



Handbook for New Swimming Families

A Guide to Getting Started

Welcome to the South Gippsland Bass Swimming Club.

This handbook is designed to provide you with essential information as you embark on this exciting journey with us. As new families, we understand that you might have questions about how things work. It has been designed with insights from swim families, by compiling a list of “what do you wish you had known questions.” If you have any further questions, feel free to ask other parents or the coaches- we are all here to help you. We were all new parents once too.

There is a second handbook which has details about squads, equipment needed, commitments, training sessions and the coaches.

1. Training

- **Training Locations:** Discover where our swimmers train and the flexibility of session options.
- **Attire:** Ensure your swimmer arrives dressed appropriately for land-based and pool training.
- **Equipment:** Learn about the necessary equipment and how to manage it during training.
- **Parent Involvement:** Understand whether parents are required to stay during training and insurance considerations.
- **Fees:** Explore payment options for pool entry and membership details.

1. Swim Meets

- **Preparation:** Learn how to determine suitable events for your swimmer and the progression of event lengths.
- **Entering Meets:** Follow step-by-step instructions for entering swim meets through Swim Central.
- **Withdrawals:** Understand the procedure for withdrawing from a meet if necessary.

1. Race Day

- **Arrival:** Know when to arrive on race day and the expected warm-up routine.
- **Attire:** Get insight into what your swimmer should wear and bring on race day.
- **Race Day Equipment:** Discover the essential items your swimmer needs on race day.
- **Timekeeping:** Learn about the role of parents in timekeeping and how to access training for consistency.
- **Event Listing:** Understand how to locate your swimmer's events, heats, and lanes in the meet program.

1. Procedure for Marshalling and Racing

- **Marshalling:** Follow the process for marshalling and preparing for races.
- **Race:** Understand the sequence of events from marshalling to racing and back.

1. Starting and Turns

- **Starting:** Learn about starting options for nervous swimmers and their importance.
- **Turns:** Understand the correct turns for different strokes and potential disqualifications.

1. Disqualification

- **Common Reasons:** Get acquainted with common reasons for disqualification and how to avoid them.
- **Handling DQs:** Understand how DQs are addressed, particularly for younger swimmers.

1. Keeping Track of Swimmers' Times

- **Meet Mobile:** Discover the Meet Mobile app and how it helps you track swimmers' progress and event details.

1. Volunteering

- **Getting Involved:** Learn about volunteering opportunities and the importance of community support.

TRAINING

Swimmers train at two pools- South Gippsland Splash at Leongatha and Bass Coast Leisure and Aquatic Centre in Wonthaggi. Swimmers can train at either pool in a session at their appropriate level.

Please ensure swimmers arrive, dressed appropriately with t-shirt, shorts, socks and sneakers on for the land-based component. After land-based training, they take this off and get in the pool- so a bag for dry clothes to go in is handy. Swimmers also need a mesh bag for the equipment they need in the pool that can be left at the end of their lane while training and to get equipment out of when they need.

Parents are not required to remain at the pool during a training session. You are welcome to watch, but it's okay to use the time to get other things done and come back. Please ensure swimmers aren't left unattended before and after swimming sessions-swimmers are not insured until the session starts. The training timetable lists all the available session times.

Swimmers need to pay entry for sessions at the pool. At Wonthaggi you can either pay each visit, get a membership per week or a 20-entry swim pass. Leongatha offers aquatic memberships and single entry.

There are swim breaks during the year when there is no training, especially in April/May when there is a longer break. An email comes out about those dates each year and it is on Team App..

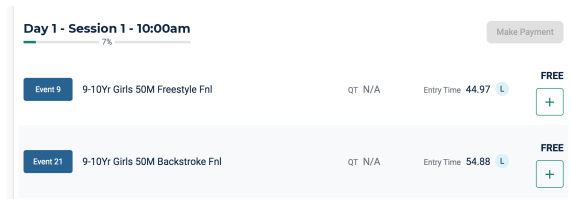
SWIM MEETS

Before Race Day

Speak to the coaches about what events suit your swimmer. Swimmers normally start out with 50m events in their preferred strokes and build up to 100m when they are more confident and over 10

How to enter swim meets

- Log into Swim Central <https://swimcentral.swimming.org.au/>
- Click on the Events page.
If the event isn't listed, search by location.
- If this doesn't work and it is a Gippsland event go to the Gippsland swimming page <https://gippslandswimming.org.au/> and follow the links.
- Choose the races for your child. Click on them, then go to cart and pay for them. Ensure they are paid for, and a receipt is emailed to you.
- If you have any issues there will be an entries email on the event you can contact.
- Entries usually close a few days before the event, so check closing dates for each meet.



Withdrawals

Should a swimmer need to withdraw, contact the email address listed on the Event in Swim Central.

For GSI's and Gippsland events this address is entries@gippslandswimming.org.au

Race day

On race day the team warms up on land and then in the pool. It is expected that swimmers arrive at events around 1.5 hrs before racing starts. A message will be sent via Team App alerting swimmers what time they are expected to get there.

What to wear

Swimmers should turn up in bathers, with SGB team uniform on over the top, including socks and sneakers. After land-based warmup, they get into the pool. Have their mesh bags handy, so they can then get straight into the pool to do some warmup laps.

Race day equipment

- Camp chair- most venues do not have seating. One with pockets is good for storing goggles and cap.
- SGB cap and goggles
- Several towels- quick dry for in between races and a hooded towel to keep warm while marshalling is handy.
- Bathers- bathers for racing are not allowed to have zips.
<https://vic.swimming.org.au/news-articles/new-inclusive-swimwear-policy>
- Team uniform- purple SGB top, grey SGB jumper, black SGB shorts/pants. Available through iClass pro <https://app.iclasspro.com/portal/sghswimmingclub/> or see the SGB members FB group for secondhand items for sale
- Sharpie- to write events, heats, lanes and stroke on their arm
- A fully charged mobile phone to check meet mobile
- Food- lots of snacks to eat. Don't count on getting food from the bbq or canteen as sometimes races don't coincide well with when they swim.
- A warm coat / blanket to keep warm
- Beanie (SGB one's are available)
- Socks and sneakers
- Drink bottle
- Sunscreen for outdoor meets and sunhat
- Change of clothes to go home in
- A book to read, coloring or something to keep them (and you) entertained between events
- If it is an indoor meet, be aware it can get warm, so layers for the parents is helpful!
- It is important for swimmers to keep warm between races, so we ask that they wear shoes and socks and warm clothes between races.

Timekeeping

Parents help with the timekeeping at swim meets. Each swimming family is expected to timekeep and if you bring another swimmer, you will have to help cover their session if they are rostered on. The roster is released on Team App in the days before a meet.

Please check it before an event to make sure you know when you are rostered on and let the supervisor know if there is a problem- such as if you are covering for another family and they are rostered on when you are also rostered on, or if you have to leave early.

Parents, please take the time to watch a short 20min video to help ensure all timekeepers are consistent for all swimmers/races.

<https://nswtraining.swimming.org.au/courses/timekeeper/>

Event listing

- Most events have self marshalling.
- There is an event board at events. Four events before a swimmer's race, they need to check in with their coach and then team manager before heading up to the marshalling at the end of the pool.
- Swimmers need to know their events, heats and lanes. This information is put out by the organisers and is called a meet program. Check on swim central or the Gippsland page for the PDF.
- You need to look at it the day before the meet and find your swimmer's events - you can do it by searching the pdf by their surname.
- Write down Event number, Heat number, Lane number and stroke e.g. Rebecca Barclay would write E 7 H 1 L3 fly.
- You then write this on the swimmer's arm in permanent marker on race day.
- Keep a copy for yourself to help remember their races.

Event 7 Girls 12 & Over 100 LC Meter Butterfly			
Lane	Name	Age Team	Seed Time
Heat 1 of 3 Finals Starts at 12:42 AM			
3	Barclay, Rebecca	12 SGB	1:54.51
4	Kranen, Kiarnah	12 SGB	1:39.50
5	Paterson, Zoe	13 SGB	1:50.86
Heat 2 of 3 Finals Starts at 12:44 AM			
1	Morland, Charlotte	12 Warragul	1:36.27
2	Morland, Stephanie	14 Warragul	1:33.78
3	Oswald, Isabel	15 Warragul	1:24.47
4	Hunt, Sienna	12 SGB	1:20.93
5	Landels, Lara	13 Traralgon	1:22.41
6	Berry, Freya	14 SGB	1:27.79
7	Lofgren, Amalia	12 SGB	1:36.06
8	Combridge, Ruby	13 Traralgon	1:37.49
Heat 3 of 3 Finals Starts at 12:46 AM			
1	Balsombe, Phoebe	12 Traralgon	1:18.00
2	Spencer, Chelsea	19 Warragul	1:15.82
3	Whiting, Jessica	14 Traralgon	1:12.59
4	Cargill, Molly	16 Traralgon	1:04.63
5	Chapman, Layla	13 East Gippsland	1:12.04
6	Auteri, Emily	15 Traralgon	1:12.79
7	Paulet, Ruby	14 Traralgon	1:16.58
8	Booker, Stephanie	15 Traralgon	1:19.77

Procedure for Marshaling and Racing

- Marshaling means to go to the end of the pool to get ready to swim. Please keep an eye on the event boards so you know when to go up.
- Procedure- there is normally a team manager, let them know you are going to go to coach and then head to marshaling so they don't have to look for you.
- Talk to the coach
- Head up to the end of the pool to the marshaling area. Listen to the Officials in blue shirts. The Marshall will organise you into events and lanes.
- Race
- Go talk again to the coach
- Go collect any clothes from marshaling. Dry off, put clothes back on to keep warm and wait for next event

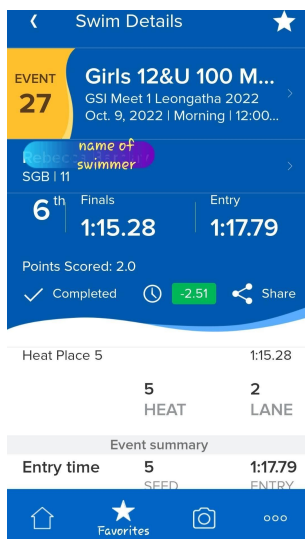
Starting and turns

If a swimmer is nervous about the blocks, they can start next to them, or in the water, as long as they don't take off before the starter. Their coach will practice starting with them in warm up.

They don't have to do tumble turns if they don't feel confident- in long course races they don't need to if they are doing a 50m race.

Turns for each event that aren't tumble turns are : Butterfly and Breaststroke- 2 hands must touch together

Backstroke- must stay on their back until they touch the wall



Keeping track of swimmers' times

Meet Mobile is an app that you can purchase (about \$10 a year) and it updates swimmers times and compares them to previous swim times.

It can also tell you what heats and lanes they are in, how many swimmers are in the events and the time the event should be on to help you keep track of events.

Disqualification

Occasionally swimmers get a DQ's (disqualification). It happens to everyone at some time- even older swimmers get DQ'd. Swimmers 9 and under get warnings, besides championship meets (All Juniors, Gippsland and Country interdistrict meets).

Their coach will talk to them about why, but to help, the most common reasons are:

- Starting before the start signal .
- Moving on the block
- False starts (at championships this then means they can't race)
- Feet or arms not simultaneous in butterfly (this is common in newer swimmers trying to do 50m as they tire and it's hard work)
- Turns not being correct (backstroke on their side when they touch the wall, tumble turn for breaststroke)
- Not touching correctly (two hands for breaststroke, not on back in backstroke)
- Touching the bottom, using lane ropes
- Goggles- you can't stop to fix them if they fall off, you just have to keep going.
- Incorrect stroke: freestyle means just that- any style so if your swimmer starts doing breaststroke part way through, that's ok. However, it is not allowed in the other strokes though.

Volunteering

There are a number of other roles where help is needed - setting up and taking down gazebos, running the event board, breakfast stand at Gippies and helping run the bbq or raffle table at home meets. Feel free to jump in and help- many hands make light work

Lastly

Welcome to the South Gippsland Bass Swimming Club! This handbook is designed to provide you with crucial information to help you navigate the exciting world of competitive swimming. We're here to support you every step of the way, and we hope this handbook helps make your journey enjoyable and successful. Feel free to refer back to this handbook whenever you need a refresher. Happy swimming!

Sept 2023