



# Members Handbook

**“To be an exceptional swimming club of choice, that inspires a lifelong love of swimming”**



[www.breakerswaswimclub.org](http://www.breakerswaswimclub.org)



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



<https://www.instagram.com/breakersswim/>

Proudly trains at Craigie Leisure Centre and partners with WAIS.

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# Introduction

Welcome to the Breakers Swim Club (“the Club”). Whether you have been a member of the club for a long time or are new, we hope you and your family enjoy what the Club offers you on many different levels. Our vision is to be an exceptional swimming club of choice, that inspires a lifelong love of swimming.

We deliver on our vision by developing, promoting and sustaining a unified club culture that adopts an inclusive whole of swimmer approach that inspires each and every member to fulfil their own greatest potential.

The pool swimming season in Australia is broken into a Long Course (Summer) and Short Course Season (Winter), with meets that run throughout both seasons. The Open Water swimming season is through Summer with the competitions spread through that season at various locations within WA and Australia.

# Club Information

Training is based out of Craigie Leisure Centre (“CLC”), utilising both the indoor and outdoor pools. To be a member of Breakers Swim Club you will have paid the Breakers membership fee and be enrolled in one of the Breakers squads paying the requisite squad fees. Swimmers who withdraw from a squad and cease to pay squad fees will have their membership terminated and will not be considered members of the Club. By joining Breakers Swim Club and participating in our squad program you will:

- receive up to date information around events held through the seasons for both the club and Swimming WA (“SWA”).
- be able to compete in both club and SWA sanctioned events.
- have access to additional training skills sessions through the season.
- have access to camps and activity days.
- have full access to many options for training and improving your swimming skills, with programs tailored to suit your swimming level and goals.
- be part of one of the top swimming clubs within WA.
- participate in a program that builds your technique, fitness and strength.
- be able to represent the club at local, state, national and international level.

Throughout the year we run a number of swim meets at either CLC or other major pools where our members can compete. These events are specifically targeted to your age, ability and goals and can be open water or pool events.

Club colours are black, yellow and purple. All members are encouraged to wear club uniform and colours, particularly at competitions. Club caps are expected to be worn when competing at any swimming competition.

Club gear can be ordered via our website or through contact with our Club property officer on [property@breakerswaswimclub.org](mailto:property@breakerswaswimclub.org). A variety of club apparel will be made available at most Club Swims or upon request to our Club property officer.

## Life Members

Mrs Sally Allen	Mrs Nancy Mills	Mr Malcolm Ross	Mr Frank Anderson
Mrs Robyn Arblaster	Mr Ian Arblaster	Mrs Denise Casson	Mr Terry Lovelock
Mrs Jan Corkill	Mr Ian Mills	Mr Rick Corkill	Mr Ron Barnes
Mr Dani Dielson	Mr Andrew Weston	Mr Campbell Anderson	Ms Kirsten Campbell

## Coaching Team

Our coaching team is there to not only help you train and meet your goals but also to guide you through the swimming pathway, developing that lifelong love of swimming. When you join the Club, you will be introduced to not only our Club’s Head Coach but also your squad coach. Through the swimming season your coach may change depending on your/ the squads needs.

Meeting with your coach to develop training plans, goals and review performance is an important part of training. However, it is not practical to have these discussions with the coaches whilst they are coaching a squad session. If you have a question for the coach, please understand that it is courteous to ask the coach **after training** if there is a suitable time for discussion or send them an email or TeamApp message. Please avoid approaching them on the pool deck during training sessions.

Our coaches are approachable and willing to discuss a swimmer’s progress, needs or problems. If there is something the coach needs to know for the benefit of training or the swimmer’s wellbeing, please don’t be afraid to discuss it. Common issues that may affect a swimmer's progress include: puberty, development, relationships, problems at school, or self-esteem. If you feel your child is struggling to balance homework, it is essential that you communicate this immediately to the coach and your child's teacher, so that a plan can be put in place. Swimming can be seen as a great asset to your child's success in school.

Swimmers need to be in a learning environment that is free of distraction and for this reason Breakers has a **“No Parent on Pool Deck Policy”** and we ask that all parents avoid sitting on the pool deck during training time.

We also have a **“One Coach Policy”**. Swimmers should not seek training with other squads or coaches, unless it is under specific agreement with their current squad coach. This is to ensure swimmers are not overtrained (and therefore susceptible to injury and fatigue). Every coach also has their own mapped program which includes varying methods of teaching swim technique and it can therefore be confusing for swimmers to receive advice from more than one coach.

Placement of swimmers in squads is at the discretion of the coaching staff and is based on swimmers’ level of performance, degree of application and ability. As a new member you will be assessed and then advised which squad is appropriate to commence training in.

## Committee Meetings

The Club’s Management Committee meets monthly. Minutes from committee meetings are available on request but please note that these are not for public circulation.

## Communication

Communication to our club members is via TeamApp messages. Notices, information and photos can also be found on TeamApp, Facebook and Instagram. As a Breakers member you will also have access to our Breakers community on TeamApp which can be downloaded from Google shop or the App Store via phone or computer.

## Fundraising

The Club covers many costs associated with providing coaching, Club and team events for our members. To enable us to do this we do require the support of funds. It is therefore expected that all Club families participate in Club fundraising activities that are arranged throughout the year.

The Club encourages its members and swimmers to participate in these events. Their contribution and input helps them to develop important skills beyond their sport and shows an active commitment to their team. Families with swimmers aiming for National Qualification, have an additional requirement towards fundraising due to the club subsidising the cost of National uniforms and travelling teams.

## Volunteering

Our Club is run by and cannot survive without the support of many volunteers. There are many ongoing jobs within the Club that don't require you to be a committee member. Volunteering is rewarding and is a great way to make new friendships and learn new skills. The club cannot function without active volunteers, so please put your hand up.

Parents are encouraged to take on a swimming officials role within SWA and the Club. There are introductory courses available throughout the season and we will advertise these through our notices. Please contact our [smo@breakerswaswimclub.org](mailto:smo@breakerswaswimclub.org) or our [registrar@breakerswaswimclub.org](mailto:registrar@breakerswaswimclub.org) if you are interested in these roles.

When we host our own Club meets, it is compulsory for the Club membership to be actively involved in helping make the day a success. There are many jobs to be done before and during the actual event. It can't be run without your involvement and the funds raised at these events help keep our fees down.

## Training Fees

All swimmers are required to pay squad fees to support provision of lanes and coaches for the program. To become a member of the Club you are required to pay an annual membership fee directly to the Club (this fee allows you to compete in Club and SWA sanctioned meetings, and access to additional club events and information). Fees are generally reviewed on an annual basis. A fee breakdown is available from our registrar.

## Training Information

The Club trains approx. 48 weeks of the year. Breaks will be advised to members through our notices.

Note: Parents picking up or watching their children train are not expected to pay an entry fee at CLC.

Squad placement takes into consideration each swimmer and the following aspects:

- Technical ability of swimmer.
- Age and physiological development of swimmer.
- Swimmer’s ability to cope with required volume and intensity of training.
- Swimmer’s attitude towards training, coaching staff and other swimmers.

To transition up or maintain a position in a particular squad, a swimmer needs to meet all the criteria. The Club’s Head Coach reserves the right to transfer a swimmer outside of the above guidelines in circumstances.

### Equipment Required for Training

Equipment	Gold & Platinum	Purple	White	Black
Drink Bottle	Yes	Yes	Yes	Yes
Kickboard	Yes	Yes	Yes	Yes
Pull Buoy	Yes	Yes	Yes	Yes
Long Fins	Yes			
Short Fins		Yes	Yes	Yes
Paddles - Small	Yes	Yes	Yes	Yes
Paddles - Large				Yes
Ankle Band	Yes	Yes	Yes	Yes
Snorkel	Yes	Yes	Yes	Yes
Foam Roller	Yes	Yes	Yes	Yes
Trigger Ball				Yes
Skipping Rope		Yes	Yes	Yes

## Swimming WA Squad Program (SWASP)

Athletes are eligible to be Breakers Swim Club members when training in any of the SWASP squads to enable competition swimming.

SWASP is not coached by Breakers coaches and all training fees are managed by SWA. A swimmer attending targeted swim meets will have access to Breakers coaches during warmups, cooldowns and pre-race and post-race discussions.

## Breakers Squads

### Gold Squad

Swimmers are selected for Gold squad after successfully completing a trial. Gold Squad aims to develop stroke technique and skills in all four competitive strokes and introduces swimmers to racing and competitions. The Gold Squad standards document is found in TeamsApp under Key

Information.

## **Platinum Squad**

Athletes are invited to join the Platinum Squad. The Platinum Squad emphasises 'learning to train' and the transition of swimmer to athlete. This phase has a focus on preparation to achieve goals and empowering swimmers to develop an understanding of training and performance. The Platinum Squad standards document is found in TeamsApp under Key Information.

## **Purple Squad**

Athletes are selected into Purple Squad. The squad's focus is on developing strong goals and focuses on the learning to train phase of athletic development with the swimmers moving into more autonomy and ownership with their swimming. This squad is targeted for swimmers who are committed to qualifying for, and performing at, the Australian Age / Open Championships. Also includes athletes with the desire to/or currently competing at a State and/or National level in other water-based sports. The Purple Squad standards document is found in TeamsApp under Key Information.

## **White Squad**

Athletes are selected into White Squad. The squad's purpose is to sustain involvement in squad swimming while managing life commitments. The training program designed by our professional coaches aims to maintain athletes' conditioning, enhance the social aspect of the squad, while also getting challenged with different stimuli throughout the week. The White Squad caters for athletes aged 15 years and over. The White Squad standards document is found in TeamsApp under Key Information.

## **Black Squad**

Athletes are invited to join the Black Squad. This squad will enhance swimmers who are committed to achieving the highest possible performance at the Australian Age / Open Championships, with the drive of making Australian Open and youth teams. Both physical and mental preparation for peak performance at a National level is the key aim of this squad's training program designed by our professional coaches. Individual entry requirements are determined by the Head Coach and are based on age, personal goals/aspirations, background, ability and character. The Black Squad standards document is found in TeamsApp under Key Information.

# Squad Training Timetable

## Black Squad

BLACK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	5:30am-7:30am 25m SC	5:30am-7:30am 50m LC	OFF	5:30am-7:30am 50m LC	5:30am-7:30am 25m SC	6-6:30am Dryland 6:30am-8:30am 50m LC	8x 2 hr sessions Total 8 Sessions
PM	5:00pm-7:00pm 50m LC	OFF	4:30pm-5pm Dryland 5:00pm-7:00pm 50m LC	OFF	5:00pm-7:00pm 50m LC	OFF	Total 16 hours

## Purple Squad

PURPLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	5:30am-7:30am 25m SC	OFF	5:30am-7:30am 25m SC	OFF	5:30am-7:30am 25m SC	6:30am-8:30am 50m LC	7x 2hr sessions Total 7 Sessions
PM	OFF	4:30-5pm Dryland 5:00pm-7:00pm 25m SC	OFF	4:30-5pm Dryland 5:00pm-7:00pm 25m SC	5:00pm-7:00pm 50m LC	OFF	Total 14 hours



### Platinum Squad

PLATINUM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	OFF	5:30am-7:30am 50m LC	OFF	5:30am-7:30am 50m LC	OFF	6:30am-7:30am <b>OR</b> 7:30am-8:30am 25m SC	3 x 2 hr sessions 2 x 1.5 hr sessions
PM	4:30-5pm Dryland 5:00pm-7:00pm 50m LC	OFF	4:30-5pm Dryland 5:00pm-6:30pm 25m SC	OFF	6:00pm-7:30pm 25m SC	OFF	1 x 1 hr session  Total 6 Sessions Total: 10h

### Gold Squad

GOLD	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	OFF	OFF	5:30am-7:30am 25m SC	OFF	OFF	OFF	1 x 2 hr session 1 x 1.75 hr session 2 x 1.5 hr session
PM	4:30-5pm Dryland 5:00pm-6:30pm 25m SC	5:00pm-6:30pm 50m LC	OFF	4:45pm-6:30pm 50m LC	5:00pm-6:00pm 25m SC	OFF	1 x 1 hr session  Total 5 Sessions: Total: 7.25 h

### White Squad

WHITE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
AM	5:30am-7:30am 25m SC	OFF	5:30am-7:30am 25m SC	OFF	OFF	6:30am-8:30am 50m LC	5x 2 hr session
PM	OFF	OFF	OFF	5:00pm-7:00pm 25m SC	5:00pm-7:00pm 50m LC	OFF	Total 5 Sessions 10 hours

\*Activation daily (AM = 5:20-5:40am, PM = 4:30-4:55pm)

# Dry-Land Sessions & Activation Sessions

These sessions are considered an important part of your squads training session. If you attend swim sessions it is a requirement that you attend these sessions as they are a part of the squad training program. These sessions are designed to improve flexibility, core strength and enhance fundamental movement skills to assist with using these muscles to move through the water more efficiently and assisting swimmers in becoming strong healthy athletes. The sessions are planned and targeted at each group's ability and goals.

What else do you need to know?

- All swimmers must wear closed-in shoes.
- Swimmers must come to sessions ready to begin on time.
- Bring a foam roller, mat and any required equipment.
- Please advise of any injury before the class begins.
- Bring water.

## Competitions

### Competition Entries

The swimming season is divided into two-part Long Course season (competitions in a 50m pool) and Short Course season (competitions in a 25m pool). Long Course season generally runs from October to April and Short Course May to September of each year. Both seasons culminate in State and Nationals competitions.

The Open Water series runs from September to March with their Nationals usually taking place the week before the Australia Day long weekend.

Throughout the swimming season there will be numerous competitions run for all swimmers. At the beginning of each swimming season the coaching team, in consultation with the committee identify a number of Target Meets for our club to participate in. Target meets are the preferred meets that the coaching team and Club would like swimmers to attend, the coaching program is geared around these meets, is targeted through the swimmers training, and are also meets where a coach will be present. Please refer to the club calendar on TeamApp to find the target meets for the season. It is your responsibility as a swimmer (or parent of younger swimmers) to be aware of any upcoming competitions and ensure that you have your entry in by the closing date. Meets fill up quickly, so it is recommended to enter meets as soon as they open.

The process for entering meets is online and this requires you to register via Swim Central. Personal Best Times can also be obtained from Swim Central. For further information regarding competition entries, please email the Meet Support representative, at [entries@breakerswaswimclub.org](mailto:entries@breakerswaswimclub.org).

There are a range of important policies, guidelines, standards, qualifying times and other pertinent information under Key Information on TeamsApp. It is recommended that you familiarise yourself with these documents.

**If your child enters a swim meet of any kind, there will be a requirement that they have an adult available for time keeping or other roles allocated by the swim meet officer.**

Please advise the swim meet officer at [smo@breakerswaswimclub.org](mailto:smo@breakerswaswimclub.org) if you have any specific requirements for time trials at Club swims prior to the closing date of the event.

### Club Championships

The Club hosts two championship events per year. Swimmers are able to participate in the events listed for each championship in the table below. Trophies are awarded to the male and female winners in each age group for each championship event. The age categories will be the age of athletes as at the day of the second

event. Junior Dolphins 8 years and under are invited to participate in 50m events.

Distance Event – Distance and Individual Medley	
9-11 years	200m Freestyle and 200 IM
12-14 years	400m Freestyle and 200 IM (400m IM double points)
15 years and over	800m FS and 200 IM (400m IM double points)
Sprint and Form Stroke Event	
9-11 years	50m Freestyle + 100m Backstroke + 100m Backstroke + 50m Butterfly + 50m Breaststroke
12-14 years	50m Freestyle + 100m Backstroke + 100m Backstroke + 50m Butterfly + 50m Breaststroke
14 years and over	50m Freestyle + 100m Backstroke + 100m Backstroke + 100m Butterfly + 50m Breaststroke

### Participation Criteria

Swimmers must be a Club member to be eligible for trophies. A swimmer disqualified for incorrect action is disqualified from that event only and is not disqualified from the overall Championships. In the case of a dead heat, dual trophies shall be awarded.

Points gained for placing in the Championships shall be as follows:

1st - 12, 2nd - 10, 3rd - 8, 4th - 6, 5th - 4, 6th - 3, 7th - 2, 8th - 1

### Records

Personal Best Times and Club Records are maintained throughout the season from Club and SWA swim meets. Records information is kept up to date on the Club website.

Club Record Certificates are awarded to swimmers when club records are broken. Club records can be achieved at any Club or SWA meet, or any National or International event.

## Swim Meet Preparation

### Prior to any swim meet

- Check for entry due date on the calendar which can be found in the newsletter and on TeamsApp.
- Swim entries must be submitted online via Swim Central, prior to the closing date (late entries are not accepted).
- Keep a copy of your entry and get your swimmer to check events and heat numbers prior to coming. It may be a good idea to write their event and heat numbers on their hand for the day to remind them.

### Day of Swim Meet

- If you are not attending a meet and have placed in an entry form, please advise the Swim Meet Officer that has been noted on the program guide, check the SWA website for details.
- Any late scratchings during the meet must be approved by your coach.
- Your coaches will advise the appropriate time for you to arrive for a swim meet (this is usually an hour to an hour and a half before your first event).
- On arrival please see a Breakers coach to confirm your warmup, if not already known.
- Each event number will be placed on the marshalling board during the meet. It is up to the swimmer to keep an eye on the board and arrive promptly in the marshalling area when required.
- Swimmers remain in the marshalling area and behave in an orderly manner.
- If you miss your event, it is not possible to enter another heat.
- Timekeeping duties are a requirement of entry. All parents of a swimmer will have a duty on the day of the meet. You will be provided details of your volunteer duties via the club notices. You may still be

required to time keep in the event where late notice was provided for scratching your swimmer from the meet (there may be opportunity to swap with another swimmer's timekeeping allocation).

- Real time results are generally made available on Meet Mobile – download via Google shop or the App Store.
- **Swimmers are expected to wear club uniform, which includes club cap at all competitions.**

## Team Selection Criteria

ALL BREAKERS MEMBERS ARE SUBJECT TO SELECTION FOR PREMIERSHIP TEAM AND STATE CHAMPIONSHIPS RELAYS UNLESS A RELEASE HAS BEEN GIVEN BY THE SELECTION COMMITTEE

Selection will be in accordance with the Breakers Relay and Team Selection Policy which can be viewed on the TeamsApp under Key Information.

Swimmers can be selected for relays even if they do not have individual qualifying times for the relevant meet. All selections will be based on the maximum benefit to the club. Reserves will be selected and need to attend the meets. Should any changes or amendments to any selection policies be made these will be displayed on the website and members will be notified.

## Useful Websites

Swimming WA – [wa.swimming.org.au](http://wa.swimming.org.au)

Swimming Australia – [swimming.org.au](http://swimming.org.au)

Asada – [asada.gov.au](http://asada.gov.au)

WAIS – [wais.org.au](http://wais.org.au)