



Parents Introduction
to Swimming

A Resource Guide for Parents of Swimmers

Welcome to the exciting world of swimming.

By joining an Swimming Auckland (Auckland Swimming Association) club, you become members of a large and well organised sports body.

This document is intended to provide an overview of competitive swimming and the sport in general, and to clarify some of the “frequently asked questions”.

You are encouraged to talk to your swimmer's coach (except while he / she is coaching!) and your club's committee members for more information and to discuss club matters. You can contact ASA for additional information regarding the sport, particularly at a regional and national level.

Sources of information are available on swimming websites, while best of all are the dedicated parents of the seasoned swimmers.

The sport of swimming has many benefits, including the people you and your swimmer(s) will meet. The camaraderie among swimmers is unique; many swimming buddies become lifelong friends.

Swimming also provides one of the most beneficial forms of exercise for cardiovascular and total fitness. This exercise can be enjoyed throughout one's entire life. Older swimmers (e.g. 70+++) set "Masters" World records and still thoroughly enjoy the sport!

Perhaps the greatest benefits of participating in an organised swim program are the life skills your child will develop. These skills include time management, cooperation, sportsmanship and excellent self-discipline. Your child will reap the benefits of swimming long after their participation ends. Most swimmers go on to be very successful and productive adults largely due to the life skills they gained from swimming.

Age group swimming is fun, exciting and rewarding. Children improve rapidly and in most cases enjoy huge improvements in physical and mental skills. During a young swimmer's early development phase it is not unusual for a child to experience extraordinary time improvements. Children are learning and growing at a greater rate than at any other time in their athletic careers. It is difficult to avoid the tendency to push young athletes at this stage. Although a child of eleven or twelve can handle the physical demands of serious training, most coaches feel that the workload should not be great until a child reaches puberty. The emphasis should be placed on improving stroke technique, developing good training habits, learning race tactics and strategies, and having fun! It is recommended that these young athletes participate in a variety of sports during this period.

Participating in other sporting activities provides children with variety and can help prevent "burnout". Being involved in a range of activities can also assist in the acquisition of other vital physical skills.

Many swimmers train for more than ten years during their careers. Swimming, especially at the youngest levels, should be fun and relatively pressure free.

After a child reaches puberty, sport scientists and coaches feel serious training can begin. This can be a particularly frustrating time for swimmers. During the transition from age group swimming to senior swimming an athlete will likely experience plateaus, or what appears to be a "set-back." Chunks of time are no longer being dropped, and training requires more time and dedication. Many parents begin to question whether a child's swimming career is over at this point. This, coupled with the normal demands of teenage life, causes many swimmers to leave the sport prematurely. It is critical that parents and coaches be very supportive during this period of adjustment, and realise that it will pass but it can take longer than a parent may expect! Future performance improvements generally follow.

Remember, not every swimmer becomes a world record holder, but everyone gains from their swimming experience. Supporting your child in swimming can be one of the most rewarding experiences of your life. You may soon find yourself cheering at competitions, timekeeping during meets, and (heaven forbid!) even going on to become an Swimming Auckland and Swimming New Zealand qualified official.

Whatever your role, your child's experience in swimming has much to do with your positive support. Please ask questions of your coaches, officials, and fellow parents. We all have the same goal; to provide your child with the best possible experience in swimming.

Your Role As Parents

Competitive swimming programs provide many benefits to young athletes. Competition allows the swimmer to experience success and to learn how to deal with those times when success is elusive, while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at training sessions, and by coming to meets.

Parents are not participants on their child's team, but obviously contribute greatly to the success experienced by the child and his/her team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and team-mates.

Be Enthusiastic and Supportive

Remember that your child is the swimmer. Children need to establish their own goals, and make their own progress towards them. Be careful not to impose your own standards and goals.

Do not over burden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun that will develop a positive self-image within your child.

Let the Coach Coach

The best way to help a child achieve their goals and reduce the natural “fear of failure” is through positive reinforcement. No one likes to make mistakes. If your child swims poorly or struggles, remember that they are still learning. Encourage their efforts and point out the positive aspects of their swimming, things they did well. As long as they gave their best effort, you should make them feel like a winner. The coach is the person best positioned to deal with developing and correcting swimming technique and competitive ability.

The Swimmers’ “Bill of Rights”

All Swimming Auckland swimmers have the...

- ...right of opportunity to participate in swimming regardless of their ability level.
- ...right to have qualified adult leadership.
- ...right to participate in safe and healthy environments.
- ...right to play as a child and not as an adult.
- ...right to proper preparation.
- ...right to participate at a level commensurate with their development level.
- ...right to be treated with dignity by all involved.
- ...right to equal opportunity to strive for success.
- ...right to have fun through swimming.

Your Responsibility As A Parent

Get Your Child 'There' on Time

As in all sports there are many events that your child must attend; training, team meetings, competitions, special events, etc. The coach wants your child to enjoy the experiences of swimming as much as possible. The coach also has a responsibility to look after the team as a whole. Start times are very important to get the most use out of pool time, so ensure arrival commitments are made. Late or inconsiderate members hurt everyone. If your child is going to be late or be absent, let someone know.

Become Involved

This does not mean you have to run for Club President your first year, but try and get involved in some aspect of the club. The easiest position is to sign up to be an official at the first swim meet. You get to enjoy the competition, meet other parents, and watch your child participate. Officiating can be fun and you can progress through the levels at a similar rate as your child. Very few other sports provide this opportunity.

It is important that you try to attend your club's parent / swimmer meetings and especially the Club Annual General Meeting. You certainly do not need to run for office, but you should be aware of the club's business affairs. You also may have an expertise that the club could tap into for assistance.

In this era of economically trying times, the cost of swimming can be difficult to deal with. It is imperative that parents pitch in and assist the club with all fund raising and cost effective measures. The phrase "Many hands make light the load" is one that truly describes the approach you should have towards the task of running a swim club.

Are You a "Pressure" Parent?

The following survey has been taken from the Amateur Swimming Association of Great Britain. If you answer yes to one or more of these questions, you may be in danger of pressuring your child. It is important to remember that the parents' role is to be supportive at all times to ensure a positive experience for your child.

- 1) *Do you want your child to win more than he/she does?*
- 2) *Do you show your disappointment if he/she has a poor result?*
- 3) *Do you feel that you have to "psyche" your child up before a competition?*
- 4) *Do you feel that your child can enjoy the sport only if he/she wins?*
- 5) *Do you conduct a "post mortem" immediately after competition?*
- 6) *Do you feel that you have to force your child to go to training?*
- 7) *Do you find yourself wanting to interfere during training or competition thinking that you could do better?*
- 8) *Do you find yourself disliking your child's opponents?*

"Sideline Parenting", so common in too many of our sporting codes, creates a negative environment and has no place in the development of our swimmers.

About Swim Meets....

The following is a brief summary of the components of the sport of competitive swimming. It should help to convey a better understanding of the sport.

The Racing Course:

The length of the short course ("SC") racing pool is 25 metres and the long course ("LC") pool is 50 metres. The pool has 6 to 8 lanes (or 10 in some cases) and each lane is about 2.0 to 2.5 metres wide. The water temperature must be kept around of 26 degrees Celsius.

The Meet:

Swim meets are the "tests" to measure your swimmer's training progression. Meets present many challenges to swimmers and are often approached with different expectations during different "phases" of training. Coaches will

communicate with their swimmers to ensure they understand the goal of the meet. Swimming fast is always a desired outcome, but not always the primary goal.

Different phases of training elicit different competitive responses.

There are 16 individual events and about 2 relay events for both males and females.

At most swim meets you will not find all the events as time typically will not permit this. For the most part you will see all four strokes and one or both Individual Medley swims. Interclub meets in Swimming Auckland typically do not include relays, and depending on the level of swimming may not include all stroke distances.

In the Olympic Games, for example, there are 16 individual events and 3 relays. In the Olympics, men do not swim an 800 metre freestyle and the women do not swim a 1500 metre freestyle.

Freestyle Events:

In freestyle events, the competitor may swim any stroke he or she wishes. The usual stroke used is the front crawl. This stroke is characterised by the alternate overhead motion of the arms, a side to side breathing action and an alternating "flutter kick".

The freestyle is swum in 50, 100, 200, 400, 800 and 1500 metre distances.

Freestyle is the fastest of the four competitive strokes and is generally the easiest and most natural to learn. As a result of these factors it commonly used as the primary training stroke.

Backstroke Events:

In backstroke, the swimmer must stay on his or her back at all times. The stroke is an alternating motion of the arms combined with a synchronised "flutter kick".

Swimmers may "roll" from side-to-side while maintaining a very "quiet" head position. At each turn, a swimmer must remain on their back until the actual turning action has begun. Backstroke flags are positioned 5 metres away from each end wall to alert swimmers of their proximity to the wall. Swimmers often begin a "stroke-count" upon seeing the flags and begin the turn after counting a specific number of strokes. Backstroke race distances are typically 50, 100 and 200 metres.

Breaststroke Events:

Perhaps one of the most difficult strokes to master, breaststroke requires simultaneous movements of the arms on the same horizontal plane. The hands are pushed forward from the breast on or under the surface of the water and swept "out and back" simultaneously in the propulsive stage of the stroke. The kick is a simultaneous thrust of the legs called a "whip" or breaststroke kick. One flutter or dolphin kick is allowed at the start and each turn only. At each turn and at the finish a swimmer must touch with both hands at the same time. Breaststroke races distances are 50, 100 and 200 metres.

Butterfly Events:

The most physically demanding stroke, butterfly features a simultaneous overhead stroke of the arms combined with the dolphin kick. The dolphin kick features both legs moving up and down together. No flutter kicking is allowed. The butterfly was "born" in the early 1950's as a loophole in the [breaststroke] rules and in 1965 was

made an Olympic Event in Melbourne, Australia (God bless those Aussies!). Butterfly races are swum in 50, 100 and 200 metre distances.

Individual Medley:

The individual medley, commonly referred to as the "I.M.", features all four competitive strokes. In the I.M. a swimmer begins with butterfly for the first quarter of the race, changes to backstroke for the next quarter of the race, then breaststroke for the third quarter, and finishes with freestyle. The I.M. is swum in 200 and 400 metre distances. A 100 metre event is often used for developing swimmers and for short course sprint events and obviously can only be swum in a SC pool.

Medley Relay:

In the medley relay all four strokes are swum by four different swimmers. No swimmer may swim more than one leg of the relay, which is swum in order of backstroke, breaststroke, butterfly, and freestyle. The medley relay can be 400 metres (4 x 100 metres) or 200 metres (4 x 50 metres).

Starts and Turns:

Times swum in races can be severely impacted as a result of poor start and turn technique. In the start, the swimmer is called to starting position by the starter who visually checks that all swimmers are down and still. Once the starter is satisfied, the race is started by an electronic tone. A swimmer's ability to react quickly to the start signal is critical but only part of good start technique. The ability to efficiently transfer from flight to a streamlined water entry followed by an aggressive but controlled transition to swimming will be a major determinant in the success of a swimmer's start.

Quick powerful turns are also essential to a good race. Excellent turn technique allows a swimmer to maintain swimming tempo into and away from the end walls, thereby conserving energies that may otherwise be used to get back up to speed. In all events the swimmer must touch the wall, but in the freestyle and backstroke the swimmer may somersault as he or she reaches the wall, touching only with the feet. In the other two competitive strokes, the swimmer must touch the wall with both hands at the same time before executing a turn. In the case of Medley Turns a somersault is allowed from the backstroke into breaststroke, the swimmer must touch the wall on the back first.

Strategies:

The sprint races (50 and 100 metres) are an all-out controlled explosion of effort from start to finish. The slightest mistake can cost precious hundredths of seconds - and a good time. The 200 metre events require the swimmer to have a sense of pace as well as the ability to swim in a controlled sprint. The 400, 800 and 1500 metre freestyle require the swimmer to constantly be aware of where they are in the water and how tired they are becoming. Swimming the first portion of the race at too fast a pace can sap strength and cause a poor finish. Swimming the first portion of the race too slowly can separate the swimmer from the pack and make catching up impossible.

There are two ways to swim a distance race. Swimmers may elect to swim the race evenly (holding the same pace throughout the race) or they may "negative split" the race. A negative split occurs when the swimmer covers the second half of a race faster than the first half. Typically these conditions will be dictated by both the swimmers genetic pre-disposition towards distance events, and their personal level of fitness. It is the unwise and poorly coached swimmer who attacks a distance event with too much speed.

The Team:

A swim team is composed of any number of swimmers. Participants compete in different age groups and meets depending on their achievement level and how old they are on the first day of the meet. Swimming Auckland has three "Levels" at interclub meets where qualifying entry times determine the level at which a swimmer competes. Swimming Auckland Championship meets (Winter, Summer) also have qualifying time criteria for entry, and competition is in age groups e.g 9 and under, 10, 11, and 12 years for Swimming Auckland Junior Champs and 13, 14, 15, 16, 17 years and over for Swimming Auckland Senior Champs. New Zealand National Championship meets may differ slightly in the age groupings. Swimming Auckland Open Champs are of course just that, but have qualifying times that restrict entry to the higher level swimmers. Swimming Auckland also has a Championship meet for relays only, and a hugely enjoyable Team League for the newer and less experienced swimmers. Training groups are usually determined by a combination of age and ability.

What Will The Swimmer Need?

Swim Suits for Training Sessions:

Generally made of nylon, lycra or stretch nylon. It is desirable to have "togs" for both training and competition. The competition togs should be worn only for racing so as to keep them tight fitting to assist with streamline in the water.

Cap:

A latex swim cap used during a race or training to cut down resistance and to protect swimmers' hair from the damaging effects of chlorine.

Competition Togs:

Team racing togs may be required for competition. They may be smaller than the training togs to reduce resistance (Mum, it's not the worst thing you'll ever see!).

Fins:

Flippers worn on the feet, used for stroke technique and speed assisted training.

Goggles:

Lenses worn by swimmers during practice and competition to enhance vision and protect their eyes from the effects of chemicals in the water. It is essential to get good quality goggles with an excellent fit. Try them on before you buy, not all goggles fit the same!

Kickboard:

Device usually made of plastic or styrofoam, used to work the kick portion of a stroke.

Pull buoy:

Usually made of styrofoam, this device is placed between the legs to isolate and strengthen the arms, and is sometimes used for stroke work.

Sweats:

Some type of warm-up or sweat suit should be worn at meets and to and from practice during cold weather.

Team Uniform:

A team uniform is usually made up of one or more of the following: togs, cap, T-shirt, sweat suit, parka. Each club has a uniform which may be a requirement, and unique to the Club and / or team.

Towel:

A thick, large beach towel is usually preferred by swimmers. A minimum of two towels is recommended for meets.

The Rules

The technical rules of swimming are designed to provide fair and equitable conditions of competition and to promote uniformity in the sport. Each swimming stroke has specific rules designed to ensure that no swimmer gets an unfair competitive advantage over another swimmer. The technical rules for each stroke and other useful information may be found on the web at the following sites:

FINA www.fina.org/swimrules.html
for the official FINA swimming rules

SNZ www.swimmingnz.org.nz/members/officials.php
for the manual for technical officials

and www.swimmingnz.org.nz/members/legal.php
for the FINA Rules, SNZ Regulations, IPC Rules

The SNZ publications are printable and downloadable as required.

The Officials

At a swim meet qualified officials observe the swimmers during each event to ensure compliance with the technical rules of swimming. If a swimmer commits an infraction of the rules, he/she will be disqualified from that event, which means they will not receive an official time nor be eligible for any award in that event. Disqualifications may result from actions such as not getting to starting blocks on time, false starting, walking on or pushing off the bottom of the pool, pulling on the lane lines, or unsportsmanlike conduct. The Swimming Auckland members' yearbook contains the stroke rules in brief form.

Officials have varying roles at a swim meet, as follows:

Timekeepers, Chief Lane Timekeepers, Chief Timekeepers, Marshals, Announcer, Computer Operator

Recorder, Judge of Stroke, Inspector of Turns, Starter, Timing System Supervisor Referee, Meet Director

SNZ Qualified Referee, suitably experienced to at least regional championship competition standards, able to work at National and ultimately International meets.

You should obtain and read **Volume 2 – Parents' Introduction to Officiating** – to become familiar with the roles of officials and what these essential volunteers give up their time to do for the swimmers.

The Governing Body

What / What is Swimming Auckland?

Swimming Auckland is the regional body controlling competitive swimming in the greater Auckland area. It is responsible for the conduct and administration of swimming and in this capacity, Swimming Auckland formulates rules (other than direct technical swimming rules), implements policies and procedures, regulates the regional championships, disseminates swim information, maintains databases of information, monitors the national body, selects athletes to represent Swimming Auckland at particular meets etc.

How is Swimming Organised?

International:

The International governing body of all aquatic sports is FINA (Federation Internationale de Natation).

National:

SNZ (Swimming New Zealand) is the national body governing swimming in New Zealand on behalf of FINA.

Regions:

The swimming regions largely follow provincial boundaries. They are governed by regional associations such as Swimming Auckland (Auckland Swimming Association) in Auckland. Each region represents the swimming clubs in those regions. The regions at this time are: Northland, Auckland, Counties Manukau, Waikato, Bay of Plenty, Taranaki, Wanganui, Manawatu, Wairarapa, Hawkes Bay, Wellington, Nelson-Marlborough, Eastern Districts, Canterbury-West Coast, Otago and Southland. In all these represent approximately 225 clubs spread throughout New Zealand.

How are decisions made in SWIMMING AUCKLAND?

Swimming Auckland is a “not-for-profit” organisation made up of very dedicated volunteers, with an employed Administrator to handle the many day to day requirements. Unselfish volunteers donate their time, energy and expertise at every level from the local clubs to the Board of the regional association. The Swimming Auckland Board meets approximately monthly and an Annual General Meeting is held once a year, usually around June or July, with meetings for club delegates once or twice per year.

A Short Glossary of Swimming Terms (e. & o.e.)

Age Group Championships:

In New Zealand referred to as NAGS for National Age Group Swimmers. Swimming Auckland's premiere swimming championships are the Swimming Auckland Juniors in December of each year and Swimming Auckland Seniors in December or January. To enter these meets, swimmers must have attained notified qualifying times. These are LC meets, electronically timed.

Age Group Swimming:

The program through which Swimming Auckland provides fair and open competition for its developing members. It is designed to encourage maximum participation, provide an educational experience, enhance physical and mental conditioning, and develop a rich base of swimming talent.

Block(s):

The starting platform.

Bulkhead:

A wall constructed to divide a pool into different courses, such as a 50 metre pool into two 25 metre courses.

Circle Swimming:

Performed by staying to the left of the black lane line when swimming in a lane to enable more swimmers to swim in each lane.

Coach:

A person who trains and teaches athletes in the sport of swimming. A very dedicated person.

Code of Conduct:

An agreement signed by a swimmer prior to travel stating that the swimmer will abide by certain behavioural guidelines.

Deck Card:

A race entry card on which Timekeepers record a swimmer's race time.

Distance:

Term used to refer to events over 400 metres.

DQ/Disqualification:

This occurs when a swimmer has committed an infraction of some kind; e.g. freestyle kick in butterfly. A disqualified swimmer is not eligible to receive any awards, nor can the time swum be used as an official time.

Drill:

An exercise involving a portion or part of a stroke, used to improve technique.

Dry land Training:

Training done out of the water that aids and enhances swimming performance; usually includes stretching, calisthenics, and/or weight training.

Entry Form:

A form on which a swimmer is manually entered for a competition. Typically requests the swimmers registration number, gender, event number(s) and entry time(s). Usually completed by the Coach or Team Manager. Clubs submit meet entries electronically to the meet organisers.

Exiting the pool:

Swimmers should always exit the water at the side of the pool at the appropriate time after the completion of their race. The Referee will signal when to leave the water. Never climb out over electronic touch pads.

False start rope:

A rope suspended above the pool 15 metres from each end and may be dropped into the water if it is necessary for any reason to recall a race after the start signal has been given.

Final:

The championship race of an event in which the top 6 to 10 fastest swimmers from the preliminary heats compete, depending on number of lanes in the pool.

Finish:

The final phase of the race; the touch at the end of the race.

Flags:

Backstroke flags suspended above the pool 5 metres from the ends. They enable backstrokers to execute a backstroke turn more efficiently.

Goal:

A specific time or skill achievement a swimmer sets and strives for.

Gutter:

The area along the edge of the pool in which water overflows and is recirculated through the filtration system.

I.M.

Short for Individual Medley. An event in which the swimmer performs all four strokes in the following order: butterfly, backstroke, breaststroke, freestyle.

Lap Counters:

A set of plastic display numbers used to keep track of laps remaining during a distance race – placed at turn end of each lane.

Long Course:

A pool 50 metres in length. Swimming Auckland conducts all Championship meets in a LC pool with electronic timing.

Long Distance:

Any freestyle event over 1500 metres, normally conducted in a natural body of water, such as a lake, river, or ocean. Also known as Open Water Swimming. FINA sanctioned events can be up to 25 kilometres in distance.

Meet:

A competitive opportunity organised to bring swimmers of a similar competitive ability together. Implementing what has been learned in practice, the swimmers test themselves against the clock and the competition to see how they are improving.

Middle Distance:

Term used to refer to events of 200 and 400 metres in length.

National Championships:

Top level championships in which Swimming Auckland's top swimmers compete. Qualifying times must have been achieved prior to entry.

National Juniors:

A national competition held once a year open to swimmers 12 and under. Qualifying times must have been achieved prior to entry.

Negative Split:

Swimming the second half of the race faster than the first half.

Official:

One of a number of people on the deck of the pool at a sanctioned competition who enforces Swimming Auckland, SNZ and FINA rules.

One Start Rule:

Swimmers are not permitted to “false start” and to prevent this happening any swimmer who moves forward on the start block or enters the water before the signal of start is given is disqualified from the race.

Over the top starts:

In all strokes the swimmers who have just completed their race remain in the water until after the next race has been started from the starting blocks; after that start they may leave the water. In backstroke races, swimmers who have just completed their race will remain in the water to one side and 1 metre from the end of the lane while swimmers in the next race enter the pool (swimmers must enter feet first for safety).

Pace Clock:

Clock with a large second hand used to check pace or maintain intervals in training.

Pool Deck:

The flat surface surrounding the pool, access to which is strictly limited to coaches, swimmers and officials for safety reasons.

Prelims:

Short for preliminaries, also called Heats. Those races in which swimmers qualify for the finals in an event.

QT:

Qualifying time necessary to compete in a particular event and/or competition and must have been achieved prior to the meet.

Referee:

The person who bears the responsibility for the conduct of the meet (and all the people attending it) during the running of the meet. Referees really are nice people!

Relay:

An event in which 4 (or sometimes more) swimmers compete together as a team.

Scratch:

To formally withdraw from an event in a competition.

Short Course:

A pool 25 metres in length. Swimming Auckland conducts Level 3 interclub meets in SC pools.

Split:

A swimmer's intermediate time in a race. Splits can be registered every 50 or 100 metres and are used to determine if a swimmer is "on pace". Under certain conditions, splits may also be used as official times.

Sprint:

Describes the shorter events (50 and 100). In training, to swim as fast as possible for a short distance.

Streamline:

The position used to gain maximum distance during a start and/or push off from the wall in which the swimmer's body is as tight and elongated as it can be.

Taper:

The final preparation phase for a major meet. A typical taper phase can involve reducing training volume and increasing training intensity. Rest is also critical at this phase.

Time Trial:

A time-only swim that is not part of a regular meet.

Touch pad:

A large touch sensitive board at the end of each lane where a swimmer's touch is registered and sent electronically to the timing system.

Warm down (Swim down):

Low intensity swimming used by swimmers after a race or main training set to rid the body of excess lactic acid, and to gradually reduce heart rate and respiration.

Warm-up:

Low intensity swimming used by swimmer prior to training or racing to get muscles loose and warm and gradually increase heart rate and respiration.

Watches:

Digital stopwatches used to time swimmers during a competition. When automatic electronic timing equipment is used, watches serve as a back up.

and “e. & o.e.” = errors and omissions excepted!

Volunteer Support

Swim meets, unlike most other children’s activities, require a large number of parental volunteers. Some roles e.g. runner, timekeeper, set up/clean etc up can be accomplished during the day of the meet and take very little time. Other roles such as Starter, Referee, Stroke and Turn Judge, meet co-ordinator, etc take more time, but are essential if we are to continue running swim meets in an organised manner to an acceptable and high standard.

All parents are asked to volunteer their services at swim meets. What you volunteer to do is entirely up to you.

Meet Etiquette

Meets are primarily for swimmers and it is our role to ensure fairness and fun!

1. Everyone is encouraged to cheer for all swimmers (but please not during the starts of races!).
2. If as a parent you are not volunteering your services you are a spectator and are not permitted to on the pool deck. Please locate yourself in the spectator area. Your club team will have a designated coach, manager and time splits people to look after your swimmer(s) – that is their specific role.
3. Swimmers must remain with their team at all times unless in the marshalling area prior to racing or participating in an actual race.
4. Swimmers must remain in the water at the finish of a race until all other swimmers have finished, and where over the top starts are used. The Referee will indicate when swimmers may leave the water.

5. The only meet officials who may be approached to discuss anything with are the Referee and Meet Co-ordinator. Generally all queries must be made through your team manager or coach.
6. Do not obstruct the view of meet officials, especially stroke and turn judges.
7. Smoking is prohibited at swim meets.
8. Be on time for meet warm-ups.
9. Your team manager will ensure the swimmer reports to marshalling on time.
10. **SHOW SOME SPIRIT!!** Stay until the end of the meet even if your events are completed to cheer on your teammates.
11. When the meet is over, it is the responsibility of all swimmers and parents to leave the pool and spectator areas clean and tidy. Please do not leave the pool until you have met your responsibility. Parents, we need your cooperation and support in this matter!!
12. Results of events will be published as soon as possible in areas accessible to swimmers and spectators.

Remember, parents are role models for swimmers and appropriate behaviour is expected in this regard.

NOTES:



Publications to aid swimming volunteers

- Volume 1 Parents' Introduction to Swimming
- 2 Parents' Introduction to Officiating
 - 3 Timekeeping
 - 4 Stroke and Turn Judges
- 5 Guide to Stroke Interpretation
 - 6 Starter
 - 7 Referee

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