashboard', 'Profile', and 'Events'. The 'Events' section is active, showing a 'Booking details' header. Below this is a warning message: 'Please check these details carefully, and use the 'Back' button if you need to change them.' A table lists three events with their IDs, names, and fees. Below the table, the swimmer's name 'Miss N Harland' is displayed. At the bottom of the booking details, there are two buttons: '← BACK' and 'SAVE ENTRY', with the latter circled in red.

Event		Fee
1	Mixed, 200 Medley	0.00
3	Mixed, 100 Breast	0.00
7	Mixed, 50 Fly	0.00

Name  
Miss N Harland

← BACK

SAVE ENTRY

Press "Save Booking". **Failing to do this will result in the entry not being completed.**

The screenshot shows the 'Swimming NEW ZEALAND' logo at the top left. In the top right corner, there are two buttons: 'Main Website' and 'Log Out'. Below the logo is a navigation bar with three items: 'Dashboard', 'Profile', and 'Events'. The 'Events' section is active, showing a 'Booking details' header. Below this is a blue bar with an information icon and the text 'Whakatane Club Night 2 12 20'. At the bottom of the booking details, there is a button 'SAVE BOOKING', which is circled in red.

Dashboard Profile Events

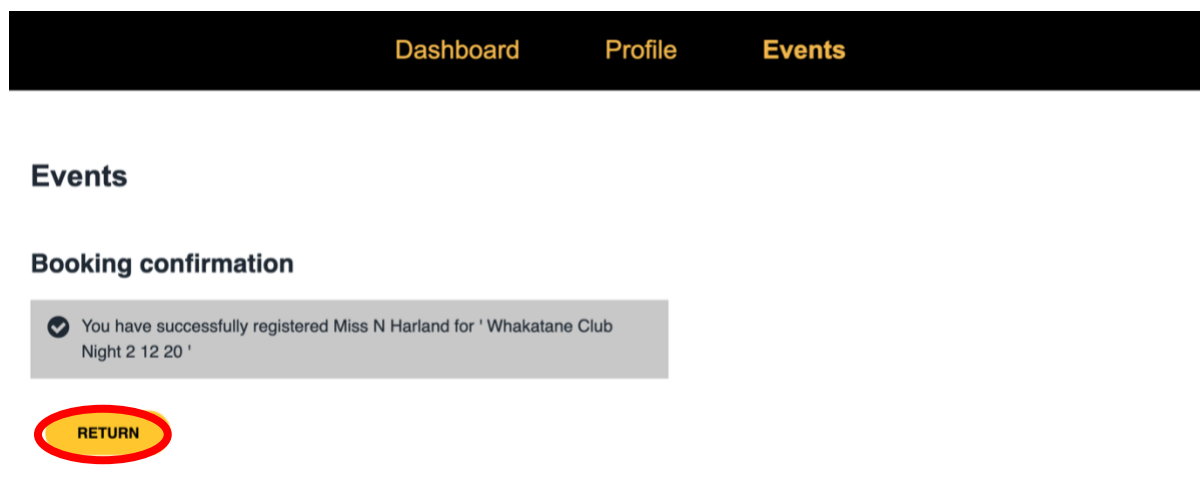
Events

Booking details

Whakatane Club Night 2 12 20

SAVE BOOKING

Upon successful entry you will see a page similar to the following. Press “Return” to go back to the events list. The process described above can also be used to make changes to entries provided that the entries for a meet have not yet closed.



Please note that for meets other than Club Nights, there will be an entry fee to be paid. The payment process is part of the above entry process, and payment must be completed before an entry is confirmed. Entry fees may be on a per event basis, or the meet may have a flat fee – see the meet’s flyer for full details.

### Checking Swim Meet Results

Swimming New Zealand host their meet results on the MyTogs mobile application, which is provided free to all Swimming NZ members, their friends, and their families via the Apple App Store and Google Play Store.

The MyTogs app is able to track a swimmer’s performance over time by accessing and evaluating the swimmer’s times they acquire at local and national swim meets. Through the MyTogs app, a swimmer can see their times displayed in a graph and table format including race splits and personal bests.

Times can easily be converted from long course to short course with swimmers having the ability to set target qualification times and compare their personal best times against other swimmers throughout the country, in an easy to read and access format.

The app is very intuitive to use – simply download it from your device’s App Store, search for your swimmer/s & begin browsing away at their results. MyTogs also has the advantage of providing near-instant results for some of Swimming New Zealand’s larger events, such as the Junior Festival & the National Age Group Championships.

Note that results can take up to a week post-event to be uploaded and appear on the database, so check back later in the week if results from the previous weekend are not yet available.



## Other Important Information

### Nutrition Information

At all levels of life & sport, the old adage of “you get out what you put in applies”, perhaps nowhere as literally as in nutrition. The club has a raft of nutrition resources & presentations on hand. Please get in touch with a coach or committee member & they will be able to provide you with these.

### Sporting Parenting – “how to support your child to be the best that they want to be”

The delicate topic of sporting parenting is flooded with a wide range of strongly voiced opinions. The increasing prevalence of social media has only aided this, with actors at both extremes of the performance/participation scale doing their best to be heard. These can largely be dismissed as noise. Being a great sporting parent can be effectively boiled down to the following two points:

- The parent’s role is to parent, not coach, their child.
- A parent should treat/react to their child’s sporting successes & failures in exactly the same way.

Entire essays could be written on the details of those two points alone, but thankfully there is a much easier way to delve into the reasoning behind them. Wayne Goldsmith has compiled many an article, video, podcast, & ebook covering all aspects of youth sport and he is well worth checking out if you would like to delve more into the subject. Wayne’s podcast linked here – <https://wgcoaching.com/podcast/sporting-parents/> – is a great primer on the subject, with the rest of his content being accessible on the same website.

### The Balance Is Better Philosophy

Sport New Zealand’s Balance is Better philosophy was launched in February of 2020 with the aim of supporting quality sporting experiences for young people playing sport at all levels. This programme has already, and is continuing to, produce a large amount of pertinent information for all sporting bodies – far too much to cover off properly here, head to the source at <https://balanceisbetter.org.nz/> for the full rundown. Its initial focuses are on addressing the high drop-out rates of teenage participants and on focussing too early on specialisation & performance.

Whakatāne Swimming Club & our coaches are proud to support this initiative and are doing our best to stay on top of new information & findings from it as they come to light. Below is a couple of the best resources we have found to date, providing actionable information for the caregivers of sporting kids of all ages & codes.

Parents: Time to talk about your child’s why	<a href="https://balanceisbetter.org.nz/parents-time-to-talk-about-your-childs-why/">https://balanceisbetter.org.nz/parents-time-to-talk-about-your-childs-why/</a>
How much is too much when it comes to youth sport?	<a href="https://balanceisbetter.org.nz/how-much-is-too-much-when-it-comes-to-youth-sport">https://balanceisbetter.org.nz/how-much-is-too-much-when-it-comes-to-youth-sport</a>

A massive thank you to our club's sponsors – we wouldn't be having an awesome time in the pool without you!



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