

CLINIC/MEET FOR DEVELOPING SWIMMERS AT WARIALDA

Sunday 5th December - 9:30 for 10am

COVID 19 rules apply at the time of printing (17/10/21)

Sign in QR code at pool

Over 16 must be double vaccinated (proof required)

The clinic/meet is open to swimmers 9 to 12 yrs. who are members of a swimming club or who are interested in a 'come and try' opportunity. Swimmers need to be able to swim 50m in their chosen events.

Clubs without coaches are especially welcome to come.

The main idea of the day is to help teach swimmers the rules and how to avoid disqualifications at carnivals etc. Questions either from parents or swimmers are welcome.

Licensed coaches and qualified technical officials will be in attendance to help with questions on all aspects of swim meets.

Events will be:

- 50m in all strokes; plus
- 100m in all strokes

and will be run in the long course pool at Warialda.

If possible, submit times so seeding can be done. These can be from club night, school carnivals or wherever a time has been recorded. It is just to try to group similarly timed swimmers.

The heats will be run from the fastest to the slowest. This gives new swimmers a chance to watch the more experienced ones in each stroke/event before they compete.

Technical Officials:

Qualified and/or trainee TOs are invited to help. Interested people are welcome to join the team and work with and/or observe the officials on the day. This will help those clubs without officials to understand how to help their club swimmers learn good practice at club nights. Anyone wanting to undertake training prior to the day can contact Pam.

We need more trained technical officials on deck to help ensure our Area swimmers are not heading for higher level meets where they could be disqualified for infractions that could have been identified and fixed at club nights and area meets.

The format for each stroke/event will be:

Coaches/ Technical officials will explain – start, stroke rules, turn rules (for 100m events), finish plus any other relevant information for those who are new to competition.

Swim the event from fastest heat (for those who submit times) to slowest or no time swimmers. There will be timekeepers but only for general interest purposes and Technical Officials training as the times will not be uploaded.

Coach and Technical Officials review: feedback and discussion covering

- common errors for the event
- points to take back to home coach where applicable
- parent queries on the event
- stroke
- rules

Rules that could be difficult to understand will be covered. Discussion to help dispel some of the myths of infractions leading to disqualification can be reviewed.

Extras: If there is time the remaining swimmers can elect to swim a relay to be organised on the day.

Conditions of Entry:

Online entries will be accepted and welcomed. Entry help will be available if needed.

For those not yet members another option will be available.

Entry fees: (Pool entry only)

Adult: \$4.50

Child: \$3.50

This is a great opportunity for swimmers in the Area and could be the first of many similar events if successful.

Entries on the day are not encouraged, rather discouraged – please book in to allow organisers to prepare programs etc to make the day run well. If too many turn up unexpectedly on the day it will not be possible to run as well as if we can cater for everyone.

If those who do enter in advance decide they would like an extra swim on the day we will certainly try to accommodate requests.

Attending parents/carers/adults will be asked to help out in some way so everyone is involved. It is a great way to meet new people with children in swimming.

Kiosk will be operating with hot and cold food available

Contact Information:

Keith: 0412 622 991

Pam: 0428 223 083

Program:

Stroke	Distance	Heats run	Entry Times	
Freestyle	50m	Fast to slow	Preferable	
Breaststroke	50m	Fast to slow	Preferable	
Backstroke	50m	Fast to slow	Preferable	
Butterfly	50m	Fast to slow	Preferable	
Breaststroke	100m	Fast to slow	Preferable	
Backstroke	100m	Fast to slow	Preferable	
Butterfly	100m	Fast to slow	Preferable	
Freestyle	100m	Fast to slow	Preferable	
Relays	if time permits			

Many thanks to Danni and Alan at the Warialda pool for making this opportunity available to us all.