



Members Handbook

“ To be an exceptional swimming club of choice, that inspires excellence in our core values of Companionship, Community and Competition”



www.breakerswaswimclub.org



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



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

Proudly trains at Craigie Leisure Centre and partners with the WAIS High Performance Training Centre

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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 excellence in our core values of companionship, community and competition.

“We deliver on our vision by developing, promoting and sustaining a united club culture that creates a lifelong love of swimming where each and every one of our members is inspired to fulfill their own 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.

Club Information

Training is based out of Craigie Leisure Centre (CLC), utilizing both the indoor and outdoor pools. By joining the Breakers Swim Club you will:

- receive up to date information around events held through the seasons for both the club and also 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 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
- attend numerous social events and camps throughout the year

Through the year we run a number of swim meets at either Craigie or other major pools where you and/or your child 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 *WestSwim* 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 WAIS High Performance program which is run by Western Australian Institute of Sport (WAIS). Between the Craigie Leisure Centre, *WestSwim* and Breakers, participants have access to a full pathway of swimming, from Learn to Swim Program (run by CLC), to Stroke Development and Swimfit (run by *WestSwim*) 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 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

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 to book in a convenient time. Please avoid approaching them on 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 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 over trained (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 on a monthly basis, 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 email. Notices, information and photos can also be found on TeamApp, our website, Facebook, Instagram and twitter pages. As a member you will also have access to our Breakers community on TeamApp, where more localized information is posted. This can be downloaded from the app store via phone and 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. The club encourages its members and swimmers to participate in club fundraising activities that are arranged through the year. Generally, there will be two per year, as organized by our fundraising coordinator.

Swimmers contribution and input to these events helps them to develop important skills beyond their sport and shows active commitment to their team. Families with swimmers aiming for National Qualification, have an additional requirement towards fundraising due to the club partly subsidizing the cost of National uniforms & accommodation. 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 volunteerism, 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.

Family Holidays

Suspension of fees for holidays outside of club breaks are generally not accepted. Should an extended holiday/break from normal training be taken, a request for suspension of fees may be made in writing and the committee will review requests on a case-by-case basis.

Training Fees

Stroke Development and Junior level swimmers squad fees are paid to *WestSwim*. Senior and Intermediate swimmers squad fees are paid to Breakers. As a Breakers club member, you also pay an annual membership fee which is paid directly to the club. The revenue from membership fees goes toward hosting club events, awards, trophy night and club swim meet. To swim competitively you are also required to pay an annual Swimming WA (SWA) membership fee (this is paid directly to SWA - there are different categories that apply, and members will need to check this when paying).

All fees related to pool entry are paid directly to Craigie Leisure Centre (via direct debit), entry types can vary depending on the number of sessions and squad level, our co-ordinator or registrar can help with ensuring you have the correct access

Parents picking up or watching their children train are not expected to pay an entry fee. All fee breakdowns can be found on our website or can be discussed with our friendly registrar (registrar@breakerswaswimclub.org)

Training Information

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

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

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

In order to transition up or maintain a position in a particular squad, a swimmer needs to meet all of the criteria. The Director of Swimming reserves the right to transfer a swimmer outside of the above guidelines in extremely exceptional circumstances. If this was to occur, it would be following consultation between coaching staff, parents, the swimmer and any administration staff.

Equipment Required for Training

<i>Squad</i>	Stroke Development	Juniors	Gold Squad	Purple Squad	Black Squad	White Squad
<i>Kickboard</i>	Yes	Yes	Yes	Yes	Yes	Yes
<i>Long Fins</i>	Yes	Yes	Yes			
<i>Short Fins</i>				Yes	Yes	Yes
<i>Pull Buoy</i>	Yes	Yes	Yes	Yes	Yes	Yes
<i>Paddles</i>			Yes	Yes	Yes	Yes
<i>Ankle Band</i>			Yes	Yes	Yes	Yes

<i>Snorkel</i>			Yes	Yes	Yes	Yes
<i>Foam Roller</i>			Yes	Yes	Yes	Yes
<i>Trigger Ball</i>					Yes	

Squad Pathway

Stroke Development:

Swimmer is between the ages of 6 and 10 years old and has a desire to swim competitively or increase fitness/ skill.

Training: Demonstration of correct technique- freestyle, backstroke and breaststroke as well as basic butterfly technique. 1km – 1.5 km per session

Sessions: Expectations of minimum of 2 pool sessions per week. per session.

Juniors:

Swimmer will be between 8 – 12 years old and is building towards achieving State qualifying times and building fitness/skill.

Training: Demonstration of correct technique in all four competitive strokes. Must be able to hold a 100m Mmc cycle of 1:50 to 2:05. 2km to 3km per session.

Sessions: Expectations of a minimum of 3 pool sessions per week.

Gold Squad:

Athletes are selected into the Gold Squad based on recommendation from Juniors (*WestSwim*) and accepted by the gold squad coach. This squad provides opportunities for athletes aged primarily between nine to 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 three to 5 pool sessions per week, 1.5 to 2 hours in duration, along with dryland activation incorporated into the program. 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 the Senior 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.

For swimmers wanting to move out of the Performance Pathway provided by Breakers SC, can transition into the fitness pathway run by *WestSwim*.

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 Breakers Coaching team.

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
- All pool training sessions are held out of Craigie Leisure Centre.

Primary Competitions:

Club Nights, Traveling 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.

For swimmers who are looking to move out of the Performance pathway provided by Breakers SC will look to transition into the Fitness pathway run by *WestSwim*.

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 2 S&C sessions per week. The training program designed by our professional coaches aims to prepare athletes both physically and mentally through this important phase in the athlete's athletic development.

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

All pool training sessions are held out of Craigie Leisure Centre.

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. For swimmers who are looking to move out of the Performance pathway provided by Breakers SC will look to transition into the Fitness pathway run by *WestSwim*.

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 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 six to eight pool and two strength and conditioning sessions per week. Both physical and mental preparation for peak performance at a National level is the key aims 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.

All pool training sessions are held out of Craigie Leisure Centre.

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 the WAIS High-Performance Training Centre.

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

Breakers Swim Club Squad Schedule 2022

Squad	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stroke Development	3:30pm – 4:15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	3:30pm – 4:15pm + 4:15pm – 5:00pm	7:45am – 8:30am
Juniors	4:00pm – 5:00pm	3:45pm – 4:45pm + 5:30pm – 6:30pm	4:00pm – 5:00pm	3:45pm – 4:45pm + 5:30pm – 6:30pm	4:00pm – 5:00pm	6:30am – 7:30am
Gold*	5:00pm – 6:30pm	5:30am – 7:30am 5:00pm – 6:30pm	5:00pm – 6:30pm	5:30am – 7:30am 5:00pm – 6:30pm	5:00pm – 6:30pm	7am – 8:30am
Purple*	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am	5:00pm – 7:00pm	5:30am – 7:30am	5:30am – 7:30am 5:00pm – 7:00pm	6:30am – 8:30am
Black*	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am	5:30am – 7:30am 5:00pm – 7:00pm	5:30am – 7:30am 5:00pm – 7:00pm	6:30am – 8:30am
White		5:30am – 7:00am	5:30am – 7:00am		5:00pm – 6:30pm	6:30am – 8:30am

* Activation @ 4:30pm (each weekday Afternoon)

Land-work Sessions

These sessions are considered an important part of your squad training sessions. If you attend swim sessions it is a requirement that you attend the land-work sessions as they are a part of the session, not an extra add on. These sessions are geared to improve core strength 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 in shoes to land work sessions.
- Swimmers must come to sessions ready to begin on time.
- Please advise of any injury before the class begins.
- Bring water

Competitions

Competition Entries

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 for 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 weekly notice emails. 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 the SWA website – calendar of events. Personal Best Times can be obtained from the Swimming WA website via the link on the Breaker's website. For further information regarding competition entries please email the Registrar, at registrar@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 two championship events per year, Distance and Club Champs. 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 nine (9) to 16, and then 17 plus.

Distance Championships	
9 years & 10 years	200m Freestyle
11 years & 12 years	400m Freestyle
13 years and above	800m Freestyle
Club Championships	
9 yrs	50m Freestyle, 50m Breaststroke, 50m Butterfly, 50m Backstroke, 200m Individual Medley
10yrs to 12 yrs:	50m Freestyle, 50m Breaststroke, 50m Butterfly, 50m Backstroke, 200m Individual Medley
13yrs to Open	100m Freestyle, 100m Breaststroke, 100m Butterfly, 100m Backstroke, 200m Individual Medley

Participation Criteria

The swimmer must have been a Club member for a minimum of 90 days prior to entries closing 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 TeamApp.
- 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.

- *Club Swim Only:* It costs \$10 (max \$25 per family). You can enter a maximum of four events. Payment is required on the day to the meet director.

Day of Swim Meet

Club Swim Only:

- All swimmers must check in at the registration desk and check events prior to stretching and warm-up.
- Due to the time needed to enter the entire meet onto the computer system, should you not register your attendance 30 minutes prior to the commencement of the meet, the swimmer will be scratched and the heats re-seeded.

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 scratching's 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).

Points shall be allocated as follows:	50m	100m	200m	400m	800m+
Points for competing	1	1	2	2	3
1-2 sec outside best time	2	3	4	4	6

0.1-0.99 outside best time	3	4	5	5	7
Equal to best time	4	5	6	6	8
2 secs or less than best	5	6	8	8	10
More than 2 secs better	6	8	10	10	12

- 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 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