



Members Handbook

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



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. 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 predominantly 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 Craigie 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.

From August 2019 the squad programs run with a blend of Breakers and Swimming WA Squad Program coaches. This sees the program transition from, what was, a coaching team run by the City of Joondalup. The club is also affiliated with the Western Australian Institute of Sport (WAIS) but is also supported by our Breakers club coaches. Between the Craigie Leisure Centre, SWASPS and Breakers, participants have access to a full pathway of swimming, from Learn to Swim Program (run by CLC), to Junior Bronze and Swimfit (run by SWASP) to competitive swimming (run by Breakers). This pathway caters for the competitive swimmer from a local, State, National and High Performance level.

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. A variety of club apparel will be made available at most Club Swims.

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 are 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 Director of Swimming 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 taking 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 well being, 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 a weekly TeamApp message. 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 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. Generally there will be two per year, as organised by our fundraising coordinator.

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. Affected members should refer to the National Policy for further details.

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, no matter how busy you are.

Parents are encouraged to take on a swimming officials role within Swimming WA and the Club. There are introductory courses available through the season and we will advertise these through our notices. Please contact our smo@breakerswaswimclub.org or our 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 Breakers Swim Club you are required to pay an annual membership fee directly to the club (this fee allows you to compete in club and Swimming WA 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 friendly registrar.

Training Information

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

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

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 Director of Swimming reserves the right to transfer a swimmer outside of the above guidelines in exceptional circumstances. If this were to occur, it would follow consultation between the coaching staff, parents, the swimmer and any administration.

Equipment Required for Training

	Junior Pathway Squad Equipment	Gold	Purple	White	Black
Drink Bottle	Yes	Yes	Yes	Yes	Yes
Kickboard	Yes	Yes	Yes	Yes	Yes
Pull Buoy	Yes	Yes	Yes	Yes	Yes
Long Fins	Yes	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

SWASP Competitive Stroke Development Pathway:

This programme has four squad levels and focuses on effective and efficient stroke technique of Freestyle, Backstroke and Breaststroke, turns and the development of Butterfly. This squad is targeted for swimmers in primary or lower secondary school. Once our swimmers have moved through the squads, they are ready to graduate to a Swimming WA competitive club.

For more information regarding the SWASP Competitive Stroke Development Pathway please visit their website: <https://wa.swimming.org.au/come-swim-with-us/getting-started/craigie-squads>

Athletes are eligible to be Breakers Swim Club members when training in any of these squads. Breakers members in these squads have the same access as any other members in our pathway, the only difference being that you will be training under the guidance of SWASP.

Breakers Squad Pathway

Junior Pathway Squad:

Athletes are selected into the Junior Pathway Squad based on a trial phase facilitated by the Breakers coaching team. This squad provides opportunities for athletes aged primarily between 13 years of age and under, to gain exposure to focused racing skill development and training fundamentals to enhance their preparation for competition and progression through the competitive pathway.

All athletes within the Junior Pathway Squad are current Breakers members and would be training within SWASP Junior program concurrently (Bronze, Silver, Gold or Platinum).

Swimmers are required to become members of Breakers Swim Club WA to use various club nights and competitions throughout the year to monitor improvement, as well as set clear goals. All athletes are to make themselves available for relays at State Championships, Club premierships and various other meets, as this will enhance enjoyment in the sport.

Athletes will begin to set goals around training and competition with the help of their coach.

Primary Competitions:

Western Australian Junior Championships (Long Course and Short Course), SunSmart Club Premierships, Club events, school carnivals and selected domestic and interstate qualifying meets throughout the year.

Pathway:

Progression higher than the Junior Pathway Squad within the Performance Pathway will be at the discretion of the Director of Swimming and the Breakers Swim Club coaching team. While the coaching team will also liaise with the SWASP coaching team to identify when athletes are ready to progress through the pathway.

Swimmers wanting to move out of the Performance Pathway provided by Breakers SC, can transition into the fitness pathway run by SWASP.

Gold Squad:

Athletes are selected into the Gold Squad based on recommendation from the Juniors SWASP coach and accepted by the Gold squad coach. This squad provides opportunities for athletes aged primarily between 10-13 years of age, to plan, prepare and perform at State Level competitions (Pool, Open Water or School).

Swimmers find optimal improvement in speed and endurance by consistently training 3-5 pool sessions per week, 1.5 to 2 hours in duration, along with dryland sessions incorporated into the program. All new athletes to Gold Squad will commence training with a maximum of 4 pool sessions per week. After a period of time, the number of sessions an athlete attends will be determined by factors including:

- Age, personal goals/aspirations, ability and commitments outside of Swimming at Breakers.

This will be organised and communicated with the squad coach. The training is focused on further development of stroke technique and skill development, including race specific training in preparation for competition.

Swimmers are required to become members of Breakers Swim Club WA to use various club nights and competitions throughout the year to monitor improvement, as well as set clear goals. All athletes are to make themselves available for relays at State Championships, Club premierships and various other meets, as this will enhance enjoyment in the sport.

Athletes will begin to set goals around training and competition with the help of their coach.

Primary Competitions:

Western Australian Junior Championships (Long Course and Short Course), SunSmart Club Premierships, Club events, school carnivals and selected domestic and interstate qualifying meets throughout the year.

Pathway:

Progression higher than the Gold Squad within the Performance Pathway will be at the discretion of the Director of Swimming and the Gold Squad coach.

Swimmers wanting to move out of the Performance Pathway provided by Breakers SC, can transition into the fitness pathway run by SWASP.

Swimmers may need to transfer to the fitness pathway for a period of time to be considered to re-enter the Gold Squad upon assessment from the Age Coach/Director of Swimming.

Reasons for movement include:

- Looking for more social swimming
- Illness and/or Injury
- Negatively affecting other squad members training
- Unable to commit to regularly attending and performing in a minimum of three training sessions per week.

White Squad:

Purpose:

Athletes need to be selected into White Squad. The squad's purpose is to sustain involvement in squad swimming while managing life commitments (Other Sport, School, Work or stressful times in life).

The White squad caters for athletes aged 15 years and over, training 2+ pool sessions per week, with the availability to train 4 sessions per week.

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 aim is to get the athletes involved with their session programming.

Athlete's must register for sessions and attend those sessions. If there is a need to make up a session, this is communicated through the Director of Swimming.

This squad also allows swimmers who have strong commitments towards outside activities to continue their swimming journey while still meeting certain standards:

- Mature and responsible attitude towards their training
- Clear communication of situation with Director of swimming
- Sessions will be selected by the director of swimming after meeting with the athlete

Primary Competitions:

Club Nights, Travelling Teams, School carnivals but not focused on competition.

Pathway:

Swimmers who are looking to progress higher than the White Squad will look to trial and potentially transition upon approval into the Black or Purple Squad at the discretion of the Director of Swimming.

Swimmers who are looking to move out of the Performance pathway provided by Breakers SC can transition into the Fitness pathway run by SWASP.

There is an understanding that swimmers may need to transition to Fitness Pathway for a period of time before looking to re-enter the Breakers SC Performance Pathway upon assessment from the Director of Swimming.

Reasons for movement include:

- Looking for modified training and less focused sessions.
- Illness and/or Injury
- Negatively affecting other squad members training

Purple Squad:

Purpose:

Athletes need to be selected into Purple Squad. The squad's focus is on developing strong goals and identifying the athlete's strengths and weaknesses. This squad still focuses on the learning to train phase of athletic development with the swimmers moving into more autonomy and ownership with their swimming.

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 caters for athletes aged primarily 12 years and over, training 5-7 pool and 1 strength and conditioning session per week with the recommendation of 6 pool and 1 S&C sessions per week. The training program designed by our professional coaches aim to prepare athletes both physically and mentally through this important phase in the athlete's athletic development.

Athlete's must register for sessions. If there is a need to make up a session, this is communicated through the Director of Swimming.

This squad also allows swimmers who have strong commitments towards outside activities to continue their swimming journey while still meeting certain standards:

- Mature and responsible attitude towards their training
- Clear communication of situation with Director of Swimming
- Sessions will be selected by the Director of Swimming after meeting with the athlete

Primary Competitions:

Australian Age Championships, Western Australian Age + Open Championships (Long Course and Short Course), SunSmart Club Premierships, Club events and selected domestic and interstate qualifying meets throughout the year.

Pathway:

Swimmers who are looking to progress higher than the Purple Squad will look to be accepted into the Black Squad at the discretion of the Director of Swimming.

Swimmers who are looking to move out of the Performance pathway provided by Breakers SC can transition into the Fitness pathway run by SWASP.

There is an understanding that swimmers may need to transition to Fitness Pathway for a period before looking to re-enter the Breakers SC Performance Pathway upon assessment from the Director of Swimming.

Reasons for movement include:

- Looking for more social swimming
- Illness and/or Injury
- Negatively affecting other squad members training

Black Squad:**Purpose**

Athletes will be 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.

The Black Squad caters for athletes aged primarily 14 years and over, training 6-9 pool sessions and two strength and conditioning sessions per week. 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 Director of Swimming and are based on age, personal goals/aspirations, background, ability and character. Squad selections will be completed after the major performance Championships throughout the year.

Athlete's must register for sessions and attend those sessions. If there is a need to make up a session, this is communicated through the Director of Swimming.

Primary Competitions:

Australian Age Championships, Australian Open Championships (Long Course and Short Course), State Teams, Western Australian Age and Open Championships (Long Course and Short Course), SunSmart Club Premierships, Club events and selected domestic and interstate qualifying meets throughout the year.

Pathway:

Athletes striving to progress higher than the Black Squad can seek participation in WAIS. Athletes may permeate between the Black Squad and Purple squad throughout the season depending on the following:

- Have not been able to train at the required standard of the squad.
- Have persisted or prolonged illness and/or injury (done to assist recovery)
- Want to swim competitively but cannot commit to the required Performance Squad training program as laid out by the Director of Swimming.
- Hinders the performance of the squad – negatively affects others.

Squad Structure

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Junior Pathway					Activation: 4:30-5pm Swim: 5-6pm	
Gold*		5:30-7:30am		5:30-7:30am		6:30-7:30am + 7.30-8.30am
	5.00-6:30pm	5.00-6:30pm	5.00-6:30pm		Activation: 5:30-5:55pm Swim: 6.00-7:30pm	
Purple*	5:30-7:30am	5:30-7:30am			5:30-7:30am	6:30-8:30am
	5.00-7.00pm		5.00-7.00pm	4.45-6.30pm	5.00-7.00pm	
Black*	5:30-7:30am	5:30-7:30am	5:30-7:30am	5:30-7:30am	5:30-7:30am	6:30-8:30am
	5.00-7.00pm	5.00-7.00pm		5.00-7.00pm	5.00-7.00pm	
White*	5.30-7.30am		5:30-7:30am			
				4.45-6.30pm	5.00-7.00pm	

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

Land-work 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 geared 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 classes are planned and targeted at each group's ability and goals. Session times for each squad can be found on our website.

What else do you need to know?

- All swimmers must wear closed shoes to land work sessions.
- Swimmers must come to sessions ready to begin on time.
- Please bring a mat and any required equipment (it can be uncomfortable to be training on the hard floor).
- 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 over 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 committee and coaching team 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. To avoid late finishing times, entries are subject to closure prior to the published closing date. It is recommended not to leave entry to the last minute to avoid disappointment.

Upcoming competitions are advertised on the club calendar, and in the weekly notices. Further details of the meets can be found on the Swimming WA Website. Keep checking the weekly notice emails as dates, events, entry process and qualifying times are subject to change.

The process for entering for 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.

Rules for Club Swims, Intra Club meets, Carnivals and Swimming WA meets can be found in the Swim Meet Policy on the Breakers Swim Club. Please familiarise yourself with the Club rules, however any queries can be directed to the committee.

Key to Note:

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 or committee on the day as set out in the Swim Meet Policy. Swimmers are expected to wear club uniform, which includes club cap at all competitions.

Please advise the swim meet officer at 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 three championship events per year. Swimmers are able to participate in the events listed for each championship in the tables below. Trophies are awarded to the male and female winners in each age group for each championship event. The age groups for trophy awards are 9 to 16, and then 17 plus.

Distance Event – Freestyle and Medley	
10 years and under	200m Freestyle and novelty race
11-13 years	400m Freestyle and 400m IM
14 years and over	Either 800m FS or 1500m FS and 400m IM
Form Stroke Event	
10 years and under	50m Butterfly, Backstroke and Breaststroke
11-13 years	50m Butterfly and 100m Backstroke and Breaststroke
14 years and over	100m Butterfly, Breaststroke and 200m Backstroke
Freestyle + Medley Event	
10 years and under	50m Freestyle, 100m Freestyle and 200m Individual medley
11-13 years	50m or 100m Freestyle and 200m Freestyle and 200m Individual Medley
14 years and over	50m or 100m Freestyle and 200m Freestyle and 200m Individual Medley

Participation Criteria

Swimmers must have been a Club member for a minimum of 90 days prior to the date of the last event to be eligible for trophies. (The Committee may waive this decision under extenuating circumstances.)

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 Swimming WA 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 Swimming WA 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 the website.
- Swim entries must be submitted online and a link will be advertised in the notices, entries must be received by the due date.
- Keep a copy of your entry and get your swimmer to check events and event numbers prior to coming. It may be a good idea to write their event numbers on their hand for the day to remind them.

Day of Swim Meet

All meets:

- 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 as per the Swim Meet Policy. **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.
- Real time results are generally made available on Meet Mobile – download via Google shop or the App Store.

Points Trophies

A prize will be awarded to the highest point scoring swimmer each month. If a swimmer wins twice during the full season (May to April), a prize will be given to the next placed swimmer who has not yet won a prize.

Trophies will be awarded to the highest point scoring girl and boy in the following age groups:

Points are considered over the full swimming year (for combined Short Course (SC) season (May-Sep) and the Long Course (LC) season (Oct-April)).

	Improvement Points matrix	
	Time compared to PB (seconds)	Points
slower	4.01-99.0	1
	2.01-4.00	2

	1.01-2.00	3
	0.00-1.00	4
faster	0.01-1.00	6
	1.01-2.00	8
	2.01-4.00	9
	4.01-99.0	10
	points if no seed time	3

Note: Age is taken from the first swim meet of each season (i.e. SC and LC).

Sub Junior - 10 years and under

Junior - 11 years to 12 years

Senior - 13 years to 14 years

Open - 15 years and over

Team Selection Criteria

ALL BREAKERS MEMBERS ARE SUBJECT TO SELECTION UNLESS A RELEASE HAS BEEN GIVEN BY THE SELECTION COMMITTEE

Premiership team and State Championships Relays: Selection will be in accordance with the Breakers Swim Club Relay Team Selection Policy which can be viewed on the club website.

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

Swimming Australia – swimming.org.au

Asada – asada.gov.au

WAIS – wais.org.au