



*Team work
Commitment
Excellence*

2019-20
CLUB
HANDBOOK



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Welcome

We welcome you to the Colac Swimming Club for the 2019-20 season.

This handbook is issued to all swim club members in an effort to assist members and parents with information about the Colac Swimming Club, expectations, training and swim meets. The information is updated annually and issued via email to all members prior to the commencement of the season. We hope that this provides you with valuable information on club related matters and any feedback is greatly appreciated.

The new season will commence in July 2019 and run through to March 2020. The Club is associated with the Barwon South Western District which extends from Geelong to Portland and up to Hamilton.

The Club is fortunate to have such a dedicated coaching team. The Committee acknowledges the invaluable service they provide to the Club in coaching and caring for each swimmer under their guidance. They also acknowledge your support in whatever capacity you can provide. Our major fundraising activity for the year has been our long course meet held in December at the Kardinia Pool in Geelong. It is a large meet with over 1,000 entries.

We wish our swimmers all the best in pursuing their individual goals for this season but above all we hope they have a good time in doing so.

Swim your best, and be your best!

Committee of Management

About the Club

The Colac Swimming Club INC has a long and proud history and in 2010 the Club celebrated its 50th anniversary.

The Colac Swimming Club has had in excess of 1500 swimming (and diving) members since its inception in 1960. Some of those pivotal to the early success of the Club included, Albert Vesey, Noel King and Dr Bill Davies.

Life Members of the Club are Gladys and Glen Lister, Noel King and Pat and Don Sainter, Les Croft, George 'Uncle Fred' and Joyce Finch, Rex Basham, Marcia Phillips, Doug Lucas, Alan Tanis, Robyn Forsyth, Deborah Legg (Nee Sainter), Beverly Vesey and Dianne Towers. From its humble beginnings, the club has had many successful results at Country, State and National Championships meets.

In the early days, the Club was able to participate in diving competitions under the guidance of dive coach, Dr Bill Davies (Doc Davies) who was well versed in the art of diving. He was not only a member of the Victorian Diving Team, but was also selected for the 1938 Commonwealth Games. The Clubs' Annual Championship is named in his honour.

CLUB AIMS

We are a competitive swimming club where coaches, swimmers and parents work in partnership, sustaining a culture of team work, commitment and excellence in which swimmers can develop to their full potential as well as provide the member with skills to follow on for life.

We foster development of our swimmers at a competitive level by offering them pathways through local, regional, state and national swim meets and championships. We support our swimmers through recognition for their achievements in the pool, through all of our communication methods. We also promote good sportsmanship and expect the same in return from our swimmers

MISSION STATEMENT

"To create a clearly defined club structure which successfully promotes sporting success, communication & team work, personal development and the importance of involvement of all stakeholders."

VISION STATEMENT

"Colac seeks to build on our club's current success through highly skilled and dedicated coaching, continuous outstanding performance and regular social activities."

Administration

Committee meetings are held in our Clubrooms at Bluewater Leisure Centre on the second Wednesday of each month.

Position	Contact Details
President	Andrew Walters M: 0499 755 380 E: amwalters01@hotmail.com
Vice-president	Dianne Towers M: 0439 157 538 E: dtow7754@bigpond.net.au
Secretary	Heather Collins M: 0447 989 531 E: colacswimclub@gmail.com
Treasurer	David Testa M: 0438 366 000 E: dbtesta@bigpond.com
Head-coach	Deb Legg M: 0439 035 231 E: leggfam@tpg.com.au
Coach	Loretta Roberts
Coach	Bernadeen Testa
Coach	Bev Vesey
Junior Coach	Elizabeth Martin
Junior Coach	Eliza Walters

Membership

The Colac Swimming Club Inc. operates as an incorporated club affiliated with Swimming Victoria and the Barwon South Western District Swimming Association.

The rules of the Club are the Swimming Victoria Inc. (SV) model rules for an incorporated club subject to the attached additions and amendments dated 7th May 2002. A copy of the model rules is available from the Club or the Swimming Victoria web site www.swimmingvictoria.org.au. The Colac Swimming Club INC exists as a not for profit club operated by dedicated parents and coaches.

CLUB FEES

The Club fees are applicable to each swimming member who is registered with Swimming Victoria as either “competitive” or “recreational”. All members must be registered with Swimming Victoria prior to taking part in club squad training. Registration is completed via the Swimming Victoria website and is payable from the 1st July each year.

The Club’s fees alone do not cover all ongoing costs so throughout the season various fundraising activities are conducted. Our long course swim event is the major fundraising event for the year. Currently the Club does not have any form of sponsorship and is totally reliant on club funds raised through the swim meet to continue to operate.

Fees for the 2019-20 season are split into two categories and will be paid on a two semester basis.:

Junior Fees (12 & Under) \$200 per semester.

Senior Fees (13 & Over) \$250 per semester. Family Membership \$20 per year.

A discount applies for families with two or more swimmers.

SWIMMING VICTORIA

This website lists most events across the State of Victoria. They also produce a monthly newsletter online, which is available to all members. The procedure for registering and paying for swimming events is via the swimming Victoria website. www.vic.swimming.org.au

Club Merchandise

A uniform order will be placed once per season and when it's been delivered you will be notified when it is ready for collection. If you wish to try on Club uniform, please contact Heather to arrange a suitable time. Please note uniform design and prices are subject to change. For the most up-to-date information please contact Heather Collins on 0447 989 531.

Deck Coats are not for purchase, but are available for loan on a \$20 deposit. If you or your child require a Deck Coat, please contact Heather or Deb.

The uniform is to be worn at all swim meets where swimmers are representing the club.



COLAC SWIMMING CLUB

Hoodies \$50

Trackies \$50

Shirts \$40

log Book \$5

Caps \$10

visit Colacswimming.org.au

PosterMyWall.com

The image displays a collection of merchandise for the COLAC Swimming Club against a dark green background. At the top center is the club's logo, featuring a seahorse and the text 'COLAC SWIMMING CLUB'. Below the logo, two dark green hoodies with white accents are shown, labeled 'Hoodies \$50'. To their right is a pair of dark green track pants with white accents, labeled 'Trackies \$50'. Below the hoodies are two short-sleeved shirts: one with a white and green abstract design and the other with a seahorse graphic, both labeled 'Shirts \$40'. To the right of the shirts is a white log book with the club's logo and text, labeled 'log Book \$5'. At the bottom are two swim caps: a white one and a dark green one, both with the club's logo, labeled 'Caps \$10'. The website 'visit Colacswimming.org.au' is at the bottom center, and 'PosterMyWall.com' is in the bottom left corner.

Squads & Coaching

Sessions are generally conducted Monday to Saturday and will be confirmed. Refer to the newsletter and website for updates on training sessions.



SEAHORSES

This group will learn basic swimming drills aimed at developing sound technique in Freestyle, Backstroke, Breaststroke and Butterfly kick. They will gradually build their swimming efficiency and endurance, practice tumble turns, diving and starting from a clock. Towards the end of the season the Seahorse squad will attend some small local competitions aimed at practicing the skills they have learnt in training.

DISTRICT SQUAD

The District Squad will attend several swim meets throughout the season. These swimmers can do starts and turns for all 4 strokes have improved efficiency through the use of stroke counts and time and perform more complex drills to further improve technique in all 4 strokes. They can also swim all 4 strokes including the full butterfly stroke.

MORNING SQUAD

This squad will learn to establish short, medium and long term goals in conjunction with parents and the coach. They use training to meet race plan goals and are able to work with a more complex training program. The swimmer involved at this level is taught how to be punctual, self-motivated while working hard to achieve their goals. Basic psychology, physiology and health will be learned and how it can impact on performance. Self-motivation, initiative and the ability to work independently with minimal supervision are essential in this group. Morning squad will attend swim meets according to their ability. These meets are essential to gauge the success of past training and planning of future training.

Composition of these squads will be at the discretion of the coaching group.

What to bring to training:

- A Mesh Kick Bag
- Goggles (adjusted and ready to wear)
- Swimming Cap (plus a spare one if available)
- Drink Bottle (already filled with water)
- Snorkel
- Positive attitude and determination to do your best, and most importantly
- A BIG SMILE

The Club supplies kickboards and pull buoys. Fins are available but we recommend your own (see your coach before purchasing fins and/or snorkels as they are not all suitable). Please ensure all equipment is clearly named.



Club Expectations

To be eligible to join the Colac Swimming Club swimmers must have successfully completed Level Active 5 of the Royal Life Saving Learn to Swim Program or equivalent. Coaches may also assess swimmers. Our squads aim to cater for the needs of swimmers of all ages and abilities. If you are a swimmer who has achieved all you can from your Learn to Swim program but would like to continue swimming and reach for new goals or if you are a swimmer aiming to swim at State or National events then our Club has a squad program to meet your needs.

Our training programs are focused on achieving success in competition. That doesn't mean you have to be a competitive swimmer to be a member of our Club. Some swim just for fun, fitness, social interaction and to supplement the training regime of other sports.

All swimmers must be registered with Swimming Victoria and are encouraged to compete in at least two district meets per season. Swimmers are then eligible to compete in our club championships. A district meet is any swim meet conducted by a club affiliated with the Barwon South West Swimming Association.

We understand that parents and children would like to have a try out at the swimming club prior to making a financial commitment. Within our insurance liability we are allowed to offer three sessions prior to payment. Please discuss this with your coach or committee member.

New swimmers can often feel that this one-hour of training is beyond them. These feelings are normal but with dedication and perseverance swimmers will be rewarded with a feeling of satisfaction and in time swim sessions will not appear so overwhelming.

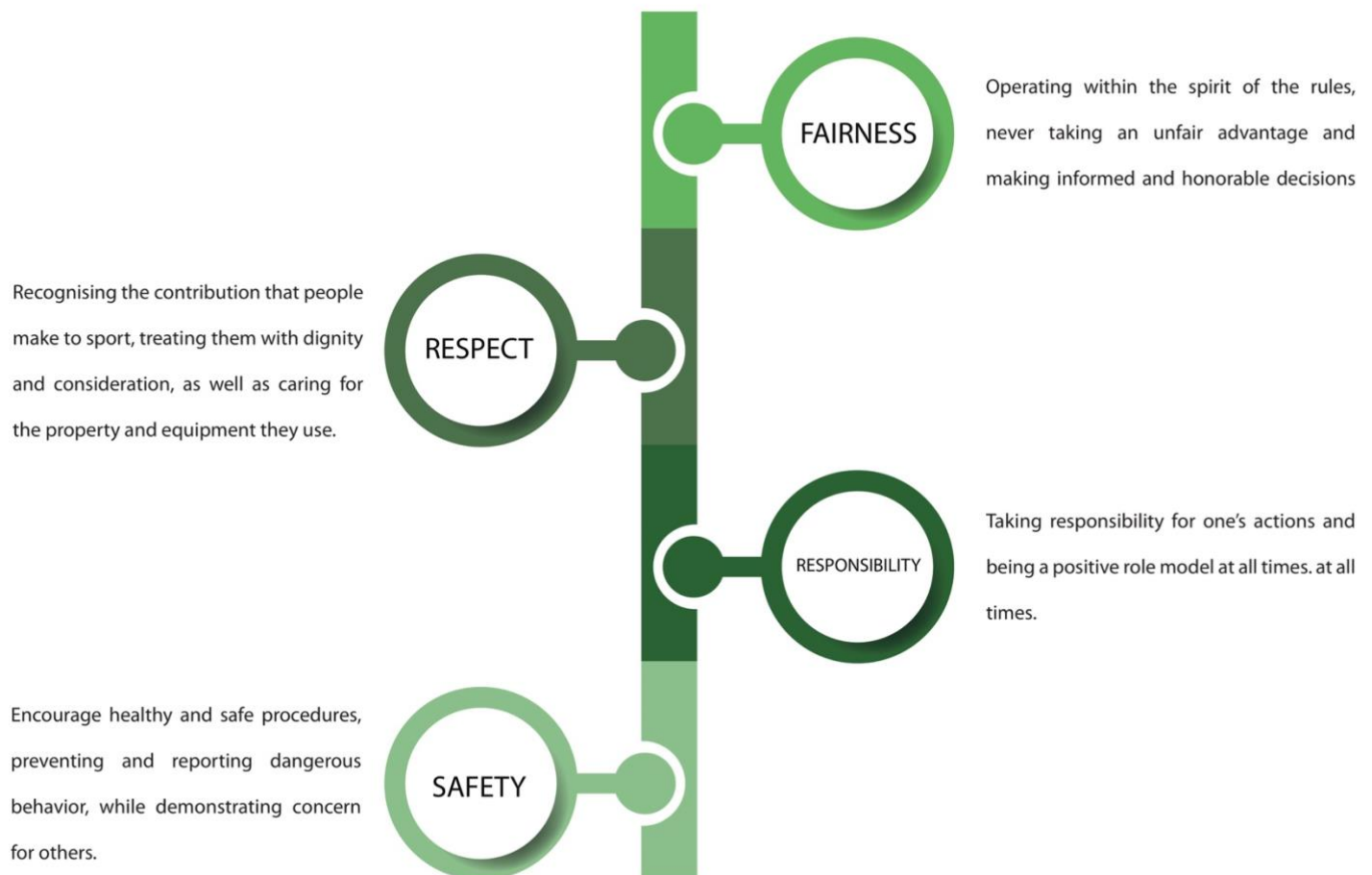
It generally takes new swimmers 8 weeks coming twice a week to feel comfortable with the level and intensity of training.

The management of the pool does not accept or allow unsupervised pool access for children under 10. Parents are asked to ensure that young children are taken to the coach rather than dropped off at the entrance. The coaches cannot be held responsible for children at the conclusion of training sessions. Parents are requested to be on time to collect children.

Behaviour Guidelines

The following principals are those provided by Swimming Australia and adopted by the Colac Swim Club. It is important that members are familiar with these guidelines and agree to abide by them as part of your membership agreement with the Club.

At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained. Swimming Australia is committed at all levels to upholding the principles of:



Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare policies.

Swim Meets

Barwon South Western District 23 stretches from Geelong through to Portland and up to Hamilton.

Each Club conducts a swim meet throughout the season. Most of these pools are outdoors and the carnivals are held throughout the season. All these Clubs support our Carnivals, so where possible we recommend you support them.

District swim meets are available on swimming Victoria's website and the BSWSA website. A selection of these meets will be posted on the clubs notice board.

Out of District swim meets are available on Swimming Victoria's web site
www.swimmingvictoria.org.au

It is up to the individual swimmer to send in their entries. Many of these may be entered via the online registration portal. Swimmers have an obligation to compete in a District meet over an out of District meet. It is necessary to obtain permission to swim at the out of District meet via the BSWSA, if there is a District meet on that date.



Preparing for a meet

NUTRITION

Swimming pools are usually hot places - whether outdoors in summer or indoors in winter. Even standing around in this environment can dehydrate you. So make sure you keep up your fluid intake.

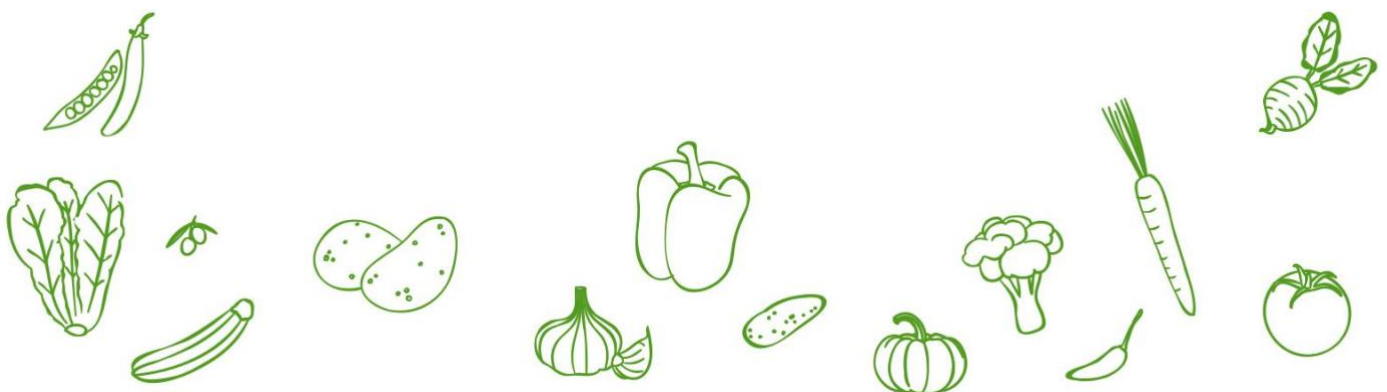
To perform at your best it is important to have a balanced nutritious diet and drink plenty of fluids before, during and after training and swimming events. It is important to eat well and rehydrate to complement your training program.

On meet days, swimmers should check their own bags to make sure all the fuel they will need over the day has been packed. This not only includes an adequate supply of food and drinks for the day but enough nutritious snacks to cover the crucial post-race recovery period.

Some valuable points for everyday practices are:

- Eating a variety of nutritious foods
- High carbohydrate foods and drinks
- Decreasing your intake of foods high in fats and oils
- Drinking plenty of fluids
- Balancing your food intake with energy needs - spread over the whole day
- A strategy to aid recovery
- A strategy for achieving a healthy high energy intake

“AN ATTITUDE OF HIGH PERFORMANCE EATING WILL GO A LONG WAY TO MAKING A HIGH PERFORMANCE ATHLETE”



You may find the following steps on how to prepare for a swim meet helpful.

- | | |
|----------------|---|
| STEP 01 | Healthy Meals
Eat a good dinner with plenty of carbohydrates and proteins the night before you swim. Also include some healthy fats (almonds, peanut butter) |
| STEP 02 | Rest
Go to bed as early as possible. The night before a meet, you need a lot of sleep. |
| STEP 03 | Energy
Eat a light breakfast if you're swimming a morning event. If you're swimming in the afternoon, eat a big breakfast and a light lunch. Eat one or two hours before the event. The best foods are pasta, cereals, bagels, breads, fruits, and vegetables. Remember, no sugar!! |
| STEP 04 | Rest up before the meet
Do not over-exert yourself, save it for the race. |
| STEP 05 | Drink Water
Lack of liquids does affect your performance as well, even before you feel thirsty. So drink lots! |
| STEP 06 | Put your bathers on just before you leave
Any kind of tape on the body is not permitted unless approved by the Technical Manager or the session referee. A doctor's certificate stating the reason for the taping, needs to be produced to the Referee prior to the commencement of the meet. |
| STEP 07 | Put on Sunscreen
Remember, it takes 30 minutes to soak in. You don't want goggle tans, that's for sure. |
| STEP 08 | Listen to Music
Plug in your iPod and listen to your favourite mix of tunes while marshalling to get rid of those pre race nerves. |
| STEP 09 | Visualize your race
Sit down somewhere quiet, and think about what you want to achieve within the race. This helps keep a positive attitude. |

What to do and the steps to make sure that you have brought everything come the day of the meet.

- | | |
|----------------|--|
| STEP 01 | Be Prepared
Bring a chair, sunshade, sunscreen, hat, rug, warm clothes, sleeping bag (no, it's not a sleepover but you may find this comfortable), goggles, camera, socks and/or ugg boots, change of warm clothes to wear home, Club uniform and deck coat if you have one, highlighter pen, district meet book to record times and a small pop up tent. |
| STEP 02 | Club Tent
The Club owns a tent, which is stored at the pool. This is available to be taken to District Carnivals. Please be aware that this needs to be collected from the Colac pool prior to Carnivals. Please advise a Committee Member before taking the tent. Your assistance to assemble the tent is always appreciated. |
| STEP 03 | Arriving at the Carnival
Some pools charge admission. Programs will be available for purchase at the pool or in some cases available for free downloads from the Web. Highlight your swims. An effective method for the swimmer to keep track of their events is to write them on their arm. |
| STEP 04 | Familiarise Yourself
Familiarise the swimmer with the main things, like changerooms, toilets and the Marshalling Tent. Practise the routine to and from and seek assistance from other Club Members if needed. Swimmers are required to Marshall 3 events prior to their swim. |
| STEP 05 | Warm Up
Arrive at carnival early to begin a warm up program. Discuss with your coach a suitable warm up routine. |
| STEP 06 | Marshalling
Don't forget to report in with your coach prior to marshalling. Report to marshalling in plenty of time for your event. Please be aware that you may be sitting for a period of time in the marshalling area. Take appropriate clothing i.e. warm clothing if cold weather and sun protection if hot. |
| STEP 07 | After the Race
Politely ask for your time when you finish your event and bring this time back to your coach where you can discuss your swim. Results are usually printed and displayed within thirty minutes of event completion. |
| STEP 08 | Representing the Club
When you are competing in events you are in full view of the public and, as such, you should always conduct yourself well and have a ready smile whether in victory or defeat. Be relaxed before your swim and you will swim well. |
| STEP 09 | Parent Involvement
There are many ways parents can help out at a swim meet and the Club has a responsibility to supply officials. Parents can help by timekeeping, recording and marshalling. Most clubs supply refreshments to volunteers. A requirement at Carnivals is three timekeepers per lane. Any new parents will be placed with an experienced timekeeper. |

Coaches Responsibilities

QUALIFICATIONS

Our head coach is a qualified ASTCA Bronze Licence coach which is different to Austswim qualifications for swim teachers. Other coaches either hold or are working towards completing their Bronze Licence. Qualified coaches must be insured and registered with the national coaching body. To hold and maintain this registration they must have a current CPR certificate and undertake regular professional development activities which often involve travel and accommodation. These activities come at a considerable cost both in time and money for our coaches.

CONDUCTING SESSIONS

This involves constant monitoring of the group to ensure swimmers are working at the appropriate level to achieve the desired training outcomes. This includes visual monitoring, giving feedback, timing efforts, taking stroke counts and rates, monitoring heart rates, teaching skills and drills and educating swimmers on the purpose of each drill and how it can help improve their stroke, teaching and improving race skills such as starts, turns and finishes, keeping records of swimmers as well as ensuring swimmers have appropriate rest and drinks. The coach sometimes moves away from direct poolside to monitor swimmers unobtrusively it is sometimes amazing how stroke faults become more apparent when swimmers think they are not being watched! Swimmers are taught to work off the pace clock and gradually learn to work at the appropriate level of effort. Swimming is a highly disciplined sport and swimmers gain an enormous amount of personal growth from becoming an active member of our club.

TRAINING SESSION PLANS

The Coach plans each session ahead of time. It is an ongoing process with sessions being developed constantly to best meet the needs of each group, and individual in the group over time. Swimmers develop at different rates and have different abilities – these are taken into account when planning sessions. Sometimes sessions are changed between planning and training – a program is constantly reviewed to ensure swimmers are being developed appropriately.

MEETS

The coach spends a lot of time watching and timing swimmers at meets. However, unlike a parent watching their child, coaches are observing lots of things. These include execution of starts, turns and finishes, taking splits of various parts of a race, observing stroke rate, head and body position, kick rate and timing of various strokes. This information is part of the information gathering that goes into the continued development of swimmers. Often where the swimmer finishes in the race is the last thing coaches notice! Coaches note what swimmers need to work on, what is good and what skills need more work – often identifying things that need to be fixed in order to prevent future disqualifications or to improve times. If a swimmer is disqualified the coach often knows what for even without asking the referees. Unlike at many other clubs our coaches are not paid a fee for being at meets coaching our swimmers. The Coach attends competitions because he/she believes it is part of her personal responsibility as a coach, and because he/she wants to help our swimmers achieve their best possible performance.

Parent & Swimmer Responsibilities

Read newsletters and regularly check notice board to keep up to date.

Allow swimmers to take responsibility for their swimming. It will build their self-esteem and be one less job for parents. Very young swimmers may need more parent support but you will be amazed at how much some very young children can achieve if allowed.

Swimmers should always come to training and competitions on time. Have everything they need in their bags including a drink bottle. If a child is coming straight from school to training they will need an extra “after school” snack in their bags – plus an extra “after training” snack.

Parents are always welcome to watch sessions from the sidelines but ‘coaching’ your child during a session is NOT allowed. This disrupts the group and does not allow your child and others in the group to concentrate on improving their swimming.

Always support coaches and officials in front of your child. If you have any issues to discuss that swimmers should not hear please make an appointment to see the coach privately. If necessary issues can be raised with the President or club committee.

Always give positive feedback to your swimmers. Coaches need to give constructive criticism and referees sometimes have to deliver bad news so you need to let your swimmer know you think they are fantastic (because they are!).

Familiarise yourself with the entry procedure and requirements for swim meets. Ensure you get your swimmers entries in – with the correct entry fees by the closing date.

Know where to look up your child’s best times to put on entry cards. Better still have them keep a record of their best times for each event at home. Remember short course times and long course times should be recorded separately as they are different!

Swimmers sit as a group (team) at meets near the coach so that they can support each other. Parents are most welcome to sit with the team but allow your child to experience being part of the “team” by being with the group. If you are working, or sitting elsewhere swimmers can come to see you after each race.

Swimmers must see the coach immediately before and after they swim for last minute instructions and feedback on their swim.

Do an officials course such as time keeping. These courses will be advertised on the notice board and via email so watch for them and sign up. Official workshops are FREE and can now be found online!

Assist with jobs at meets. At home we also need to set up the pool before the meet and pack up afterwards – your help will be very welcome. We all want meets to be a successful day for the swimmers. Your children like to see you helping – it makes them believe their swimming is important to you. The benefits of this are huge!

Assist with other club activities such as social events, meetings and fundraising.

Pay your fees on time at the start of each semester. Swimmers can be excluded if fees are not paid by the start of each semester. Contact the Treasurer if you are having difficulty with payment.

Club Awards

A number of awards and trophies are presented to swimmers following the annual general meeting. These are competed for throughout the season.



DOC DAVIES AWARD

The Doc Davies Award is in honour of Dr. William Davies, diving coach and Club doctor for many years. It is open to all Club Members to determine the best male and female swimmer. It consists of 4 x 100m swims of freestyle, backstroke, breaststroke and butterfly throughout the competition season. Swimmers must compete in all four strokes to be eligible for Doc Davies award.

Points are awarded as follows:

- 8 points for 1st
- 5 points for 2nd
- 3 points for 3rd

In the event of a tie a 4 x 50m medley swim off is conducted.

COACHES AWARD

Annual coaches' award is presented by the coaches to the swimmer who in their opinion best represents the aims of the Club in training, competition, behaviour etc.



AGGREGATE AWARD

The Aggregate Award is awarded to swimmers who gain the highest number of points from placing at Barwon South West Swim Meets plus the District Championships. There are two categories: Junior Award 11 years and under and Senior Award 12 years and over.

Points are awarded as follows:

- 8 points for 1st
- 5 points for 2nd
- 3 points for 3rd

CLUB AGE GROUP CHAMPIONS

Ribbons are awarded to swimmers who gain 1st, 2nd or 3rd in Club Championships. An overall trophy is awarded to the Swimmer in each age group who gains the most points.

In the event of a tie an Individual Medley swim off is conducted: 4 x 25m for 11 years and under 4 x 50m for 12 years and under. The Age Groups are: 7 years and under, 8\9 years, 10\11 years, 12\13 years, 14\15 years, 16\17 years, 18 and over in both male and female.



PROFICIENCY AWARD

Proficiency certificates are presented to swimmers who gain a proficiency level. Swimming Victoria have Proficiency awards which swimmers can receive. These are Bronze, Bronze Star, Silver, Silver Star, Gold and Gold Bar. To receive these awards a swimmer must achieve specific times in each stroke over a 50m or 100m distance. These times are available from the Swim Vic website.

HANDICAP TROPHY

This is open to any swimmer who does not win an event in Club Championships. Trophies awarded for 1st, 2nd and 3rd places.

NOTE: Under the present Club Rules, in order to compete in Club Championships and the Doc Davies Award, swimmers must have represented the Club in at least two District swim meets



Swimmers of all Abilities

OUR COMMITMENT

Our club welcomes all members of the community, regard-less of their abilities. We will include people with disability in our club in both participant and non-participating roles to the greatest extent that we can. We will endeavour to make our club as accessible as possible, based on our state sports policy on inclusion, the ability of individuals involved in our club, the type and level of competition (e.g., junior versus senior competition and social versus pennant) they want to join and our capacity to make modifications that promote inclusion.

WHAT WE ASK YOU TO DO

If you have a disability tell us what we can do to help include you in our club. We understand that can be sometimes difficult talking about it, but we will do our best to make any necessary adjustments or modifications.

Most importantly, please talk to us if you have any concerns or ideas to help us make our club more inclusive.



Rules of Swimming

A competitor swimming over the course alone shall cover the whole distance to qualify and must finish the race in the same lane in which he/she started.

In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take stride or step from the bottom of the pool.

Obstructing another competitor by swimming across another lane or otherwise interfering shall disqualify the offender and should the foul be intentional, the referee shall report the matter to the management committee promoting the race, and to the association of the swimmer so ending.

No competitor shall be permitted to use or wear any device that may aid speed, buoyancy or endurance during a competition (such as webbed gloves, fins, etc.) Goggles may be worn.

Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers there in have completed the race, shall be disqualified from his/her next scheduled event in the meet.

Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all competitors of all teams have finished the race.

The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by an association or club for that event.

Any swimmer having finished a race, or his/her distance in a relay event, must leave the pool as soon as possible without obstructing any other competitor who has not yet finished. Otherwise the swimmer committing the fault, of the relay team, shall be disqualified.

Should a foul endanger the chance of success of a competitor, the referee shall have the power to allow him/her to compete in the next heat or, should the foul occur in a final event, order it to be swum again.

THE START

The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the Referee the swimmers shall step onto the starting platform and remain there. On the Starter's command "Take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the Starter shall give the starting signal.

The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "Take your marks". When all swimmers are stationary, the starter shall give the starting signal.

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke).

THE FINISH

It is important that swimmers hit the wall firmly, with both hands simultaneously in breaststroke and butterfly, with any part of the body in freestyle and with hands, arm, shoulder or head in backstroke.

AFTER THE RACE

The referee should give two short sharp whistle bursts to signify to the competitors that they may leave the water. It is required that swimmers wait in their lanes in the water until that signal. At the Melbourne Sports and Aquatic Centre, competitors must leave the water at the side - they must not climb over the end and risk damaging the timing device.

FREESTYLE

Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly. Some part of the swimmer must touch the wall upon completion of each length and at the finish. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE

Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

Some part of the swimmer must break the surface of the water throughout the race. It shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

When executing the turn, there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn, the shoulders may be turned over the vertical to the breast after which an immediate continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

BUTTERFLY

From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time, except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Both arms must be brought forward simultaneously over the water and brought backward simultaneously throughout the race, subject to SW 8.5.

All up and down movements of the legs must be simultaneous. The position of the legs or feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface. At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

BREASTSTROKE

After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

Interpretation: A Butterfly kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull and must be followed by a Breaststroke kick.

From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head must break the surface of the water. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement. The feet must be turned outwards during the propulsive part of the kick. Alternating movements or downward butterfly kicks are not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above, or below the water level. At the last stroke before the turn and at the finish an arm stroke not followed by a leg kick is permitted. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

MEDLEY SWIMMING

In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breast-stroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance. In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and freestyle.

In Freestyle the swimmer must be on the breast except when executing a turn. The swimmer must return to the breast before any kick or stroke.

Each section must be finished in accordance with the rule which applies to the style concerned.

RELAYS

So long as some part of the foot retains contact with the blocks, a swimmer may start to dive before an incoming team member has touched. If a swimmer leaves the block before the incoming one touches, he/she may return, touch the end, push off and resume the race. In a medley, if a swimmer does the wrong stroke in any leg the team is disqualified. It is not possible to negate an incorrect stroke by going back, touching and resuming in the right stroke. This also applies in individual medleys. In the freestyle leg of a medley, the stroke must be other than the three form strokes swum earlier in the event.

