



2020-2021

# Central Aquatic Swimming and Lifesaving Club Handbook



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## 1.0 Club History

Central Aquatic is a proud and inclusive member of the Bayswater community. We are an energetic and passionate organisation dedicated to helping kids and adults become fit and active and to achieve their best in the pool. We also develop future leaders of the community and provide training for present and future lifesavers. Many of our swimmers have represented Western Australia and Australia with distinction, and many of our swimmers also go on to become aquatic trainers and teach young children to swim, and to be safe around pools.

Central Aquatic Swimming and Lifesaving Club celebrated 21 years of the club's existence in 2015 and there have been many achievements along the way.

- Central Aquatic formed in 1993 with the first coaches Mr & Mrs Fred de Lacy.
- The de Lacy family have a long history with swimming.
  - Evelyn de Lacy being the first WA female Olympic Swimmer at the 1936 Berlin Games.
  - Mr & Mrs Fred de Lacy began teaching swimming in the Swan River in Maylands many years ago, then at their Maylands property in a 25yd pool. At the formation of Central Aquatic Swimming and Life Saving Club the de Lacy's trained at Chisholm Catholic College. Later the training moved to Bayswater Waves Aquatic Centre, which is where the club trains today.
- Renowned successful club members include;
  - Sally Hunter (nee Foster)—2 Olympics, 2 Commonwealth Games (1 gold and 1 silver)  
—4 World Championships (1 gold, 2 silver, 2 bronze)
  - David Cox—Rottneest Channel Swim, Solo Winner
  - Sandra Yaxley—2 times Para Olympian (2 gold, 1 Silver, 1 Bronze)
  - Megan Grant—Paralympian
  - Greg Spicer—Australian Lifesaving Representative, Teams 1987 -1996
  - Central Aquatic Swimming and Life Saving Club team—1997 National Title at the Life Saving Championships
  - Neil Parsons—awarded a Western Australian Honorary Life Governor award from RLSWA.

## 1.1 Welcome

On behalf of the committee and coaches I would like to take this opportunity to welcome all members of Central Aquatic Swimming and Lifesaving Club to the 2020-2021 season.

With a consistent and hard-working committee in the 2019-2020 season, we developed a number of new initiatives. I look forward to these continuing this season. With further impetus to attract new members and increase our fiscal capacity, we will be able to offer more social activities to club members and financial support to our top swimmers. These help our children reinforce their swimming friendships and constructive choices—a significant goal for our club.

The club appreciates the commitment of our parents and it is this ongoing assistance that makes the club strong. This year brings adjusted start dates for the season and changes to the swim meet calendar. We are pleased to know that as the committee plans events, club nights and interclub meets for the season that we can depend on our all members and families for their continuing support.

Please remember if you have any queries don't hesitate to contact myself or one of the committee members or even just come and have a chat when at the pool.

I wish everyone well for the season. Good swimming and good luck to all.

**Perry de Lacy**  
**President, Central Aquatic Swimming and Lifesaving Club**

## 1.2 Communication

Communication is vital for the efficient operation of our Club.

Our main means of communication are email, the club website, Facebook and Instagram and the club whiteboard on pool deck. Committee members are happy to be contacted by email or on pool deck.

A committee member is usually available to answer queries most afternoons during training at Bayswater Waves. Alternatively, please email the Club. Items for discussion should be forwarded to the secretary in writing to be placed on the agenda for the next committee meeting.

E-mail: Lisa at [memberservices.CAQswim@gmail.com](mailto:memberservices.CAQswim@gmail.com) (For general enquiries)

Amanda at [secretary.caqswim@gmail.com](mailto:secretary.caqswim@gmail.com) (Committee items)

Website: [www.centralaquatic.com.au](http://www.centralaquatic.com.au)

Facebook: @centralaquaticswimmingandlifesavingclub

Instagram: @centralaquatic\_

## 1.3 Committee

Central Aquatic is a non-profit sports organisation, run in accordance with a constitution and by-laws, by a Committee elected annually.

Elections for positions on the committee are held every year at the Annual General Meeting (AGM) and all financial members over the age of 18 years can nominate for positions and have voting rights.

The role of the Committee is to manage and administer the Club, which involves but is not limited to, financial management, fundraising, and the development and implementation of relevant policies and guidelines.

The Committee meets monthly, generally in a meeting room at Bayswater Waves. The Committee is the avenue members use to discuss or share any items or suggestions. Members should advise the Club Secretary (preferably in writing) if they wish to raise an issue formally with the committee.

### 2019/2020 Committee

Perry de Lacy	President	mob: 0402 396 332
Ken Foster	Vice President	mob: 0411 748 073
Amanda Morris	Secretary	
Ross Rogers	Registrar	
Brendan Townsend	Treasurer	
Daniel Farmer	Sponsorship	
Maricel Van De Nadort	Vacant	
Lisa Reed	Member Services	
James Hull	Swimmers Representative - guiding the swimmers leadership group	
Tom Ballantyne	Lifesaving Representative	
Fundraising	Deanna Kingma, Belinda Poat	
General Committee	Michelle Toneman, Elda Kingston, Maricel Van de Nadort, Deb de Lacy	

## 1.4 Swimmer Leadership Sub-Committee

The Central Aquatic Swimming Club elects a group of senior swimmers to a leadership group every year. Their primary function is as role models for our junior swimmers and to provide an information pathway between swimmers and the committee.

The selection process is the result of a consensus between coaches and designated committee members.

### 2020/2021 Leadership Sub-Committee

Alex Rankin and Meg Hopkins

Finn Van de Nadort

Jade Kingston

Tahlia D'Souza

Riley Krans

## 1.5 Club Policies

Central Aquatic operates in accordance with Club Rules (Constitution) and policies including, Member Welfare, and Member Protection. These are governed by Swimming Australia and are available on our [website](#).

### 1.5.1 Code of Conduct

SWA has a requirement for all swimmers to adhere to a code of behaviour in relation to their nominated club, to Swimming Western Australia, and to Australian Swimming Australia. Central Aquatic adheres to the Swimming Australia Behavioural Guidelines. These outline the behaviour expected of a Club member at any Club related activity. This involves, but is not limited to, social functions, swim meets, training, club days, club camps, club trips and State/Australian team representation. It also includes the behaviour displayed any time a member wears the Club uniform, whether it is club related or not. The Behavioural Guidelines apply to club coaches, officials, family members or visitors to the club.

Members and parents of Central Aquatic Swimming and Lifesaving Club are also expected to demonstrate our club values. When joining the club, it is expected that both parents and swimmers will read and sign the [code of conduct paperwork](#) (available on our website).

#### Other points to note

Central Aquatic Swimming and Lifesaving Club has a ZERO tolerance to the use of illicit or performance enhancing drugs. There is a complete ban on these substances and breaches to this policy will result in instant withdrawal of membership from the club.

If you have reason to make a complaint, this will be dealt with seriously, confidentially and quickly. Please direct any complaints to the Club President or Secretary.

### 1.5.2 Member Protection Information Officer and Dispute Resolution

As a diverse club, from time to time complaints and grievances will arise. It is important as a club that we deal with these appropriately and swiftly, and to use any complaints and grievances to assist us in improving the way we do things.

The MPIO is the 'go to' person if you want to discuss problems at the club, particularly if a formal complaint is being considered. The MPIO is there to provide information and guidance on complaints procedures.

All complaints or grievances should be reported to either the President or Secretary in person or via email. The complaint will be handled by the complaints sub-committee (CAQ President and Vice-President). The complaint will be dealt with according to the club constitution. Unresolved matters may be referred to Swimming WA.

The following are important contacts in the dispute resolution process;

#### Member Protection Information Officer

[Anna Huska](#)

#### Club President

[Perry de Lacy](#)

#### Club Secretary

[Amanda Morris](#)

## 1.6 Our Approach to Swimming

**Developing an “athletes first, winning second” perspective.** Every decision a parent makes in supporting and directing their child in sport should be based on what is best for the child first and what may help the child win second. This perspective of athletes’ first, winning second can help some children achieve more than they would if they were consumed with the idea of winning. An obsession with winning can create a fear of failure, which may result in less than average performance and an upset child.

**Building your child’s self-esteem.** As a parent, you are one of the main influences in your child’s life, and one of your most important roles is to build their confidence. A child with positive self-esteem is more likely to be proud of their personal accomplishments, accept challenges and new tasks, and also help others. On the other hand, children who find their self-worth through winning can go through some very hard times, or even quite sport, when they lose. It is important that your child knows they can be successful without winning. If your child is aiming to beat their personal best (PB) for a certain race, and they accomplish that, then they are successful regardless of where they finish. As long as your child tries their best, reinforce their efforts with pride!

**Let the Coach, Coach.** It is the coach’s job to offer a child constructive criticism on their swimming. The parent is there to support, encourage and recognise their child’s effort. If a parent attempts to coach their child, the child may become confused with conflicting information. It is equally important to never undermine the coach in front of the athlete. This can be extremely harmful to the coach-athlete relationship, which is necessary for success in the pool.

**Help and encourage your child in setting realistic goals.** The competitive side of swimming is very important to the development of the athlete and the sport of swimming. At junior level, the most important factor is participating, effort and skill development. Beating their PB and learning a new skill are both examples of realistic and attainable goals for junior swimmers. Regardless of whether your child will win gold for Australia or whether they are equally happy competing at club events, the sport must be fun to maintain their interest. You can assist by ensuring that your child has their PB recorded and that each time they race, this is what they are trying to beat rather than other people. PB recording ensures the focus is on individual improvement rather than purely winning or losing. Your child may come 10th in a race, but if they beat their PB, they are a winner.

**Communication with your child is important.** Talk to them about their training—are they getting along with their squad and most importantly with their coach. If they are not, you may need to assess the situation, and decide on what needs to be done to resolve any issue with the least amount of disruption to your child and the squad. Ask them questions after training such as: “Did you learn a new skill today?” “What was the best thing that happened today?” “What does your coach think you need to work on?” Communication with your child also requires your support in telling them how proud you are of them, no matter how they swam.

**You can help your child enjoy swimming by:**

- DEVELOPING AN “ATHLETES FIRST, WINNING SECOND” PERSPECTIVE
- BUILDING YOUR CHILD’S SELF ESTEEM
- LETTING THE COACH, COACH
- HELPING AND ENCOURAGING YOUR CHILD IN SETTING REALISTIC GOALS

## 1.7 Club Fees

Fees are paid directly to Swimming WA. Online registration is available by accessing the links on our [website](#). (See Appendix 1 in this Handbook or ask coaching staff for printed information).

This season the new Pathway membership categories is designed to increase participation and benefits are listed in the below table.

Pathway membership has been designed for participation, fitness, 8 year-old junior dolphins and junior dolphins 5-7 year-olds.

Membership	Age Range	SWA Price	Club Price	Total	Benefits
Annual	9 years-Open	\$121	\$115*	\$236*	All Competitive Swim Meets, Open Water, Splash and Dash, Club Premierships and Club Nights
Participation	9 years-Open	\$75	\$105	\$180	Zone and Regional Club Meets, Summer League, Open Water, Club Premierships, Splash and Dash
Social Fitness	9 years-Open	\$55	\$95	\$150	Club Nights, Club Premierships
Junior Dolphin	8 years	\$44	\$95	\$139	Summer League relays. Club Premierships, Interclub Meets, Splash and Dash, Junior Dolphin Carnivals, Club Nights
Junior Dolphin	7 years	\$22	\$75	\$97	Junior Dolphin Carnivals, Club Nights
Junior Dolphin	6 years	\$11	\$75	\$86	Junior Dolphin Carnivals, Club Nights
Junior Dolphin	5 years	Free	\$75	\$75	Junior Dolphin Carnivals, Club Nights

\* Central Aquatic offer a family discount on Club Fees based on the number of competitive members as follows:-

1 <sup>st</sup> Competitive Swimmer:	\$236.00 (Club fee: \$115)
2 <sup>nd</sup> Competitive Swimmer:	\$226.00 (Club fee: \$105)
3 <sup>rd</sup> + Competitive Swimmers:	\$216.00 (Club fee: \$95)

When registering through the Swimming WA website these club fees are included as well as Swimming WA's fee, which is \$121/swimmer.

LIFESAVING Non CAQ members	\$50.00
CAQ members	Nil

(For more information please read the section 3 – Lifesaving with Central Aquatic)

Any questions regarding the fees structure should be addressed to the Member Services Officer at [memberservices.CAQswim@gmail.com](mailto:memberservices.CAQswim@gmail.com)

### Pool Entry

Bayswater Waves offers discounted entry cards/memberships for de Lacy Swim Squad swimmers. Please enquire at the health club (not the front) desk for an annual squad membership. Alternatively, you can buy a 10 squad entry pass, whichever suits you and your family best.



### **Coaching and Swimming Lessons**

De Lacy Swim School are the appointed coaching team for Central Aquatic members. Please see Appendix 2 for further details, including relevant contact details.

### **1.8 Uniforms and Uniform Policy**

Several times during the year, the Club places an order for club merchandise. Information about the merchandise and these orders will be available to club members via email and Facebook. Any queries please speak with Kallee. Her details can be found on the website under Membership/Swim Shop.

Swimmers are asked to wear their club uniforms to training and club nights if possible. This includes the Central Aquatic swim cap, and at a minimum a Central Aquatic t-shirt or hoodie. This uniform policy is compulsory for swim meets.

### **1.9 Fundraising**

Our club is completely reliant on the good will of volunteers who want to see our children, the sport and Central Aquatic continue to prosper and grow. Members' participation in club activities and fundraising is required to help sustain the club. Join us on this journey and "do your bit" when asked, or better still come forward and offer your assistance.

Fundraising for the club provides two primary functions. Running fundraising activities in the community raises the profile of the club locally. It is an opportunity for members to notify locals to the presence of a swimming club and to share their love of the sport with others.

The proceeds of fundraising activities provide much needed funds to continue running social activities for members, as well as providing financial support for competitive swimmers to attend meets such as targeted country meets, or National level competitions interstate.

A variety of fundraising activities are undertaken annually. The enthusiasm of Club members is required to promote the activities, and the Club in order to attract club sponsors.

### **1.10 Club Sponsors**

The club is privileged to have several sponsors, however we are always seeking new partners help raise the profile of swimming and lifesaving for all. To sponsor Central Aquatic please email [memberservices.caqswim@gmail.com](mailto:memberservices.caqswim@gmail.com)

We would like to thank the following sponsors for their ongoing commitment to our club.

**Williams Meats**

**Bayswater Waves Aquatic Centre**

**De Lacy Swim School**

## 2.0 Club Swimming with Central Aquatic

Training Times Bayswater Waves outdoor pool

- 5.30am to 7.00am Monday, Wednesday & Friday
- 4.00pm to 6.00pm Monday to Friday
- 7.30am to 9.00am Saturday
- 9.00am to 10.00am Saturday

### No training on Public Holidays

Please take note of Bayswater Aquatic Centre Pool Rules and expectations;

- Change rooms and pool area are to be treated with care at all times.
- There are to be no phones operated in the change rooms at any time.
- Misbehaviour or vandalism will not be tolerated and will result in loss of pool access.
- Pool Lifeguard Instructions are to be followed at all times.
- No running.

## 2.1 Club Nights

The club competitive swimming nights are held every fortnight during the swimming season. Non-members are able to compete in two club nights before being required to join the club. This enables us to provide liability insurance for these events, which are held outside of normal training times. The 2020/2021 nights are listed on the [website](#). Swimmers will normally swim two races: one freestyle and the other the selected stroke for the evening being one of the three other strokes in the IM. The club nights commence at 6.00pm sharp. For more information on club nights, please check the [website](#) for details.

**Swimmer registration for club nights is essential.** Registration is via the online form on the [website](#). Entries close at 5pm the Friday before club night. This is to ensure the meet entries coordinator has enough time to set up the meet and that food orders for the BBQ can be placed. Unregistered entrants (swimmers that turn up on the night but did not have their name on the register) will still be able to swim but they will be unseeded. Unregistered swimmers will not be able to place food orders.

Swimmers race in groups of similar ages, with the emphasis on time improvement rather than race placing. Points are awarded based on time, improvement and attendance, and are accumulated during the season and tallied for the age awards at the end of season.

**It is expected** that at least one parent from **each family will be actively involved with some of the required roles on the night.** Some of the roles include;

- Timekeeping
- Marshalling
- Starter/Official
- Help with the BBQ and drink sales

We thank all parents for assisting with the smooth running of these nights. Without parent involvement we would have no club.

## 2.2 Club Championships

Club Championship meets are run as club nights but the accumulated times, over the four strokes, are used to assess the fastest male and female swimmer in each age group. The following rules apply;

- Club Championships are for all swimmers over 9 years of age.
- Younger swimmers can swim on Club Championships nights however are not eligible for trophies.
- Swimmers must be fully registered and paid members of Central Aquatic Swimming and Lifesaving Club as at 1 December 2019 to be eligible for Club Champion. The total fees must have been paid to Swimming WA and Central Aquatic Swimming and Lifesaving Club prior to this date.
- Championship trophies will be awarded to swimmers over 9 years of age.
- Swimmers age is at the commencement of the season.
- Disqualification rules will apply to all eligible swimmers over 9 years of age.
- Swimmers must have competed in a minimum of four (4) club nights from the commencement of the 2020/21 summer club night series to be eligible.
- Club championship dates are set by the committee members of Central Aquatic Swimming and Lifesaving Club and this year are on the 23<sup>rd</sup> and 30<sup>th</sup> of March. Swimmers will be notified of any change to these dates, via email at least 2 weeks prior to championships.

## 2.3 Getting Involved

Parents are one of the main secrets to success in the world of swimming.

Volunteering means that you not only have another avenue to have a great impact in your child's athletic environment, but it gives you a fun setting in which to meet other adults and make new friends.

Here are a few simple ways to get involved:

- Join the club committee (or sub-committee). As a volunteer you can be instrumental in strengthening swimming in our club and our state.
- Become an official, timekeeper or an announcer.
- Be a timekeeper at club nights and swim meets.
- Cook the BBQ or help with the drinks on club nights.
- Help out with club fundraising.

Thanks to all our parents who dedicate their time and efforts to their child's swim club.

## 3.0 Lifesaving with Central Aquatic

Lifesaving classes are held at Bayswater Waves every Saturday during the summer season from 9am to 10.00am and instruction is by qualified instructors. A membership form is required to be completed by all swimmers who would like to participate in lifesaving. Please find this membership form in Appendix 3.

The club is very privileged to have a number of experienced national and international competitors and coaches as instructors.

Central Aquatic Swimming and Lifesaving Club host several special event days such as Beach Days and competitive events like the Junior Life Guard competitions. Attendance at these events is voluntary.

#### Lifesaving awards include:

Swim and Survive  
Bronze Star  
Bronze Medallion  
Bronze Cross  
Award of Merit  
Instructors Certificate



Classes include competition training and resuscitation certificates.

Committee member: Tom Ballantyne

Email: Attention Tom Ballantyne at <mailto:centralaquatic@outlook.com>

## 4.0 Competitive Swimming with Central Aquatic

As a member of Central Aquatic Swimming Club, you receive membership to Swimming WA and are therefore eligible to compete in sanctioned meets both in the pool and during the summer open water series. There is a list of [targeted meets](#) on our website and a [link](#) with information on how to enter these meets online.

### 4.1 Entering swimming competitions

#### Swimming competitions

Events organised by Swimming WA are entered online through the My Swim Results website. Use the Event Calendar on the Swimming WA website or go directly to My Swim Results <http://www.myswimresults.com.au/Calendar.aspx?CountryCode=AUS|WA>

Each targeted meet on the calendar on our website now serves as a direct link to the event on My Swim Results.

#### Some important points to remember.

- Discuss the event with club coaches.
- Keep track of the closing dates of events.
- Don't leave your entries until the last minute. Some events can fill before the closing date of the event.
- Adhere to the Swimming WA current race suit policy (See appendix 4)
- Trophy and medal presentations are a significant honour. **Please ensure club clothing is worn to collect your award. (No towels around waist)**

The club organising the swim meet will nominate the time keeping lanes. Timekeeping rosters are found on our website at least two days before a given meet. Families swimming should check social media and/or website for a link to the roster. At least one parent from **each family will be required to complete duties as specified during each swim meet.**

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## 4.2 Interclub meets

During the season, the club may compete in **meets with other clubs**. These meets can include both individual races and relay races in age groups. The interclub meets rotate between the club pools and allow swimmers to compete in a low key but competitive environment.

The **Club Premierships** are a Swimming WA run club competition held at Challenge Stadium and include a full competitive structure, with officials and club rankings. The club will organise a theme for the march through parade at the commencement of this event. Swimmers are encouraged to get involved with the theme and to wear club uniform at all other times.

Many swimmers are selected to represent the club at the premierships competition. Competitors may be nominated (either as a swimmer or a reserve) for as many events as they are eligible to swim by age but may not swim in more than two individual events. It is an honour to be chosen to represent your club but not all competitors have the opportunity to swim on that day. This is a team event and it is imperative that all competitors attend the day as requested by the coaches. Entry fees for this event are paid for by the club.

The coaches will select swimmers for meets based on their assessment of the swimmers capacity and stage of development. The coaches will discuss selection and availability with parents and swimmers directly for all meets.

## 4.3 Swimwear guidelines

There are strict swimwear guidelines for all swim meets sanctioned by Swimming WA. Please see the current policy at [Swimming WA Swimwear Policy as of May 2018](#). This policy is also attached as Appendix 4.

The general guideline for all Central Aquatic Swimming and Lifesaving Club members at club nights is that swimsuits are to be in good moral taste and suitable for the purpose.

## 4.4 Swim Meet Tips and Tricks

### What to bring in your swim bag...

Money for pool entry, to purchase a program and sometimes a raffle.

Swimmers should wear bathers under their tracksuit, ready for warm up.

In winter, wear or bring warm gear, jacket/change clothes/beanie/ugg boots.

Club uniform is essential, please ensure all clothing is labelled & bring spare towels.

If you wear a swim cap, it must be a Central Aquatic Club Cap.

Pack your goggles and a spare pair of bathers to change into after warm-up.

If an all-day meet, bring along some cards, a book, or games to keep occupied between events.

Always bring plenty of food; healthy snacks and drinks for competitions. Refuelling your body is very important. Please speak to coaches for more tips on what food/drinks to bring.

A camera for some happy snaps of their first swim meet!

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We hope you enjoy your first competition experience. Make sure you encourage new swimmers and their families to RELAX and have FUN! If you have any questions, please ASK an experienced swim club family or a coach.

## What to do at your first swimming competition...

On arrival, look for the red club shirts. Club members aim to sit together in the stands and cheer the swimmers.

Swimmers must check in with their coach for warm up instructions immediately on arrival. They should also check in with coaches before their event is marshalled and immediately after every race they've completed.

Just like Club Nights, swim meets rely on volunteer parents/supporters to share the timekeeping duties. It's a chance to see the swimmers close-up on pool deck and get splashed in the Butterfly events! The job is easy at HBF Stadium with electronic timing, just press the red button when swimmers touch the wall.

Parents should keep an eye on the events counter for marshalling. Ask someone to point out where it is and make sure swimmers don't dash off to the toilets or disappear without letting you know where they're going.

Please supervise young children at all times.

Tip: Avoid parent coaching on technique or race tactics. A parent's role is to support and encourage. The coach's role is to support, encourage and provide race instructions, comment on technique or critique race tactics.

When swimmers return to the stands, compliment and congratulate them on their efforts with a relaxed "well done". Always praise a personal best time and good effort. If things don't go right, resist scolding swimmers or asking confronting questions like "What happened?!?"

Avoid competitive parent syndrome, i.e. comments that express displeasure in a swimmer, or critically compare their swim to another athlete's performance.

## 4.5 General Swim Rules

DISQUALIFICATIONS: are according to Swimming WA rules, an affiliated member of FINA the international governing body. Disqualifications are automatic for swimmers who;

- push off the bottom of the pool during a race
- leave the starting blocks before the starter's signal.

ONE START RULE: applies to all swim meets including Club Nights. In the event of a false start caused by a technical fault, you will hear repeated blasts of the buzzer and/or Referee's whistle. Swimmers will be recalled to start the race again. A Referee's decision is final.

### STARTS

Butterfly/Breaststroke/Freestyle/Individual Medley

A dive start from the blocks is used for butterfly, breaststroke, free-style and individual medley. When the Referee's whistle sounds, mount the block in your allocated lane and be ready for Starter's instructions. On the command "TAKE YOUR MARK" take up your starting position. Swimmers must then remain completely motionless and only dive on the sound of the Starter's signal.

## Backstroke and Medley Relays

Backstroke events and Medley Relays start in the water. Swimmers enter the water feet first after Starter's whistle and immediately take hold of the blocks. On the command "TAKE YOUR MARK" take up your starting position. Swimmers remain motionless after the command "TAKE YOUR MARK" until starter's signal is heard.

## URNS

There are two general rules for all turns

1. The swimmer must make contact with the wall before pushing off.
2. Once the swimmer has pushed off a wall they may perform a streamline for not more than 15m.

More specific rules exist for Butterfly/Backstroke/Breaststroke and Medley turns.

Butterfly: Butterfly turns must be initiated with a two-handed touch.

Backstroke: Backstroke turns may be initiated with a single or double arm pull on the swimmers' tummy. However once both hands are by the swimmers' side they must turn. Swimmers must push off on their back.

Breaststroke: Breaststroke turns must be initiated with a two-handed touch, following this the swimmer may push off and perform a split stroke (for not more than 15m). At the completion of the split stroke the swimmers' head must break the surface of the water before the arms reach the widest point of the pull.

Individual Medley: Turns between the same strokes are as above, however turns between different strokes are as follows:

Butterfly to Backstroke: turn must be initiated with a two-handed touch. The swimmer must push off on their back.

Backstroke to Breaststroke: turn must be initiated with a single-handed touch on the back and swimmers must leave on their front and is able to perform a split stroke (for not more than 15m). At the completion of the split stroke the swimmers' head must break the surface of the water before the arms reach the widest point of the pull.

Breaststroke to Freestyle: turn must be initiated with a two handed touch.

## FINISHES

Butterfly: both hands must touch the wall together.

Backstroke: one hand must touch the wall whilst you're on your back.

Breaststroke: both hands must touch the wall together.

Freestyle: one hand must touch the wall.

## 4.6 Technical Officials

### The Officials—What do they do?

**Time Keepers:** use either watches or automatic timers, depending on the facilities at the venue, to record the official time for the swimmer in their lane.

**Operator of Electronic Equipment:** controls the electronic timing system. Determines official swim times using timing system.

**Turn judges:** observe from each end of the pool to ensure that the turns comply with the rules applicable to each stroke.

**Judges of Strokes:** observe the swimmers, alongside the pool, ensuring each rule relating to the different strokes is complied with.

**Recorder:** maintains records of times, results and point scores where appropriate. Posts results in a place accessible to the public.

**Marshall:** marks off as present swimmers in the marshalling area. Finalises race sheets and lane assignments.

**Starter:** takes control of the swimmers from the Referee to start the race by saying 'take your mark', waiting until there is no movement from any swimmer on the blocks, and giving the start signal.

**Referee:** has overall authority of the competition and ensures that all rules are followed. They instruct all officials and have any violations of the rules reported to them.

**For information on free Technical Official Courses contact Swimming WA**

## 4.7 Glossary of Terms

**Targeted Meet:** Coaches and swimmers attend.

**Short Course (SC):** Swim meets held in 25m pool. Winter season runs from May to September.

**Long Course (LC):** Swim meets held in 50m pool. Summer sea-son runs from October to April.

**Qualifying Time (QT):** Slowest time required to enter a meet. Ei-ther, No Time (NT), AA, State or National.

**Disqualification (DQ):** When a swimmer has breached the FINA rules for an event.

**Open Event:** Open to any age, subject to entry QT's.

**Individual Medley (IM):** Where swimmers complete either 25m/50m/100m of each stroke combined i.e. Butterfly, Backstroke, Breaststroke & Freestyle, in that order.

**Medley Relay:** Where four swimmers swim in the order of Back-stroke, Breaststroke, Butterfly & Freestyle.

**Marshalling Area:** An area for competitors to check in before rac-ing and be placed in their event ready to start.

**Marshall:** The Official who checks off competitors' names in the marshalling area before their events.

**Heats:** Events swum to determine the 8 (or 10) finalists.

**Finals:** Events swum to determine the medal winners from the top 8 (or 10) heats swimmers.

**Timed Final (TF):** Events swum without heats to determine medal winners.

**Referee:** Official who checks for correct stroke technique, starts, turns, finish and ensures swimmers abide by Swimming WA/FINA rules.

**Personal Best (PB):** Best time recorded.

**Premierships:** Annual competition between eight clubs in either A, B, C, D or E Division.



## 4.8 Junior Excellence Programme

The Australian JX Program recognises, rewards and encourages junior swimmers who achieve a high standard of swimming excellence.

Under the program, swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season.

For doing so, qualifiers receive special recognition by way of:

A distinctive JX t-shirt

A JX certificate of achievement signed by the National Youth Coach and members of the Australian Swim Team.

Publication of their name on the Swimming Australia website

An opportunity to attend a Junior excellence training session. For more information about the JX programme check out the [Swimming Australia](#) website

## 5.0 Useful websites

[Central Aquatic Swimming and Lifesaving Club](#)

[Central Aquatic Swimming and Lifesaving Club Facebook page](#)

[Swimming Western Australia](#)

[My Swim Results](#) for Membership, some meet entry requirements as well as information about;

- Rankings
- Personal Bests
- Target Times
- Follow your friends
- Recognition of your own achievements
- Annual Subscription

[Western Australia Institute of Sport](#)

[Swimming Australia](#)

[Australian Institute of Sport](#)

[Bayswater Waves](#)

## 6.0 Appendices

1. De Lacy Swim School Brochure
2. Lifesaving Membership Application form
3. Swimming WA Competition Policy—Technical/Performance Race Suits

## Appendix 1 de Lacy Swim School Information

### DELACY SWIM SCHOOL

Head Coach: Wayne de Lacy



Nationally Accredited Coaches

Professional Coaching at all levels from beginners to Olympians and Paralympians.

Coaching hours at Bayswater Waves

Mon: 5:30 – 7:00am / 4:00 – 6:00pm

Tuesday: 4:00 – 6:00pm

Wed: 5:30 – 7:00am / 4:00 – 6:00pm

Thursday: 4:00 – 6:00pm

Friday: 7:00am / 4:00 – 6:00pm

Saturday: 7:30 – 9:00am

Please speak to Wayne or other deLacy Swim School coaches about fees for casual and/or regular swimmers.

Monthly payment 'bundles' available for regular swimmers

Contact details:

Address: P.O. Box 43

Forrestfield 6058

E-mail: [swimschool@inet.net.au](mailto:swimschool@inet.net.au)

Mobile: 0417914867



## Appendix 2 Lifesaving Membership Form

### Central Aquatic Swimming & Lifesaving Club

#### 2019/2020 LIFESAVING MEMBERSHIP APPLICATION FORM

Please note that if you are a Central Aquatic member then you can participate in lifesaving sessions as part of your membership, you do **not** need to pay the fee.

**If you are registering as a lifesaving member only then the fee will be \$50.**

Lifesaving Member **only** \$50     Lifesaving Member (registered with CAQ)

Your lifesaving membership entitles you to attend lifesaving sessions with Central Aquatic Swimming and Lifesaving Club.

If you would like to participate in other Central Aquatic events you will need to register through Swimming WA as an annual member of the club.

***Further information can be found on our Facebook page***

[centralaquaticswimmingandlifesavingclub](https://www.facebook.com/centralaquaticswimmingandlifesavingclub)

*or our website*

[www.centralaquatic.com.au](http://www.centralaquatic.com.au)

***For any other information or enquiries please email:*** [centralaquaticswimmingandlifesavingclub@outlook.com](mailto:centralaquaticswimmingandlifesavingclub@outlook.com)

REGISTRATION NUMBER

[?][?][?][?][?][?][?][?][?][?]

(first three(3) letters of last name, first two(2) letters of first name, date of birth (DDMMYY))

(e.g. John Smith D.O.B 11<sup>th</sup> December 1991 reg # SMIJ0111291)

Swimmers Details if under 18 years of age & registering for the first time need to see birth certificate or extract.

Surname \_\_\_\_\_

Given names \_\_\_\_\_

Address \_\_\_\_\_

Telephone(home) \_\_\_\_\_

(mobile) \_\_\_\_\_

Email \_\_\_\_\_

*All club notices are sent via email*

Permission to use email address for club information    yes     no

Date of Birth \_\_\_\_\_

In Case of Emergency -

Name

Contact

## Appendix 3 Technical Performance Race Suit Policy – Swimming WA



### Swimming WA Competition Policy Technical/Performance Race Suits

**November 30th 2017**

In the interests of athlete development and retention, Swimming WA in consultation with Swimming Australia, the SWA High Performance and Competition and Planning Committees, will institute a new Policy pertaining to the use of technical/performance race suits at Swimming WA sanctioned competition.

Technical/Performance suits can be very expensive and thus provide a potential barrier to entry for families looking to start out in swimming. In the opinion of Swimming WA and other State Swimming Associations, there are no proven performance benefits for young swimmers using technical/performance suits. After consultation with coaches across the State, feedback indicates that much of the benefit of wearing a technical/performance suit **is not relevant to young swimmers** who have yet to physically develop.

The move to limit the use of technical/performance suits for young swimmers is another initiative from Swimming WA to remove the competitive pressure on young swimmers at a crucial development phase of their swimming journey.

The SWA Technical/Performance Race Suits Policy will come into effect on **1<sup>st</sup> May 2018**.

#### Who Will the Change Apply To?

##### Swimmers Aged 13 Years and Over:

Will continue to be permitted to wear swim wear in line with the FINA by laws 8.1, 8.2 and 8.3.

##### Swimmers Aged 12 Years:

Will no longer be permitted to wear technical/performance race suits at any Swimming WA sanctioned competition, except for the meets listed below whereby they will be permitted to wear swim wear in line with the FINA by laws 8.1, 8.2 and 8.3.

- Swimming WA State Age Short Course Championships
- Swimming WA State Open Short Course Championships
- SunSmart State Age Long Course Championships
- Hancock Prospecting Western Australian Long Course Swimming Championships
- SunSmart End of Summer Sensation

##### Swimmers Aged 11 Years and Under:

Will no longer be permitted to wear technical/performance swimsuits at any Swimming WA sanctioned competition

1

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SUNSMART

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### What is a Technical/ Performance Suit?

Technical/performance racing suits are manufactured using scientifically advanced materials. Materials of this type are normally comprised of [spandex](#) and [nylon](#) composite fabrics with features to reduce “drag” against the water. The fabrics include features which are highly compressive and increase the swimmer’s glide through water and reducing absorption of water by the suit as opposed to regular swimsuits.

Traditional one-piece race suits for females as well as briefs and trunks for male swimmers are not technical/performance suits and will be permitted. Knee length suits and “jammers” will also be permitted provided they do not feature the key components of a technical/performance swim suit will also be permitted.

The key component of a technical/performance suits which should be identified when differentiating what is and isn’t permitted are the following

- Bonded/ Sealed Seams
- Meshed Seams
- Kinetic Tape



The above photographs are examples of seaming which will continue to be **permitted** for swimmers aged 12 years and under, note the stitching is raised on the outside of the fabric.

2

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The above photographs are examples of swim suit seaming which **will no longer be permitted** for swimmers aged 12 years and under. Note the bonded/sealed seams and use of kinetic tape.

#### How will This Change be Officiated?

Swimming WA will host a formal education session for Technical Officials and Coaches in early 2018 to help all parties accurately identify the difference between the two types of suits. Swimmers will be monitored throughout all Swimming WA sanctioned meets and will be asked to change into a complying swim suit if required.

#### Next Steps

Please communicate these changes to your membership over the coming months. Swimming WA have delayed the enforcement of this new rule to ensure that pre purchased technical/performance suits can continue to be utilized throughout the 2017/18 Summer Season. If you have any questions about which suit is and isn't legal please call the Swimming WA office or see Swimming WA's official retail partner Swimmers World.

If you have any further questions about this policy please contact Swimming WA Competitions Coordinator Blake Lornie-Duguid on (08) 9328 4599 or at [blake.lornieduguid@wa.swimming.org.au](mailto:blake.lornieduguid@wa.swimming.org.au)

Thank you for the role your Club is playing to ensure that swimming is an essential part of the western Australian way of life.



**Darren Beazley**  
Chief Executive Officer

3

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