



INFORMATION BOOK



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WELCOME TO THE SOUTHLAKE DOLPHINS SWIMMING CLUB

This information booklet is designed to be your first stop in finding out information about our club. It includes our Committee and their communication details, our Club rules, how Club Night operates and information about training etc.

SOUTHLAKE DOLPHINS MISSION STATEMENT

To promote the image of swimming to the general community at every opportunity

To operate one of the best swimming clubs in Western Australia.

A club that is responsive to its swimmer's high swimming profile.

Active participation by all club members.

To nurture membership and unite our swimming club with W.A. Swimming.

To communicate swimming related issues with all club members and their families.

To provide the best and up to date coaches and training methods available.

To maximize the swimmer's performance through operation the best swimming club in
Western Australia



RATIONALE

Decisions made by the Club and the operations of the Club should ensure that:

- The club should have in place a structure that will allow every swimmer the opportunity to train and compete to the best of their potential.
- The club should have in place a structure that will allow every swimmer the opportunity to train and compete at the highest level.
- The club should cater for swimmers that wish to develop their abilities with a clear emphasis towards competition rather than social swimming.
- That no swimmer should compromise the training of another or the integrity of a training session and that it is the coaching staff's responsibility to take appropriate action to ensure this is maintained.
- Training sessions should be structured with the intent to get the best from swimmers.
- Committee commitment to swimming is reflected by the degree to which its policies and structures promote a competitive swimming environment
- The Coaching Staff are responsible for the development of swimmers at training and in competition and they should have the freedom and security to undertake this responsibility.
- Issues related to swimmer commitment, discipline and motivation is the primary domain of the swimmer, the coaching staff and the parents.
- Swimmers of lesser commitment should not compromise the training of swimmers, who commit to swimming as a priority.
- The goals of swimmers of equal commitment are best achieved when these swimmers work as a unified team.
- That the future of the club is dependent on the provision of high quality coaching at all levels.
- That the coaching staff and committee have joint responsibility in promoting swimming



SLD COMMITTEE CONTACTS FOR 2016 – 2017

President	Nigel Lafferty	0417 187 750	nigel@slsaccounting.com.au
Vice President	Damien Eyre	0418 221 320	damien.eyre73@gmail.com
Secretary	Mike Belke		sldenquiries@outlook.com
Treasurer	Neil Doherty	0405 463 377	southlakedolphins@outlook.com
Assistant Treasurer	Vanessa Ettridge	0414 323 699	vanessa.ettridge@westnet.com.au
Registrar	Stacey Kjellgren	0406 620 083	dolphins.rego@gmail.com
Swim Meet Entries	Lyn Kapor	0419 193 018	lyn.kapor@gmail.com
Records Officer	Erika Wallington	0403 881 977	recordssld@gmail.com
Assistant Records Officer	Glenn Armstrong	0429 007 928	glenn.armstrong@westnet.com.au
Equipment Officer	Svet Roberts	0409 015 316	glenandsvet@bigpond.com
Club Night Coordinator	James Hewitt	0447 416 718	jamesh@kidznsport.com.au
Social Coordinator	Debbie Luff	0417 097 626	debluff@hotmail.com
Fundraising Coordinator	Amanda Stolk	0409 102 129	soggycheese@westnet.com.au
Public Relations	Yana Palelei	0405 608 480	apalelei@yahoo.com.au
Pennant Coordinator	Barbara Petite	0412 475 089	barb.petite@bigpond.com
Head Coach	Ray Utting	0419 197 470	allstrokes@iinet.net.au

Postal Address: SOUTH LAKE DOLPHINS SWIMMING CLUB, PO BOX 3088, SUCCESS WA 6164

Web Site: www.southlakedolphins.swimming.org.au SLD Email: sldenquiries@outlook.com

LIFE MEMBERS

MR TREVOR GREEN	MRS WIN SCOTT
MRS BEV GREEN	MR JASON VOWLES
MRS NINA TRAPP	MR TRAVIS KAPOR
MRS LYN KAPOR	MR JACKSON NORTON
MR FRANK NORTON	MRS KIM BLACKBURN
MRS JENNY NORTON	MRS DEBBIE LUFF
MR PETER KIERATH	MS CLAIRE KIERATH
MR ANDREW KIERATH	MR ANDREW LUFF
MR NIGEL LAFFERTY	MR JAMIE LUFF



WHO TO CONTACT:

Information about the Club	Registrar
Joining the Club	Registrar
Payment of Club Membership fees	Treasurer
Information about training	Head Coach
Payment of training fees	Treasurer
Questions regarding training	Head Coach
Questions regarding Club Night	Club Night Coordinator
Registration for Club Championships or Nomination Night	Records Officer
Questions about swimming meets	Swim Meet Entries Officer
Club uniforms or equipment	Equipment Officer
General Club issue or question	Committee Representative

POINTS OF INTEREST

- The Club has a **Club Night** and **Meets uniform**. Bathers and equipment e.g. goggles, straps, caps etc. are on sale from the **Equipment Officer** each Club Night or phone to organise purchase of equipment. Club hoodies and bathers are also available. Swimmers must have their own fins, kick board, pull buoy and paddles (senior swimmers).
- Always check the **notice board** regularly. This is situated on pool deck beside the equipment cage. Also make sure you read your **newsletter**. These are sent via email to each family member, usually once a month. SLD also has a **Facebook** page for members only (totally safe) as well as our website. Both of these keep swimmers and their families up to date. Please take the time to check frequently. **Please ensure that your current contact details (phone numbers and email addresses) are always kept update to date.**
- Distance badges** will be awarded to swimmers who complete a specified distance during training sessions. It is up to individual swimmers to keep their own record of the distances covered in each session they attend. Please keep your training cards up to date and record your distances carefully. The coach will inform the swimmers the number of kms completed in the training session. Additional distance cards are available from the Club night coordinator or the registrar. As soon as you are eligible for a distance award the card should be placed in the club box or given to the club night coordinator. The cards will be checked and the badges will be awarded on club nights.



SWIMMERS CODE OF CONDUCT

For swimmers we ask that they follow a simple code of conduct

- **Treat** all swimmers as you yourself would like to be treated. Don't interfere, put down, **bully** or take an unfair advantage of another swimmer. We have no tolerance for bullying!
- **Co-operate** with and be **considerate** to your team mates.
- **Listen** carefully whilst the coach is talking.
- **Do not use** abusive language or swear at the other swimmers or coaches before, during or after training.
- When spoken to by an official or referee, listen to what is being said and try and take note of what they are telling you. It may save you from a disqualification at a future meet.

PENALTIES FOR INFRINGEMENT OF THE CODE OF CONDUCT

The committee of the South Lake Dolphins Swimming Club (Inc.) shall require forthwith any written allegations of misconduct, prejudicial to the standards of their Swimming Club prior to, during or following competition.

Swimmers will be automatically suspended from the South Lakes Swimming Club (Inc.) when they have received three (3) official warnings. The period of suspension or departure from the Swimming Club will be at the discretion of the Committee of the day.

Behaviour is a better barometer of what you are than words



PARENTS ROLE

One of the keys to a successful club is the participation of parents at all levels. You can assist in maximising your child's enjoyment from the sport in many ways.

- **Encourage** your child to aim for Personal Bests (PB's). All we can ask for is continued improvement. In this way swimming will be its own reward. **Keep a record** of your child's PB's and where they were achieved or for older swimmers encourage them to take responsibility of keeping records.
- **Appreciate** the work of coaches and officials, they keep our sport running. If you disagree with an official, please go through the appropriate channels rather than question the official's judgement in public. Volunteers are hard to come by.
- **Timekeepers** are required at every club night and swim meet and it is a **minimum** requirement that **at least one parent take this small task at each Club Night**. It is not difficult and is a great way to meet other members. An empty chair will hold up proceedings so please feel free to fill a chair. If you enter your child in a swim meet you are also obliged to have a turn at timekeeping duties. This is usually just a press of a button at the finish of the race. If you can't attend you need to send someone in your place so that the roster duties can be fulfilled.
- **No child may swim without a parent or guardian present** to fulfil timekeeping duties. Please do not send your child to Club Night if you are not attending! Exceptions are made for our senior swimmers who drive themselves to meets and Club Nights.
- Please **pay** all training and club fees by the 14th of each month. Training fees are required to pay our coaches' salaries. **Late payments WILL incur a 20% late surcharge**. If fees are not paid swimmers will be unable to train or purchase equipment until debts are clear or an arrangement for payment has been made with the Treasurer.
- *No child under the age of 14 years old will be permitted to do timekeeping duties (regardless of whether it is manual stopwatches or the electronic timing system)*



SOUTH LAKE DOLPHINS TRAINING FEE POLICY

WHICH WAS UNANIMOUSLY VOTED IN A COMMITTEE MEETING 27.2 2014

- Swimmers are invoiced at the beginning of the month for the coming month. E.g. Invoices raised on 1st March are for the full month of March.
- Invoices are to be paid in full by the 14th of the month unless prior arrangements have been made with the Treasurer.
- Non-payment of training fees may result in the swimmer being refused access to training by the SLD coaches until the fees are paid or arrangement has been made with the Treasurer
- Training Fees will be charged regardless of swimmers attendances. The only exceptions are where written notice has been given to both the Treasurer and the Coach of a prolonged absence of 3 or more weeks through injury, illness or family commitments.
- About a quarter of our parents need to be on the Committee at any one time. Everybody needs to take a turn at some point. It is easy. Anyone can find a position. The committee meets once a month and you learn on the job.
- Club colours are black or black and orange bathers and club orange cap. These need to be worn at club nights and any swim meet.
- Swimmers may choose their own bathers to wear at training. Club uniform also needs to be worn at any swim meet where the swimmer is representing SLD. Please ensure that swimmers are wearing them. We take a great deal of pride in our swimmers and want to show them off whenever possible. After warmup swimmers may elect to change into their racing bathers.
- It has been our experience that swimmers are never late for meets, parents are. Help your child by being on time for meets and training. That means 20 minutes at least before training starts or warm up commences.



COMMITTEE'S ROLE

A quarter of parents need to be on the committee at any point. If your child has been with the Club for at least 18 months, it's time for you to put your hand up. The primary responsibility of the Committee lies in:

- promoting swimming at all levels,
- fostering club spirit
- encouragement and promotion of swimmers
- foster interest in swimming and attracting swimmers to the club
- establish, maintain and review of club policy and procedures
- allocation of funds for the provision of resources
- fulfilling Swimming WA's registration requirements
- provision of club nights and pennants
- facilitating meet entries
- provision of swimming equipment
- handle club finances
- coordinate social activities
- maintain and look to improve the provision of lane space
- support the coaching staff.

It is essential that the committee not be involved in any aspect of training other than the determination of fees at the formation of the coaching contract. **Issues related to training must be addressed by the coaching staff, swimmer and parents.** There is a clear division between training and the operations of the committee.

Please remember that all committee members are volunteers and are also busy parents so please respect their efforts and any queries will be answered when they are able to.

You Are Not Stuck Where You Are Unless You Decide To Be



TRAINING

Swimmers please note

Please check the club notice boards, emails, Facebook and Club website regarding any changes to training arrangements. **There is no training on Public holidays.**

The early Saturday morning training session (6.40am to 8.30am) will be cancelled when Targeted Meets are scheduled.

Training is an important part of achieving your goals in swimming. Training squads have been developed so swimmers can train with those at the same level of development and motivation. Swimmers whose goal is to stay fit and participate well at a club and school level, will have a different training regime to those whose goals are to swim at a national level. We ask that you recognise the rights of others and do not disrupt their training.

This includes:

- **Lateness:** As well as being bad manners, this is disruptive to swimmers and coaching staff. The coaches have the right to exclude any swimmer who is late for training, or they may require the swimmer to complete the set at the end of the session. Swimmers need to be at training at least 20 minutes before the session starts.

Lateness for warmup means you're late for training.

For morning sessions, swimmers are required to enter through the gate at the left side of the meeting room. This gate is locked by 5.20am so don't be late!

Swimmers please note that training is strenuous exercise and does require adequate preparation. For that reason we include a stretching regime as a part of training. Being late for stretching is also late for training

- **Absenteeism:** If you are missing sessions please let the coach or Treasurer know.

In many cases there are swimmers waiting to get into a spot and it is unfair to others if you have reserved a spot and do not use it. If you are regularly absent from a session, and there is a waiting list you will be asked to reschedule.

Remember training is for your benefit. Every endeavour should be made to make up a missed session.

A letter is required for swimmers who will be absent for **more than 3 weeks** as per the Training Fee Policy so that some deduction in fees can be arranged. If a letter is not received the Treasurer is unaware and will continue to bill for a full months training!

The intake of fluids is important during training. Swimmers must provide water bottles during training. For safety reasons a coach will not allow a swimmer to train unless they have a water bottle



HOW MANY SESSIONS

A common question for swimmers and parents is how many training sessions is enough? Our club believes that swimmers can be pushed too hard at an early age and has maximum sessions (per week) as well as minimum requirements.

Not all swimmers have the same goals, our Head Coach Ray, and other members of the coaching staff, are more than willing to discuss a swimmers individual requirements if you need assistance in choosing the right number of sessions.

Remember, the **QUALITY** of your training is more important! Give each session your best effort!

If you are going to make a difference in the world, you will soon learn that you cannot follow the herd!



CLUB NIGHTS

Club nights are for the swimmers to practice the skills learnt during training, and to enjoy the company of their team mates. It is important that all swimmers attempt at least one Club Night a month. (There is no Club Night on the last Thursday of each month as this is when we conduct our Committee meetings). Not only does coming to Club Night put all the hard training you have done into practice, it reinforces the skills your coach has taught you. Club night is also an opportunity to meet other swimmers at the club you may not always see at training. You get to achieve PB's (and earn points for trophies each season) and it gives you something to aim to improve. It also prepares you for racing at a meet.

Parents, it is important you try to get your child to a Club Night at least once a month.

These are lots of fun for the swimmers and a fantastic way for you to meet people and socialise. It is a non-threatening race environment with swimmers racing against swimmers of their own ability and against their own age group on Club Championship nights. Could you imagine doing all that training for netball or football and never being able to play a game? This is what it is like for swimmers who only train and never use their skills in a race format. It is these swimmers who become bored with the sport and give up easily.

Each club night requires 15 timekeepers (3 in each lane), a starter, chief timekeeper, 2 referees, marshal (preferably 2) and 2 recorders. **Parental assistance is vital to the successful running of club nights. Every swimmer must have 1 parent attend club night for time keeping duties.**

Club Night spectator entry is free, subsidised by the Cockburn Council. (If parents are intending to use the training facilities you need to pay). Children that have not trained but come for club night are also required to pay.

As a matter of courtesy, please let the front reception know you are attending Club Night. (ALL training spectator costs must be covered by the parents, Discount vouchers can be purchased from reception).

We also ask that the swimmers adhere to a basic set of rules so that no one misses a swim and we all can enjoy the night.

There is a club night program which is sent out at the beginning of each season (long and short course) and is also accessible on our web site.

- Warm up commences from 6.00pm. Allow time for stretching and warm ups. This is very important in the prevention of injuries and strains.
- Swimmers clear the water at 6.15pm for Club messages and awards. All parents and swimmers are encouraged to come and listen to club notices prior to commencement of club night. Racing starts at 6.30pm.
- Register to the Club Night Coordinators table no later than 15 minutes prior to the start of club nights(6.15pm), **otherwise you may not be entered and marshalled for your event.**



- For Club Championship and Nomination Nights where electronic timing is used, swimmers need to be registered with the Club Night Coordinator by the Wednesday Prior to Club Night. This may be done by email.
- Our electronic timing is used to register official Swimming WA times for short course meets, so take advantage of our Club Nights rather than attend LONG qualifying meets!
- **The One Start Rule applies for all swims. Swimming WA rules will be adhered to during Club Championship swims.** These are available on the Swimming WA website and the Almanac which you receive as a registered member of the club.
- Clear the pool when you are asked to do so, (the referee will blow the whistle). Sit down and listen for announcements.
- Do not wander off if you still have swims remaining. It is not the job of the marshaller to chase swimmers who are either not present or not paying attention. It is your responsibility to present yourself when your name is called. **Swimmers are not to play in any pool whilst waiting for their races.**
- Please do not walk in front of the starter when they are about to commence a race. When you get out the pool please return to marshalling by walking behind the time keepers, not in front so as not to distract them.
- You can be disqualified at club nights. It is better at club night than at a swim meet. Don't get upset if you do get disqualified. You will have a verbal and written explanation (to give to your coach) given to you to explain what you have done wrong.
- Please refer any questions regarding club nights to the Club Night Coordinator. Where it is possible an answer will be provided on the spot, if not you will receive an answer as soon as practical.
- If you require a specific swim to enter a meet, this can be done at Nomination Night.
- Check the area for belongings and rubbish before leaving.
- At all times adhere to the swimmers code of conduct

MYSWIM RESULTS WEBSITE

This website is available for all swimmers to obtain an online database of all swim results. There is a yearly nominal membership fee which you pay on registration on the site. This site can then be used to get most results on your child including PB's, rankings, swim meets, target times etc. You name it you can pretty much get it on there. You can also enter meets directly from here. It is linked to the Swimming WA web site.



AWARDS AND TROPHIES

At the end of each swimming season the club holds its wind up and trophy presentations. The swimmers may receive awards for the following:

- *Age Champions Club Point champions*
- *Overall PB Champions PB Champions*
- *Janet Tindal Award Coaches Award (most improved)*
- *Best Club Member*
- *Timekeepers Award*

CLUB CHAMPIONSHIP SWIMS

Club championship swims will be held during club nights throughout the season. The championship swims are outlined in the program. Points are tallied and the age champions will be announced at the club's season wind up.

Swimmers will swim in their age group as of October 13th for the winter season and as of April 13th for the summer season. Separate trophies shall be awarded for the summer and winter season. The purpose of the 2 seasons is to give different swimmers the opportunity to win age awards as swimmers move between age groups in the summer and winter season.

AGE CHAMPION

A boy and girl will be awarded in the following categories 8 &U, 9, 10, 11, 12, 13, 14, 15, 16, 17, and 18+. Swimmers must attend at least 70% of Club Championship meets to be eligible for the Age Champion Award.

Points will be awarded as follows:

1 st - 10 points	2 nd - 8 points	3 rd - 6 points
4 th - 5 Points	5 th - 4 Points	6 th - 3 points
7 th - 2 points	8 th + - 1 point	

Each month the club will hold 1 club night containing only club championship swims.

CLUB POINT CHAMPIONS

- Senior Perpetual Club Point Champion (14 & over)
- Intermediate Perpetual Club Point Champion (11 - 13)
- Junior Perpetual Club Point Champion (10 and under)
- Next 3 Club Senior point achievers
- Next 3 Intermediate club point achievers
- Next 3 Junior club point achievers



CLUB NIGHT POINT SYSTEM

Swimmers compete in races and are awarded points for their performance against their own personal best times.

- | | |
|--------------------------------------|------------|
| • Club night swims. | + 2 points |
| • Within 2 seconds of your P.B. | + 1 points |
| • Better than current personal best. | + 4 point |

OVERALL PB CHAMPION (ONE MALE AND ONE FEMALE ONLY)

- Swim Meet PB Awards (Overall PB champions not eligible for this award)
- 3 Senior (14 & over)
- 3 Intermediate (11 - 13) and
- 3 junior (10 and under) swim meet PB award for those who swim well at swim meets.

JANET TINDAL SWIMMERS SWIMMER AWARD FOR EXCELLENCE

The criteria for the Janet Tindal Award for Excellence (Male and Female) have been set in 2005. Points awarded for this award will not be solely based on swimming ability. The swimmer's general behaviour, their willingness to participate in Club and external activities, how they represent the South Lake Dolphins Swimming Club will be taken into account. On a weekly basis coaching staff will allocate points for swimmers and Nina Trapp (Life Member) or representative, in liaison with other committee members will allocate points to swimmers each Club night. Points will be tallied at the end of season and a perpetual trophy with a replica will be presented to a female and male swimmer.

COACHES AWARD, MOST IMPROVED

The coaches of the club select both awards

BEST CLUB MEMBER

As voted on by the committee

TIMEKEEPERS AWARD

Based on "Freddo Frogs" awarded at club night. (The three timekeepers each get the exact same time for a swimmer).



SWIMMING TERMS

P.B.	An abbreviation for Personal Best
Qualifying Times	This is the time set by a club/organisation which a swimmer must achieve before being eligible to compete in a particular event.
Entry Time	This is the time the swimmer has swam during a swim meet or club night, it is usually the swimmer's P.B. time.
Open Event	An open event means a swimmer of any age may enter.
Timed Final	1st, 2nd and 3rd placing's are awarded to the three fastest recorded times from all the heats held.
I.M.	<u>Individual Medley</u> . The sequence for an I.M. is: Butterfly, Backstroke, Breaststroke, Freestyle The sequence for a <u>Medley Relay</u> is: Backstroke, Breaststroke, Butterfly, Freestyle
Registration Number	This is a number that has been allocated to a swimmer by Swimming WA. This number is completed on all official entry cards. It is made by using the first 3 letters of your surname, the first 2 letters of your Christian name and your birth date using 6 numbers e.g. if your name is <u>Jane Smith</u> and you were born <u>19th August 1990</u> then your registration number would be SMIJA190890
Long Course meet	Events swum in a 50m pool
Short Course meet	Events swum in a 25m pool.
Club Premierships (Pennants)	Inter-Club Annual swimming competitions. All teams are selected by pennant coordinators
DQ	Disqualification
Almanac	Swimming WA Handbook given with all swim meets and information regarding swimming regulations.



A GUIDE TO YOUR FIRST BIG SWIMMING MEET

You've survived training, you've conquered club night and now it's time to take on

The Big Swimming Meet!

Before your first big swimming meet, have a good night's sleep get up early, have a normal breakfast and relax. Have your gear packed the night before so you don't forget anything. We know senior swimmers who have arrived at a meet without their bathers!

AT THE MEET

- **Warm-up: (8.00am unless stated otherwise)** South Lake Dolphin swimmers always arrive at the pool 20 minutes **before warm-up** and go straight to the Coach. (**Yes, you heard me correctly Mum and Dad).**
- Competitive swimmers must arrive for the SLD Meet, Club Premierships and State Champs at beginning of meet for warm-up. Swimmers in relays only can arrive 2 hours before their scheduled event.

Exceptions to the abovementioned arrival times must be discussed with the coach.

- **Where you go:** Swimmers normally stay with the coaches for stretching and warm up down on pool deck and then return to the stands. Some meets the swimmers will sit in a separate area with their coaches. Parents will sit together in the stands. SLD usually amasses quite a group so **don't be late or you might not get a seat**. We also need parents there for early time keeping duties.
- **What to bring:** You need to have your own swim bag (not a bag that stays with Mum and Dad). Many swimmers also like to bring a second smaller bag to keep their cap, goggles and towel in when they have to go to marshalling (we'll talk about marshalling in a little while). You can then put your clothes in this bag when you race so that they don't get lost. Please make sure you label everything.



MAKE SURE YOU HAVE BROUGHT

- Your orange cap (if you wear one)
- Goggles (and a spare pair if you can)
- 2 towels (they get very wet!)
- water and a sports drink
- asthma puffer if you use one
- snacks – these need to be suitable to keep your energy levels up e.g. bread rolls or sandwiches, chocolate, fruit such as watermelon/strawberries or bananas, plain sweet biscuits such as a pack of Tiny Teddies. To get the best out of your body you need to put in good food. Please don't pack chips or lots of lollies or cool drinks. Please don't buy hot chips or sausage rolls while you are racing. You can't swim well with that in your stomach.
- Wear your club shirt.
- You'll need a tracksuit or something warm, shoes, socks, slippers or ugg boots. It does get cold and you need to stay warm.
- **Try very hard not to lose anything.** (Name your clothes, towels - everything!) We know senior swimmers who are champions at losing things.
- **You might like to bring your music or electronic games or books.** DON'T take these to pool deck....we don't want you to lose them!!
- **Racing:** At a meet, each event is numbered. In each event there is often more than one race and these are called heats. The winners of the medals are the three fastest out of all of the heats. Not many people win medals. Your parents should get a program and find which events and which heats you are in. Take a biro and write these numbers on your hand so you are ready when the organisers, who have a large board that tells you what event is being marshalled (organised), puts your event up.

When this happens, stay cool, relaxed.

Carefully get your gear and go to your coach. They like to have a little chat with you before you leave.

Marshalling is down on pool deck and can take a while so wear some warm clothes down. See what the older kids are doing. You can take a small bag with your goggles, cap and towel in so you can put your clothes in while you are racing and they won't get mixed up with other people's gear.



Try your best. HBF Stadium (Formerly known as Challenge Stadium) will feel very different to our club nights, but don't be scared. Do your best. If you do something wrong in the race an official may have to disqualify (DQ) you. Listen to what you did wrong but don't get disheartened. Even our best swimmers have sometimes been disqualified. If your goggles slip off, keep going. Soon you'll be an expert at these events and be showing the little kids what to do.

If you have any questions look for a senior swimmer to help you. Good Luck!

PARENTS

- Please be at the venue 20 minutes **before warm-up**.
- On arrival you'll need to pay entry for you and your swimmers. If you are a HBF member you do get a discount on entry but must show your HBF card. You'll also be able to purchase a program to keep track of things. The parents often pass time by highlighting this program while the swimmers are warming up.
- We all sit together and it is often a race to get seats before other Clubs take over the areas. If SLD is there in force it is easier to get a good seating position.
- **You will be rostered on for a timekeeping stint. Everyone** has a turn and it is usually for no more than an hour. This is quite easy and enjoyable. You normally only have to press a button at the end of each race. Timing blocks do the rest. If you have other children not swimming the SLD parents are always willing to look after them whilst you are time keeping.
- Swimmers are encouraged to be as independent as possible. Our Club Captains, swimmers representative and other experienced swimmers will be asked to help your child out at their first few meets.
- **Please let the COACHES do the coaching.** Sometimes parents mean well but we pay our staff to coach your child. You should however **be supportive and POSITIVE!**
- HBF has a cafeteria available as well as vending machines.
- Meets usually take most of the day so pack some lunch.
- Good idea to take a pillow to sit on.