



HANDBOOK

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Welcome to the HC Swim Club

Swimming is like no other sport your child will ever be involved in. It requires a deep commitment from both the athletes and their parents.

Joining a swimming club is a fantastic decision. Your swimmer will have the opportunity to develop the following skills in addition to improving their swimming technique:

- A healthy body and mind;
- Resilience;
- Patience;
- Goal setting;
- Time management.

HC Swim Club is a family orientated, diverse, community-based, incorporated, not-for-profit club, and is administered by an elected committee. We're an affiliated member of Swimming Tasmania and Swimming Australia.

We strive to inspire, support, and prepare our members to achieve their personal best while striving for excellence. Thanks to our team of dedicated Coaches, the Club has one of the most comprehensive training programs in the state. Swimmers work closely with the coaching staff to develop their swimming skills.

This handbook contains information about our Club and its structure and has been developed to provide general information to members and to compliment the information and resources already available on the Swimming Tasmania and Swimming Australia websites as well as how to gain the most from your involvement with the Club.

All swimmers are required to be a member of the HC Swim Club. Our squads are structured around the ability and age of the member. This ensures that each swimmer receives the correct training load and acquires the skills to help them improve through the sport.

We hope you enjoy the journey.



Why Choose Swimming?

Physical Benefits of Swimming

Low Injury Rates	Swimming is relatively injury free in comparison to other junior sports.
High aerobic endurance development	Swimming develops high quality aerobic endurance, the most important key to physical fitness. In other sports, during an hour of training there may be as little as 10 minutes of high-quality aerobic exercise. Swimming training uses a high percentage of training time developing fitness and skills.
More thorough muscular development	Swimming does a better job than most sports in proportional muscular development by using all the body's major muscle groups.
Enhancement of natural flexibility	Swimming enhances children's natural flexibility by exercising all their major joints through a full range of motion.
Great coordination development	Swimming helps develop superior coordination because it requires combinations of complex movements of all parts of the body, enhancing harmonious muscle function, grace and fluidity of movement.
Life-long fitness	Swimming is a sport that will bring children fitness for life. There are not many sporting opportunities that enable you to still compete well into your 80s.
Cultivates positive self-esteem	In a time where children struggle with self-esteem, positive body image and childhood obesity-related illnesses, swimming cultivates a positive mental attitude, high self-esteem and healthy fitness levels.

Social Development Benefits of Swimming

Gender Equality	Unlike many sports, competitive swimming is available to girls and boys of all ages. This is actually more important than it seems at first glance. Most other organised activities tend to segregate by age and sex.
Larger social circle of development	Swimming encourages a more rounded social development. Swimming becomes a family activity involving other swimmers, coaches, officials and parents. It leads to a much wider circle of friends.
Life-skills development	Swimming promotes self-organisation and discipline. Children who choose to swim, generally organise their daily activities due to the tight schedule and this often shows up in the increased ability to focus on specific tasks. Swimming motivates participants to strive for self-improvement and teaches goal orientation.
Age mixing	Junior swimmers get a chance to swim in the same events as older swimmers which doesn't happen in other sports.
Sportsmanship development	Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches. Swimming is an exciting individual and team sport.

Committee

The Club is run by a committee of dedicated parents who volunteer their time to ensure the Club's future success.

The role of the Committee is to exercise good governance with respect to the strategic and operational requirements of the Club. The Committee is elected at the Annual General Meeting in accordance with the Constitution.

The Committee is the avenue members use to share feedback or suggestions. Members should email the Club Secretary (see details below) if they wish to raise an issue formally.

As a Community Club we are always looking for help from new members.

HC Swim Club operates in accordance with its Constitution, which explains the purpose of the Club, membership & Committee and can be found on the HC Swim Club Facebook Group. The President, Vice-President, Secretary, Treasurer and two General Committee Members manage the Club. The Committee meet on a monthly and ad hoc basis.

Non-Swimming Adult Members of the HC Swim Club are invited and encouraged to attend monthly Committee meetings and participate in its work. If you wish to come along, please email the Club Secretary to confirm attendance.

Club email: hcswimclub@hotmail.com

Club Facebook Page: <https://www.facebook.com/groups/HCSwimClub>

Club website: <https://pool.collegiate.tas.edu.au/hc-swim-club/>



Club Membership and Coaching Fees

There are two fees that must be paid separately to become a registered member:

Fee type	Due	Paid to
Club membership & Swimming TAS registration	<p style="text-align: center;">Annually (as a single payment) - due in October</p> <p style="text-align: center;">To register view instructions here: https://support.swimming.org.au/hc/en-us/articles/360002101036-How-To-Register-With-Swim-Central</p>	<p style="text-align: center;">Club via Swimming Tasmania (Swim Central)</p>
Coaching (incl. lane hire & pool access)	<p style="text-align: center;">Fortnightly</p> <p style="text-align: center;">Commence direct debit to the Head Coach Rachel Brennemo (refer to her Terms & Conditions)</p>	<p style="text-align: center;">Head Coach</p>

1. Club membership is an annual fee (1 October – 30 September) and is aligned with Swimming Tasmania (STAS) registration. This means that there is one annual registration/renewal process which includes both the Club and STAS membership.
2. Coaching fees are separate from the Club membership and Swimming Tasmania registration and are paid fortnightly to the Club's coaching provider, Rickards Family Trust Swimming Coaching Operation.

As a competitive swim club, HC Club membership and STAS membership are **COMPULSORY** for all squad members.

HC Swim Club membership fees are reviewed by the Committee annually on a cost-recovery basis. Fees are set to ensure that we can continue to provide benefits to our members including:

- Relay Team entry fees
- Annual Club Awards
- HC Swim Tags
- 50% of coaching expenses for interstate trips e.g., Vic Age and Nationals
- Admin expenses

It is a Swimming Tasmania requirement that for members aged under 18 that a parent/carer becomes a member of the Club as well. There is no charge for a Parent/Carer membership.

In signing the application for membership all members agree to have their name, photograph and results published in official programs, newsletters, marketing and websites unless opting out.

Written confirmation to hcregistrar@hotmail.com is required if a swimmer decides to cease training and withdraw from the club as well as advising the Club's coaching provider through completion of the below form:

<https://pool.collegiate.tas.edu.au/hc-swim-club/current-swimmer-info/hc-swim-club-cancellation/>

Please also see the Coaching Fees section below.

PLEASE CONTACT THE CLUB REGISTRAR AT hcregistrar@hotmail.com IF YOU HAVE ANY QUERIES ABOUT MEMBERSHIPS

Coaching Fees

Coaching for the HC Swim Club is provided by Rachel Brennemo (RKB) as trustee for the Rickards Family Trust.

Coaching fees are based on squad coaching requirements over an entire year and include coaches' wages, Collegiate Pool lane hire and membership, training for maintaining accreditations and insurance.

An agreement for Coaching Sessions is entered into with the Head Coach Rachel Brennemo and Coaching Sessions fees are paid fortnightly.

Refunds for non-attendance by the swimmer will not be given, however if the swimmer suffers a serious illness or injury that requires an absence from training of over 2 weeks (supported by a medical certificate) you should contact the Head Coach as an adjustment may be approved.

If your swimmer has made the decision to stop training a Notice of Cancellation Form, (<https://pool.collegiate.tas.edu.au/hc-swim-club/current-swimmer-info/hc-swim-club-cancellation/>), must be completed and submitted to the Head Coach. At least one (1) payment's written notice must be given. Please refer to the Rickards Family Trust Terms & Conditions, provided on enrolment and via the customer portal, as well as the Club Membership and Coaching Fees section above.

Pool Membership Cards

The Collegiate Pool has a Membership card system. The card must be scanned to access entry to the pool and will be used to monitor swimmers training sessions.

It's important that you don't share your card or access the pool using another member's card.

Unfortunately, if you forget your card, you will have to manually sign in and wait at the pool office to be let in . Check your bag before you leave home to ensure you have your card.

The Club has covered the cost of your initial card. There is a replacement card cost of \$10 for lost or damaged cards. Cards will become invalid if they are hole punched, cut, broken or otherwise damaged.

Membership cards are printed weekly, with payment required prior to the card being printed.

Contact Collegiate Pool on 6211 4919 (9am – 3pm Monday to Friday) or pool@collegiate.tas.edu.au or speak to one of the Collegiate Pool counter staff (9am -5pm Monday to Friday) if you need to arrange a new card.

Coaching Team

Our Coaching team is led by Head Coach Rachel Brennemo. Rachel is a highly respected and experienced coach with 25+ years' experience in coaching swimmers to Open National finals and Age National medalist level. She is the only Swimming Australia Performance Coach in Tasmania.

Contact with Coaches (including Biannual Squad Meetings)

Our coaches are very happy to speak with parents/carers in relation to their swimmer's progress, however, during a training session or competition the coaches must be free to concentrate on the swimmers.

Please email the pool at pool@collegiate.tas.edu.au (9am – 3pm Monday – Friday) to make an appointment.

Pre-season coaches/parent squad meetings

All squads have a Parents Meeting with their Coach at the beginning of each new season (Long Course – October to March & Short Course – April to September) to discuss what the squad goals are for the season. At these meetings, families are provided with details of what meets will be targeted by each squad, planned squad breaks and the initial training schedules for the season.

Uniform

Wearing our team uniform at meets helps our club create a team atmosphere and a sense of identity. We encourage our swimmers to wear their uniform with pride.

The basic uniform consists of:

- Swim cap
- T-shirt
- Hoodie

The uniform is to be worn at all swim meets. We recommend wearing navy blue shorts or track suit bottoms with the Club t-shirt.

The Club swim cap is to be worn at all swim meets and training sessions. Caps are available for \$15 from the Pool Office and from the Team Leader (they sit next to the coaches) at swim meets or by emailing the Club. Payment can be made via Eftpos at the Pool Office or by direct deposit to the Club's Bank Account:

Account Name HC Swim Club BSB 017-010

Account No 109327269

Please use your surname as the reference with the word CAP.

Swimmers can choose the colour and style of their bathers, remembering that swimmers 11 & Under are not permitted to compete in knee-length swimsuits (see Swimming Tasmania's Rules, Policies and Forms section) and that a swimmer is not permitted to wear any visible form of advertising (brand names etc on bathers) exceeding 20 cm² in size.

Please note hoodies orders are done periodically during the year and we do not always have Club t-shirts in stock and all uniform orders are subject to minimum ordering requirements. Please email hcswimclub@hotmail.com and if we don't have your size in stock your details will be added to our next order.

Safety & Behaviour

All swimmers and parents/carers must abide by the general terms and conditions of the St Michael's Collegiate Pool. Pool Management reserves the right to refuse entry or to request any person to leave the premises if that person does not behave in a responsible manner, uses abusive language, is under the influence of drugs and/or alcohol or does not adhere to the general rules of the pool.

Swimmers under 10 years of age must not be left at the pool unaccompanied.

All swimmers must be respectful of other team members. Disruptive behaviour is not tolerated, and Coaches receive the support of the Committee in removing swimmers before and during training sessions. Please refer to the Club's Code of Conduct policy.

Code of Conduct

HC Swim Club members and parents/carers are part of a swimming organisation that believes teamwork, integrity, respect and good sportsmanship are more important than winning.

In joining our Club, you have agreed to follow our Code of Conduct for behaviour and sportsmanship.

You can read the Code of Conduct on the HC Swim Club Swimmer Info page, here:

<https://pool.collegiate.tas.edu.au/hc-swim-club/current-swimmer-info/>



Training

Squad Overview (including swimmer progression)

Junior Racers

The Junior Racers Squad is the natural progression from Learn to Swim lessons. Swimmers learn training/racing skills which they practice at club meets and Swimming Tasmania Qualifying Trials.

Junior Squad

The Junior Squad aims to help swimmers strengthen the foundations of competitive technique and skill across all four strokes with an emphasis on medley swimming.

Swimmers will be encouraged to focus on the process and enjoyment of racing at Club Meets and Swimming Tasmania Qualifying Trials as they develop habits that will continue throughout their competitive journey.

Bronze & Silver Squad

The Bronze & Silver Squad aims to consolidate the foundations of competitive technique and skill across all four strokes with an emphasis on medley swimming.

This Squad targets swimmers who have achieved a standard that allows them to train at a higher level and who are looking to make the transition from Junior Squad swimming to a higher level of competition.

Race planning and goal setting are undertaken at the commencement of each season.

Gold Squad

The Gold Squad provides coaching and support for swimmers who are committed to training and competing at a higher level of competition. Swimmers will continue to develop all aspects of stroke technique, fitness and race skills with a focus on race strategy as they prepare for their competitions. The Gold Squad are working towards being competitive at the Tasmanian State Championships.

Race planning and goal setting are undertaken at the commencement of each season.

Target Squad

The Target Squad provides coaching and support for swimmers who are very committed to training and competing at the highest levels of competition. Swimmers will continue to develop all aspects of stroke technique, fitness and race skills with a focus on race strategy as they prepare for their competitions, with the main focus to be competing at the Victorian Age Championships.

National Squad

This squad caters for swimmers who are eligible to compete at high levels of competition such as Australian Age/Open Championships. Individual requirements are determined by the coach of this squad based on age, personal goals/aspirations, swimming background and ability.

Swimmers are invited by the Head Coach to be a member of this squad.

Race planning and goal setting are undertaken at the commencement of each season.

H2O Squad

H2O is for swimmers who have had experience as a 12 and over swimmer in other squads and are wanting to reduce the amount of sessions they want to attend due to other commitments, injuries or health purposes. The squad continues to develop technique, skills and aerobic conditioning.

Squad Progression

HC Swim Club provides a comprehensive swimming program from our post Learn to Swim squads through to swimmers competing at a National level.

Many of our Club members have also passed through the Collegiate Pool Learn to Swim program prior to joining our Junior squads.

There is a pathway for when swimmers are ready to progress to the next squad. Progression is at the discretion of the Coaches and will be discussed with both the swimmers and their parents/carers. The Coaches want our swimmers to enjoy their participation in the sport for as long as possible.

The Head Coach retains overall discretions in squad progression.

Squad Training Schedules

Squad training times for each season, amendments are provided via Facebook, email by Rickards Family Trust and are updated on the HC Swim Club website, here:

<https://pool.collegiate.tas.edu.au/hc-swim-club/squad-training-schedule/>

Training Venue Information

Junior squads (Junior Racers and Juniors) and H2O train exclusively at the Collegiate Pool.

Senior squads (State Bronze, State Silver, State Gold, Target & National) train between the Collegiate Pool and the Doone Kennedy Hobart Aquatic Centre (DKHAC)

Collegiate Pool

218 Macquarie Street, Hobart Phone 6211 4919

- No parking is available on site, but parking is available on the street
- Entry is off Davey Street (99 Davey St)
- Entry fee is included in your Coaching Fees. There is no fee for spectators

Doone Kennedy Hobart Aquatic Centre

1 Davies Avenue, Hobart Phone 6222 6999

- Parking available, but check signage for costs and ticket validation requirements
- Enter via the front entrance in Davies Avenue
- Swimmers will be provided with a pool access card for DKHAC to scan to access the centre. If a swimmer forgets their pass they will be required to line up and speak to counter staff at the centre. The cost of lane hire at DKHAC is incorporated into your Coaching Fees. There may be a fee for spectators.

Equipment Bag (Kit Bag) Contents

Squad Name	Kickboard	Flippers	Ankle strap	Pull buoys	Hand paddles	Snorkel	Skipping rope	Foam roller
Junior Racers	*	*				*		
Juniors	*	*				*		
H2O	*	*	*	*		*		
Bronze/ Silver	*	*	*	*		*		
Gold, Target & National	*	*	*	*	*	*	*	*

Each swimmer is required to bring a club cap, goggles, and a drink bottle to training. It is a good idea to have a spare cap and goggles in their bag in case.

The pool office has a stock of HC Swim Club caps for sale as well as a small range of goggles, bathers, and kit bags for purchase via EFTPOS. Gear can also be ordered via the below link, for your swimmer to collect at the pool, there can be a delay between ordering and your order being ready to collect, due to stock availability:

<https://pool.collegiate.tas.edu.au/hc-swim-club/equipment-order-form/>

The Doone Kennedy Hobart Aquatic Centre and Rebel Sports at Eastlands also have a range of products.

Tags

The HC Swim Club provides a skills level structure which starts where Learn to Swim levels finish and continues through to elite level.

The focus is on skill development, not just 'time improvement' which is often the case in swimming. Times will improve because of swimmers improving skills and efficiency. This system provides direct feedback to each swimmer in the areas that they are doing well in as well as the areas they need to work on.

Land-based Training (Strength & Conditioning)

Land-based training is an activity done on land to increase strength, flexibility and overall physical mobility.

Land-based training is incorporated into our swimmer's workout routine. It challenges the swimmer to execute new movement patterns under a greater load than in the pool with the aim to become stronger and more explosive in the water and at the same time decreasing the swimmer's risk of injury.

Sessions are held throughout the week, prior to training, for senior swimmers to participate in a land-based warm up. These sessions will be outlined at the parents meeting.

Your swimmer's coach can advise you if your swimmer is ready for land-based training.

Open Water Swimming

Each summer season Surf Life Saving Tasmania run the Tasmanian Ocean Swim Series. The swims are conducted by surf lifesaving clubs around Tasmania and are conducted under strict safety guidelines. Swim courses, distances and formats are diverse and over the summer months swims are offered around Tasmania from Burnie through to Bridport and around the Hobart area.

Open age swims range from 1.2kms to 2.6km with selected novice events of 500m for those swimmers new to ocean swimming.

You can swim without a wetsuit, but it is more comfortable with one.

You can follow the Tasmanian Ocean Swim Series on Facebook to get all the details as soon as they are released:
<https://www.facebook.com/tasoceanswimseries/>



Racing

When to start racing

The whole reason to join a swimming club and spend all those hours in the pool training is to participate in competitions. It's the main way to measure improvement. HC Swim Club participates in a range of events and competitions designed to meet the needs of all levels of swimmers.

Competitions

By its very name, the purpose of competitive swimming is to compete – and that means attending swim meets. Swimmers seeking membership of the HC Swim Club should understand that they are a member of a competitive team and be willing to accept the responsibility of membership and participate in meets.

The Collegiate Pool offers through its Learn to Swim program, a non-competitive option (Fit Squad) for swimmers who want to continue swimming without the requirement to compete.

It is vitally important for swimmers and parents/carers to understand that competitions are a way to measuring SELF-IMPROVEMENT. There is only ever “one winner” in each race and winning does not mean that the swimmer has swum a good race but merely that they have beaten the other swimmers in the pool on the day. All swimmers should strive for self-improvement, rather than to “win”!

Swimming is an all-year-round sport. There are two distinct seasons, Long Course, which runs from October to March, where competition is held in 50-metre-long pool and Short Course, which runs from April to September, where competition is held in pools reduced to 25m in length.

There are several different competitions throughout the year for swimmers at every level. These events are designed so that swimmers at every level can be “successful”. At some competitions a swimmer may be the best and at other competitions that same swimmer may be at the back of the field. It is important that all swimmers can compete in competitions at a range of levels.

The list of key competitions for each squad is provided by our Coaching Team via email and the below link:

<https://pool.collegiate.tas.edu.au/hc-swim-club/upcoming-hc-events/>

Reminders for nominated competitions are also advertised on Swimming Tasmania's Facebook page. Where a competition has been nominated by the Coaching Team, coaches will be in attendance to support swimmers on the day. To ensure swimmers receive support from coaches to maintain skills in a race setting, and manage load, swimmers are only to enter events listed on the Upcoming HC Events page:

<https://pool.collegiate.tas.edu.au/hc-swim-club/upcoming-hc-events/>

For many new swimmers, taking the first steps and going to their first competitive meet is a big undertaking. Our coaches understand this and are happy to share information about each competition.

There are three ways in which a swimmer can participate in racing:

1. Club swim meets (when the Club is holding them)
2. Qualifying trials (Swimming Tasmania event)
3. Championships – Regional, State and National (Swimming Tasmania/Australia event)

There is an entry fee for each Swimming Tasmania event, these can be viewed via SwimCentral.

CLUB MEETS (Thursday nights, once per month)

Club meets are events in which only HC Swim Club members can participate. When held, they take place on Thursday nights with warm up from 4:00pm with racing scheduled for 5:00pm and are an excellent way for swimmers to practice their race techniques prior to moving to Swimming Tasmania Qualifying Trials. This will be a great way for swimmers to meet each other and bring the club together to create an encouraging environment.

We encourage everyone to join in our Thursday afternoon Club swim meets when they are on. They are held at the Collegiate pool which ensures a non-threatening environment for those swimmers who are nervous about starting to compete. The Club has several Swimming Tasmania officials who assist at these meets identifying stroke infringements and providing feedback to swimmers.

QUALIFYING TRIALS

Your swimmer's Coach can help you decide when your swimmer is ready to commence swimming in Qualifying Trials.

Qualifying trials are run by Swimming Tasmania and are held at the Doone Kennedy Hobart Aquatic Centre (DKHAC). They provide an opportunity for race practice and to record an official time.

Swimmers are aiming for individual improvement – the only race is with yourself. Swimmers are placed in heats for the events they have entered according to their seed time (this is your PB or Personal Best time). This may mean a range of different aged swimmers in one heat. If a swimmer has no previous seed time, NT (No Time) will be listed on the program, and they will swim in the slower heats. There are also events specifically for the 10 & under age group. It can be daunting to start swimming with the older kids. 10 & under aged swimmers can also enter any events except the 800m and 1500m Freestyle.

When your swimmer is ready to step up to the larger pool at Qualifying Meets run by Swimming Tasmania it's a good idea to meet with the Referee before the Meet (see our Team Leader when you arrive at the pool for the Meet, and they can a time with the Referee) so that they know this is the swimmer's first time competing and can make it a positive experience.

TASMANIAN REGIONAL EVENTS (open to all ages)

Southern Tasmanian Regional meets are run by Swimming Tasmania. You do not have to achieve qualifying times or have swum in an event prior to be eligible to compete.

TASMANIAN STATE CHAMPIONSHIP EVENTS (open to all ages)

Tasmanian State Championships are run by Swimming Tasmania and swimmers must achieve qualifying times to be eligible to compete.

VICTORIAN STATE CHAMPIONSHIP EVENTS (open to swimmers 12+ only)

Victorian State Championships are run by Swimming Victoria and swimmers must achieve qualifying times to be eligible to compete.

AUSTRALIAN NATIONAL CHAMPIONSHIP EVENTS (open to females 13+ and males 14+)

Australian National/Open Championships are run by Swimming Australia and swimmers must achieve national qualifying times to be eligible to compete.

Qualifying Times

Most State and all National Age/Open competitions have Qualifying Times (which indicate the time needed to be eligible to compete). Where a qualifying time is required, they will be available in the Pre-Competition area in the Event Details section on the relevant State's/National website.

Junior competitions often have no qualifying time to give new swimmers a chance to achieve an official time for their competition swims.

All Qualifying Times for Championships must have been achieved in a Sanctioned Meet (a meet where there are a minimum number of officials present). Championship events require that the entry time submitted has been achieved within a stipulated period.

For Tasmanian Long Course Championships, the qualifying times must be achieved in a 50m length pool. For Tasmanian Short Course Championships, the qualifying times should be achieved in a 25m length pool. If the swimmer does not have a time in a 25m pool, then their 50m time is acceptable without any conversion factor.

Targeted Swim Meets

A list of events to enter for each squad, along with information on the purpose of these events, is available via the Upcoming HC Events page:

<https://pool.collegiate.tas.edu.au/hc-swim-club/upcoming-hc-events/>

If your swimmer is told to select their own events remember not to enter events 'back to back'. They require enough time to warm down and to check in with their coach about the race they have just swum, as well as time to check in with the coach for the next event and marshalling.

If you have any questions in relation to the events recommended please make an appointment with your swimmer's coach (see the 'Contact with Coaches' section).

Entering swim meets

Entering a swim meet (and registering to volunteer) can be done via the Upcoming HC Events page:

<https://pool.collegiate.tas.edu.au/hc-swim-club/upcoming-hc-events/>

You can read about how to navigate your way around Swim Central to enter swim meets by using this link : <https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources>

Please don't leave it to the last moment to enter a swim meet. If you find that you are unable to complete your entry in the system, please contact the Registrar at hcregistrar@hotmail.com .

Remember the Registrar is a volunteer, and you will need to allow at least 24 hours for a reply.

The following documents are added to the Qualifying Trial/Championship Calendar details on Swimming Tasmania website a couple of days prior to the meet:

- Entry list – list of entries from each Club
- Meet program – list of all events and heats
- Psych sheet – this lists the swimmers in each event from the fastest to the slowest times
- Session Report – guide to *estimated* starting times of each event

You can print these documents or save to your device to help you follow along with the meet.

Going to your first Swim Meet, A Guide to Competing

For Parents/Carers

Once your swimmer has decided to take the plunge and commence competing refer to the Key Dates/Key Meets schedule (from the Coaches/Parent Squad meetings each season) to know what events to enter your swimmer in and keep an eye out on the Members Facebook page for any updated information from the Coaches.

All Qualifying Trials in Hobart are held at the Doone Kennedy Hobart Aquatic Centre (DKHAC). Pool warm-up commences 30 minutes prior to the Meet start time, with warm-up starting at 3.00pm (please check the STAS website for up-to-date-information). Aim to be at the pool at by 2.45pm for your swimmer to participate in the Club's land-based warm-up (stretching exercises on the side of the pool).

You can print or download the Meet documents from the Swimming Tasmania website (see the Entering Swim Meets section above). Make a note of the Event, Heat and Lane details of the events your swimmer will be competing in. They will need these details written on their arms to help them in Marshalling during the meet.

If you haven't already done so, label everything. There are likely to be at least 50 swimmers from our Club sitting together.

No swimmer should attend a swim meet without a parent/guardian present unless arrangements have been made for their supervision with another adult. It is not the Team Leader or Coach's responsibility to supervise swimmers.

Parents and carers must sit in the allocated seating area (not with swimmers). All swimmers should sit with the team. Relax and get ready to cheer.

For Swimmers

You need to pack the following in your bag

- A pen for writing your event, heat and lane numbers on your hand or arm (you'll need to know these when you get to Marshalling) if you haven't done this at home before you leave
- Healthy snacks
- A full water bottle (very important for hydration)
- Swimming gear (bathers, goggles x 2, club cap x 2) ****Remember swimmers 11 & under are not permitted to wear knee length bathers****
- Kit bag (check with the coach if you are at the level to need your Kit Bag for warm-up)
- Towels x 2 (one to sit in in the stands, the other to dry off when changing)
- Dry bag or plastic bag in which to put your wet towel and bathers into
- ****REMEMBER - LABEL ALL YOUR ITEMS. THINGS GET EASILY MISPLACED AND LOST****

Make sure you are wearing your club t-shirt.

When you arrive at the pool:

- Find the club area in the bays and get a seat with your teammates
- Find the Team Leader (they will be sitting in the front row of the bay and wearing a lanyard to identify them) and let them know you have arrived
- Follow your coach's instructions to warm-up (land based + pool)

During the Competition:

- Make sure you know where to go for marshalling (check with the Team Leader if you are unsure) and how far in advance you need get there (usually two events before the one you are swimming in). There is a board on the wall near the Official's room on the other side of the pool that displays what event number should be at marshalling, but you also need to be aware what event number is in the water, you can check this on the electronic Results Board
- Keep your drink bottle on you
- Keep warm when you get out of the pool. Remove your swim cap and goggles. You can zip them into your bag to make sure that they don't get mixed up with anyone else's
- Remind yourself when you need to be in marshalling. It is your responsibility to get there on time – don't be late
- All the swimmers from the Club in your event will meet with the Coach before you go to the Marshalling area. Your Coach will tell you what to do in the race and what you need to do to warm down after you have swum your event
- Go to the Marshalling area and tell the Official what event you are swimming in (e.g. 50 freestyle), what the event/heat/lane number is (from what is written on your hand/arm) and your name. They will tell you to sit on the seats next to the Dive pool and to listen for the Check Starter to call your event and your name and put you into the correct lane order.
- It can get very busy and noisy in the Marshalling area. Remember to listen for your event, heat and name. The Check Starters will try very hard to make themselves heard but there is nothing that can be done if you miss your race because you didn't hear them.
- The Check Starter will lead you out on to pool deck before you compete in your event and make sure that you are still in the correct lane
- Listen for the whistles and what the Starter is saying to you.
- After your race follow your coach's instructions to swim-down. If you don't swim down the correct amount it may affect your performance in your next event
- After your swim down go and see your Coach to talk about your race
- Stay warm between your events, but take your cap off, you may get too warm with it on
- Drink water to stay hydrated, eat something light if you are hungry
- Repeat - from talking to your coach onwards for each event you compete in Make sure you check-in with

the Team Leader before you leave the pool.

MOST IMPORTANTLY HAVE FUN!

Below are some additional tips for swimmers for Championship events where there are usually 2 swimming sessions a day

Talk with your coach regarding which events to enter (or refer to the key dates/key meets schedule provided at the start of the season or provided when you join the club)

The day before the competition- (Prepare and Pack)

- Print and check the program (see the 'Entering swim meets' section above)

- Confirm warm up time with coach (if your 1st event is not until late in the program your coach may not want you to arrive until later)
- Ensure that you have packed spare goggles, caps and bathers, towels, warm clothes/shoes, books, games
- Organise food & drink. Low fat snacks are the best food to consume during competition day. (Fruit, crackers, sandwiches, rice, pasta). Water, sports drinks (for older swimmers) are important for hydration and energy top-up

Competition day

- Work out your goals for the day
- It is essential you eat a good breakfast; try to eat your breakfast about two hours prior to warm-up

During the Competition

- Stay focused throughout the day
- Ensure you stay warm, always wear clothes and shoes
- Rest/relax between events
- Support your team mates
- Eat small amounts of food frequently - low in fat and high in protein
- If you want to drop an event please speak to your coach, then let the Team Leader know

Sit with Your Team Mates

- If you have a phone, leave it in your bag

Parents of Competing Members

Parental involvement is always encouraged and welcomed. **Parents will be expected to sign up for a timekeeping role or other duty when entering their swimmer via the Upcoming HC Events page** (also see the Volunteering section below):

<https://pool.collegiate.tas.edu.au/hc-swim-club/upcoming-hc-events/>

Some of these jobs might seem a bit daunting but we have experienced members and Swimming officials who are more than happy to teach you the skills you need.

It is important to recognise that a personal best time can't always be achieved every time a swimmer enters the water, and that swimming should remain a fun and healthy activity for all. Over the years we have noticed one very important thing when it comes to racing; *happy swimmers are fast swimmers!* Don't put too much pressure on the swimmers, just let them do their thing and enjoy it.

Below are a few steps that you can take to assist in keeping our club a healthy, safe and supportive environment.

Do

1. Be patient with progress and offer encouragement wherever possible
2. Be tolerant of mistakes and poor performance
3. Be calm and dignified at sporting events
4. Accept winning and losing graciously
5. Offer praise at all times
6. Encourage independence and self-sufficiency
7. Above all, keep sport in perspective - especially with younger swimmers

Please don't

1. Approach other swimmers in a threatening manner
2. Approach Coaches during training or competition. Please organise a time with coaches either prior to training or after the training session has been completed or speak with the Team Leader during competition
3. Enter the Marshalling area (see the Team Leader if you need to get a message to your swimmer and they are in Marshalling)
4. Attempt to coach your own child or other members of the team

If you can't find the information you are looking for in this Handbook please email the Club. Our Committee members will help you find what you need.

Volunteering

The Club is required to provide Timekeepers and other assistance at all Qualifying Trials and Championship meets in which the Club's swimmers are participating. In Championship meets we may have additional volunteer roles to cover.

The Club are also rostered on, periodically, to set up for the competition and then pack up after the competition. We don't roster parents on to do this, but it's expected that parents whose children are competing arrive at the pool slightly earlier to assist setting up and stay to help pack up. We have a reputation of being a Club that has parents that are willing to get in and 'get the job done'.

When registering your swimmer for a meet, you are expected to register for a volunteer role. Families of Swimming Tasmania Technical Officials are exempt from this. They give up their time each meet to ensure that our meets are sanctioned (see below).

Please look out for the Facebook post on our Members Page in the days prior to the meet to see if you have been allocated a role in the meet or if the club is on set up/pack up duty.

If you have been allocated a role at a meet, when you arrive at the pool, please let the Team Leader know (they will be down at the front of the stands with the coaches).

If you are not able to help in your allocated time spot it is your responsibility to arrange for a replacement from the listed reserves.

Parents new to timekeeping etc. will be allocated a 'buddy' to show them the ropes.

Swimming Tasmania are also always on the lookout for interested parents to become Technical Officials. Qualifying times can only be achieved at 'sanctioned' meets (where a minimum number of Swimming Tasmania Technical Officials are in attendance) and without the commitment of the Technical Officials, sanctioned meets could not take place.

If you're interested in officiating, please visit the Swimming Tasmania's website and look for the Technical Officials tab on their Pathways page.

Team Leaders

A Team Leader is appointed for each Qualifying Trial and Tasmanian Championship Meet. The Team Leader's role is to assist and support the Coaches as well as being the Club's point of contact with the Meet Referee.

During competitions, parents are asked to refer any queries to the Team Leader so the coaches are able to fully focus on the swimmers.

Parents are not permitted to enter the Marshalling area during meets. Please see the Team Leader if you need to get a message to your swimmer if they are in Marshalling.

For interstate/National competitions, several Team Leader passes will be allocated to the Club. If a member of the Committee is present, they will act as the Team Leader, but as they are also parents of competitors, they are not always able to be present for entire sessions. When this occurs the Team Leader passes will be held by the Coaches and the parent of any swimmer who needs to approach the Meet Referee will use the Team Leader pass to do so.

Relay Selections

HC is a strong supporter of relays as a means of promoting Club spirit and encouraging our swimmers to focus on team, not just individual, success.

The Club participates in various team competitions that require selection of relay teams. Teams are usually made up of four swimmers and two reserves.

There are two types of relays - freestyle and medley. Relays are swum over varying distances depending on the event.

Most HC swimmers aspire to achieve the times required to make selection and there is a great deal of pride associated with being selected to be part of our relay teams.

Relay selection is primarily based on best official times and time combinations that would give the best results possible for the Club. Selection is made by the Relay Committee who makes a recommendation to the coaching team. The Head Coach's decision is final.

A significant amount of time is invested in team selections and a relay team is dependent on all its members. There is an expectation that if a swimmer commits to being part of a relay team that they understand the responsibility they have to their team mates and the Club.

Relays bring out the best in our team spirit and the cheering for our HC relay teams will be the loudest at any swimming competition!

Interstate Competitions

The Club actively targets three interstate competitions each year to send teams to.

They are the Victorian State Championships (Long Course in December and Short course in August each year) and the Australian Age Nationals (or Open if applicable, held in April each year).

Swimmers need to have achieved qualifying times to compete at all these Championship events. Qualifying times can be found in the Event Details section for each competition on the Swimming Victoria or Swimming Australia websites.

Each swimmer is responsible for their own flight and accommodation costs.

The Club contributes 50% of the flight and accommodation costs of coaches who attend each interstate competition. Each swimmer's family is responsible for a percentage of the remainder of the coach's costs capped at \$250 per swimmer (which includes the cost of the Team t-shirt).



Social, Health and Wellbeing

Annual Club Celebration Dinner

Each year, usually in May, the Club holds its Annual Celebration Dinner for its members and their families. It's a time for everyone to come together to celebrate the success of our swimmers and to thank our Coaches, parents and supporters. And for the kids to do some socialising when having to swim laps doesn't get in the way!

Keep an eye out on the Member's Facebook page for details leading up to the night.

HC Swim Club Awards

The HC Swim Club Awards are presented each year at the Club Celebration Dinner. The categories below are measured using the HC Swim Club points formula which measures and compares swimmer's performances across different events, age group and distances, except for the 'Best Overall Performance' Award which is for the swim performance achieving the highest FINA point score. FINA Points is a points system based on the previous year's world record. Faster performances are assigned more points and slower performances assigned fewer points.

Awards are presented for male & female performances.

- Best All-Round Award (Junior & Senior) - the highest aggregate HC Point score, based on personal best performances, including medley.
- Best Performance (Junior & Senior) - the highest HC Point score in any single race (stroke & distance)
- Best Distance Range (Senior only) - the highest aggregate HC Points score in freestyle for distances ranging from 50m to 1500m
- Most Improved Swimmer (Junior & Senior) - the highest total improvement score calculated from each Personal Best Performance
- Swim Performance of the Year - the swim performance achieving the highest FINA Point score.

HC Swim Club's most highly regarded award, the Club Spirit Award, is presented to the HC swimmer that best represents the spirit of our Club.

Qualities valued highly by our Club include; showing great team spirit at Meets, participation in Club activities and encouraging and supporting other swimmers.

This award is judged by the Committee based on nominations and supporting submissions made by our members throughout the season.

Club Captain

Each year prior to the Annual Club Celebration Dinner, the Club calls for self-nominations for Club Captain from swimmers aged 14 years and over. All swimmers can vote for their preferred Captain from the nomination.

We look for applicants who are keen to be involved in Club activities, make new swimmers feel welcome, support their teammates, and generally be a positive role model to other swimmers.

The successful swimmer is announced at the Celebration Dinner.

Club Camp

The HC Swim Club Camp every 2 years. Swimmers from our Junior Racers through to National/Target squads are catered for over this program. In-pool sessions include technical instruction on:

- improving body positioning, core stability and strength;
- starts, turns and finishes;
- specific drills and the latest techniques from the world of swimming;
- learning how to train smarter, not harder.

Land-based sessions are also included, with team building games and specialist sessions with guest experts.

Previous camps have included sessions for each squad with:

- Sports Nutritionist – providing swimmers with the effective ways to improve their health and optimise their performance;
- Exercise Physiologist – helping swimmers to improve sporting performance through assisting and prescribing strength and conditioning programs.

2019, 2020 & 2022 special guest presenters were Leigh Nugent (former Australian Olympic Swim Team Head Coach) and Josh Beaver (Commonwealth Games backstroke medallist and 2016 Olympian) who shared their expertise and sporting experience.

In 2020 we were also fortunate to be joined by a contingent of swimmers from the Launceston Aquatic Club.

Injury/Illness

IF YOUR CHILD EXPERIENCES ANY PAIN OR DISCOMFORT DURING A TRAINING SESSION THEY SHOULD STOP SWIMMING IMMEDIATELY AND ADVISE THEIR COACH.

DO NOT KEEP SWIMMING.

THIS INCLUDES:

- SHOULDER PAIN
- BACK PAIN
- HEADACHES
- FEVER
- STOMACH DISCOMFORT

The health of ALL swimmers is of UPMOST IMPORTANCE.

If your child is not feeling 100%, it is strongly advised to abstain from training until they feel fit.

We urge parents to use common sense in the interest of their child's health and in the interest of other swimmers using the pools. Contact the coach at pool@collegiate.tas.edu.au to inform them of the nature of the illness.

For further information please refer to the policy published by the coaching team, on returning to training following injury or illness.

Nutrition

Swimming requires a serious commitment to training and an important part of that commitment is to eat well every day.

The following links offer guidance for meeting the everyday and competition nutritional needs of: Juniors (5-11)

<https://www.sportsdietitians.com.au/factsheets/children/junior-swimmers/>

Adolescents (12-18) <https://www.sportsdietitians.com.au/factsheets/children/nutrition-for-the-adolescent-athlete/>

Swimming overall <https://www.sportsdietitians.com.au/factsheets/food-for-your-sport/food-for-your-sport-swimming/>

Nutrition for Swimmers <https://www.nutritionforswimmers.com/>



Communication and resources

The Club's main method of communication is our Members Only Facebook page. Please ensure that you **request access** to this group (please make sure to include your swimmer's name in the security question).

This is how we deliver our day to day communication between the Coaches, Club and families.

We suggest that you also join the Club's external Facebook page as well as Swimming Tasmania's Facebook page. The Club also has an Instagram account.

Any important information is announced on the Members page and then specific information emailed to each family.

Please also make sure that your contact information is up to date on Swim Central and with the coaching team (you can update your details with the coaching team via the customer portal: https://www.thinksmartsoftware-au.com/misc/customer_portal/customer_portal_link.php?server=AU&product=swimbiz&customer_id=5EC2133A51D3&page_to_navigate_to=HomePage&page_to_navigate_to_params=%7B%7D).

Swimming Tasmania

Swimming Tasmania Inc is the peak body for swimming in Tasmania and represents the interests of all Tasmanian swimming clubs. It is affiliated with Swimming Australia and enjoys close working relationships with the other peak swimming bodies in Australia, especially Swimming Victoria.

Website

The Swimming Tasmania website (<https://tas.swimming.org.au/>) provides information on the sport of swimming in Tasmania and details of upcoming meets around the state as well as pathway options for swimmers and results of all competitions.

Swim Central

Swim Central is Swimming Australia's national database to manage memberships, meet entries, results, and membership related functions.

When you purchase your swimmer's club membership through Swimming Tasmania you also purchase (for zero cost) a Parent membership and all memberships link together to form a family group. Swimmers aged 18 and over are responsible for their own memberships.

Please also see our section on Entering Swim Meets.

If you are having difficulties navigating Swim Central please visit <https://vic.swimming.org.au/get-swimming-0/swim-central-support-and-resources> in the first instance for assistance, if you are still experiencing issues please contact the Club Registrar at hcregistrar@hotmail.com

****please remember that the Registrar is a volunteer, and an instant response is not always possible**

Swimming Tasmania Social Media

We encourage you to like Swimming Tasmania's Facebook and Instagram pages to ensure that you receive the latest State swimming news, up to date information and reminders.

Swimming Tasmania Results

As well as being able to obtain your swimmer's results for a meet from the Meet Mobile App (see below) you are also able to view all their results from the Swimming Tasmania website by selecting the Results Central link and entering the required information for your search. If you sign into your Swim Central account, under the 'Results' tab you can view your search results as well as download or print the results. For swimmers aged 13 and over you can also select the Ranking option which will show you your swimmers ranking for your Club, State and nationally in the selected event.

You can also access results from all Tasmanian Qualifying and Championship Meets from Swimming Tasmania's website.

Meet Mobile



Meet Mobile: Swim is a swimming app for parents and swimmers and is available on both the App Store and Google Play for an annual subscription fee of about \$15. There is a free version but the version that provides meet results can be purchased in-app. This program is used by Swimming Tasmania for all meet types (Qualifying Trials + Championships) and can provide you with the results of all events, which is especially handy as results are only displayed briefly on the scoreboard.

Swimmer Welfare & Safe Sport Framework

HC Swim Club want swimming to be an enjoyable, fun and safe environment for all members of the club and fully endorses the Safe Sport Framework developed by Swimming Australia.

The Safe Sport Framework initiative is a comprehensive policy and procedures document which details Swimming Australia's shared responsibilities for protecting children and members' welfare.

HC Swim Club supports the Safe Sport Framework and requires all Coaches, Committee and Team Leaders to hold a current Working with Vulnerable People registration.

You can read more about the Framework at Swimming Australia <https://www.swimming.org.au/integrity-policies-rules/safe-sport-framework>

If any swimmer, parent or coach feel that they have been treated in a manner that does not meet the Safe Sport Framework please contact the club at hcswimclub@hotmail.com

Other websites that can assist families and individuals:

Beyond the Black Line <https://www.beyondtheblackline.com.au/>

Beyond Blue <http://www.beyondblue.org.au/>

Kids Helpline <https://kidshelpline.com.au/>

Kids Helpline (Parents/Social Media & Safety) <https://kidshelpline.com.au/parents/issues/social-media-and-safety>

Social Media

Social media is a broad and instant form of communication in today's society. The Club uses social media to keep members informed and promote the activities of the Club. We encourage the sharing of ideas and the sense of community that social media provides.

To support the Club's culture and ensure the safety and well-being of all members, the Club has a Social Media Policy.

The Club's social media platforms are moderated by the Committee.

DO:

- join our Facebook pages:

HC Swim Club Public Page

<https://www.facebook.com/hcswimclub>

HC Swim Club members Page – this page will keep you up-to-date with what is happening on a day-to-day basis and any announcements or squad schedule changes

<https://www.facebook.com/groups/HCSwimClub>

- follow us on Instagram: HC Swim Club <https://www.instagram.com/hcswimclub/?hl=en>
- use our social media platforms to engage with other parents/swimmers and build friendships
- do ask questions
- do provide positive comments and feedback

PLEASE DON'T:

- use the Club's social media platforms in a way that may be considered negative, derogatory, offensive or inappropriate or may harm the reputation of the Club, Swimming Tasmania or Swimming Australia
- contact Coaches via private messaging on social media, if you wish to contact a coach directly please email pool@collegiate.tas.edu.au
- hesitate to ask the Committee if you have any questions or concerns

Grievances & Complaints

In a sporting group the size of HC Swim Club with many swimmers and their parents, the club cannot always be all things to all people. Conflicts occasionally arise and any person with a grievance is encouraged to attempt to resolve it directly with the other party. If this has not been possible please use the procedure below:

Matters relating to coaching or swimming

Must first be raised with the Coach of the swimmer (contact pool@collegiate.tas.edu.au). A pre-arranged appointment must be made, and no discussion of the matter must take place poolside. If the matter cannot be resolved, it will be referred to the Head Coach.

Matters relating to the administration or management of the Club

Please contact the Club President at hcsimclub@hotmail.com

All grievances and complaints will be treated in confidence.

Swimming Jargon

Bilateral breathing	bilateral breathing is used in the freestyle stroke and involves breathing on both sides of the body. This helps to create smooth and even strokes. It also helps to develop a good body roll. This is essential to swim great freestyle. Usually you breathe after a set of three strokes, alternating with breathing in on the left stroke on the first set, and then on the right on the second.
Blocks	The starting platforms in each lane
Cool down (Swim down)	Low intensity swimming done by swimmers after a race to rid the body of excess acid and to gradually reduce heart rate and respiration
Cool down (Swim down) pool	The pool that is only used for Cool downs
Disqualification (DQ)	A swimmer's time is not counted because of a rules infraction and the swimmer is disqualified. Swimmers are usually disqualified for an illegal stroke, turn, start or finish
Dryland warmup/training	The exercises and strength programs swimmers do out of the water
Event	A race or stroke over a given distance
False start	When a swimmer leaves the starting block before the starter's horn sounding
False start rope	A rope across the width of the pool 15m from the start that can be dropped into the water to stop swimmers who were not aware of the False Start
Finals	The top fastest 8 or 10 swimmers (depends on the number of pool lanes) from the Heats who swim off again to decide the overall winner of the event
Fins	Large rubber fins that fit on a swimmer's feet and used in training
Flags	Flags are suspended over the width of each end of the pool 5 metres from the wall. They allow backstroke swimmers to know where the end of the pool is and to count their strokes into the wall
Four Beat Kick	Four leg movements per arm stroke in Freestyle (you can also use 2 and 6 beat kicks)
Heats	Preliminary races in an event where the fastest 8 – 10 swimmers (depends on the number of pool lanes) go on to compete in the final of the event
Interval training	A specific elapsed time for swimming or rest used during training
Kickboard	Floatation device used by swimmers during training
Long Course	Events swum in a 50 metre pool during the Summer Season (October to March)
Marshalling	Where swimmers go to be checked off' by an official for their event
Marshalling Board	Where officials indicate what events competitors need to be at Marshalling
Negative split	Where the second half of a set distance is swum faster than the first half
Pace clock	The large clock on the wall of the pool that is used for interval training. The hands go round once every 60 seconds
Paddles	Coloured plastic devices worn on a swimmer's hands during training
Personal Best (PB)	The best time a swimmer has swum so far for that particular stroke/distance. PBs will be different for short course and long course distances for the same event
Pool deck	The area around the swimming pool. At some interstate meets only authorised people such as swimmers, coaches and officials may be on pool deck
Pull	A drill where you swim using your arms only. A pull buoy is used to keep the swimmer's legs together during the drill

Program	The schedule of meet events, procedures and instructions to be followed by those entering and running the meet
Psych sheet	An entry sheet showing all swimmers entered into each individual event.
Qualifying meet	A qualifying meet provides swimmers with the opportunity to achieve or improve on qualifying times for Championship events
Qualifying time	A time listed for a specific stroke & distance in a meet's program which swimmers must prove they can swim equal to or faster than to be eligible to compete
Record	The fastest time that has been recorded to date for a distance/stroke/age category
Regional championships	1 day meet (am + pm sessions) open to swimmers in each region where no qualifying times are required
Referee	The head official at a swim meet
Relay	A race between 2 or more teams in which each team member participates only in a set part of the race
Relay anchor	The final swimmer in a relay
Relay lead off	The first swimmer in a relay
Relay leg	The part of a relay event swum by a single team member. A single stroke in the Individual Medley relay
Scratch	Withdrawing from an event. This must be approved by your Coach and the Team Leader advised, who will advise the officials
Seeding	Distributing the swimmers among the required number of heats according to the fastest time a swimmer has achieved
Set	A specific segment of a training session
Short Course	Events swum in a 25 metre pool during the Winter Season (April to September)
Split time	A race's total time split into smaller parts (only obtainable when Timing Pads have been used)
Sprint	Describes the shorter distance events (50 + 100m). In training it means to swim as fast as possible for a short distance
Starter	The Official at a swim meet responsible for calling each heat to the blocks and the start of each race
Starting over the top	At Qualifying & Regional meets 'starting over the top' is used. Swimmers from the preceding heat move to the side of the lane against the pool wall and remain still. For Backstroke events they move to the side of the lane and down the lane rope. When the next heat has started, they quickly leave the pool over the side
State Championships	Up to 5 day meet where qualifying times must be obtained to be able to compete. Open to all swimmers around the state
Streamline	Underwater body position after diving or pushing off the wall which maximises swim speed and efficiency
Suits	Bathers – Please note *swimmers 11 & under are not permitted to wear suits that extend to their knees
Swim down	Laps swum after an event by the swimmer to rid the body of excess lactic acid generated during a race
Tapering	The reduction in training session intensity for weeks or days leading up to a specific race meet (does not usually occur with Junior swimmers)
Team Leader/Team Manager	The individual from the Club who is assisting the Coaches for the Meet

Useful Websites

Aqua Shop	Online male & female swimwear & accessories. Become an online Loyalty Member to receive a 10% discount on all purchases except extra specials deals. Shopfront stores in VIC, NSW and QLD. https://www.aquashop.com.au/
Arena	Online male & female swimwear & accessories. Sign up as a VIP member and select HC Swim Club to receive a 25% discount on most items (excludes Merchandise & products already on sale) https://arenaswimming.com.au/
Funkita	Online female swimwear & accessories https://www.funkita.com/
Funky Trunks	Online male swimwear & accessories https://www.funkytrunks.com/
Speedo	Online male & female swimwear & accessories https://speedo.com.au/
Swimmer.com.au	Online male & female swimwear & accessories. Become an online Loyalty member. https://www.swimmer.com.au/

****Please remember that swimmers aged 11 and under are not allowed to compete in knee length swim suits** - See the Swimming Tasmania policy here : <https://tas.swimming.org.au/competitions-0/competition-rules-forms-and-procedures>**

Affiliations

Swimming Tasmania	Peak body for swimming in Tasmania https://tas.swimming.org.au/
Swimming Australia	Australian Swimming Governing body https://www.swimming.org.au/

Parent/Swimmer Resources

Gold Class Swimming	Aims to assist swimming coaches, parents and swimmers on their journeys through competitive swimming. https://www.goldclassswimming.com/
Swimming for Parents	Education guide for Swimming Parents https://www.swimmingforparents.com/
Your Swim Log	Interesting swimming articles and you can also sign up to a weekly newsletter https://www.yourswimlog.com/
SwimSwam	Swimming news from around the world (includes Australia) https://swimswam.com/ https://swimswam.com/training/your-swim-book/

Club Contact details

Postal address	H C Swim Club Inc P O Box 109 SANDY BAY TAS 7006	
Phone	03 6211 4919 (Collegiate Pool)	
Email	hcswimclub@hotmail.com	General enquires
	hcregistrar@hotmail.com	Registration & Membership enquires



