

Swimmer Injury Prevention Process

To minimise the possibility of injury to the programs swimmers please follow the process below.

Swimmers who complain of any pain or existing injury during a set or session are to be asked if they wish to stay in the set or session or whether they wish to leave the session. If the swimmer decides to stay in their session they are to do what is required for each set. There will be no changes to the session's sets.

If the swimmer decides to stop their session they are to see their coach before they go home.

If the swimmer comes from the Intermediate, Development, State teams or the National Program the swimmer will need to provide their teams coach with a letter from a qualified medical practitioner (physiotherapist) before they can go back into the water.

If the swimmer comes from the Junior or Surf iT Team the swimmer will need to provide their teams coach with a letter from their parent before they can go back into the water.

Rod Bonsack
Coaching Program Coordinator
10th May 2005

Timekeeping and Race Meet entries

To all members of the Arena Swim Club

During the 2004/2005 Season there was an issue which continued to consume significant time and energy of members of the ASC Committee. This issue was centered around **timekeeping responsibilities and race entries**. In order to maximise the value of the time contributed by all the volunteers within the club, the 2004/2005 Committee voted on and accepted a new Race Entry policy for the coming season. Please see below.

As you are all aware every club is run purely by volunteers (usually parents/guardians) who give up their valuable time in the interest of not only their own children but other members of the club as well. Sometimes this falls on a small band of volunteers and it becomes difficult to spread themselves across the many duties necessary in the smooth running of a swim club. This is typical of the role of timekeeping whether it is at race sessions or at competitions.

Hosts of meets allocate clubs to lanes according to the amount of swimmers from that club swimming at that particular competition. As we are a fairly large club we usually have a large number of swimmers at any one meet and therefore have to provide a number of timekeepers. It is therefore our obligation to fill those lanes so that the race meet can run as smoothly and quickly as possible.

As members of the club it is the **parents/guardians obligation to be available** for this role at every competition their child/children compete at, including Race Sessions. Our Timekeeping Officer will make up a roster prior to a competition according to entrants and it will be posted on the club web site [race meet page](#) and notice board. If for some reason a timeslot cannot be fulfilled it is the **parents/guardians responsibility to arrange someone else** to do it for them.

The Race Entry policy is very clear as to the importance of submitting race entries before the closing date and the requirement for a parent/guardian to meet their timekeeping obligation.

I am hopeful the policy developed by the ASC Committee will not need to be enforced, however after being involved with the committee in recent times I can understand the need for such a policy to ensure the club runs smoothly and we do not waste the valuable time of volunteers.

Laurie de Mamiel
ASC Club President.
3rd May 2005

RACE ENTRY & TIMEKEEPING POLICY

- All Swim Meet Entries must be in by the closing date. No Late Entries will be processed. The closing dates can be found on the Arena web site [race meet page](#), the Noticeboard at the Club and is one week before the published closing date in the WASA Almanac.
- It is a condition of entry into ALL swim meets, including Race Session, States, Premierships and Shell meets, that all swimmers provide a parent or nominated person for timekeeping or assisting with the running of the meet.
- Should a swimmer not be able to provide a parent or nominated person on the day of the race meet, they will not be allowed to swim.
- There is an exception allowance of ONE meet per family per season where written notification must be received with the race entry. Where written notice cannot be provided at the time of entry, verbal or written notice must be received by the Timekeeping Officer prior to the start of the meet or the swimmer will not be allowed to swim.

Click [here](#) here to read other important news regarding meet entries and the requirements to successfully enter race meets. If you have questions please check with the registrars when they are in attendance during training sessions.

ASC National Swimmers Fundraising Policy

The ASC Committee has developed a policy to provide guidance on how funding may be provided for National Swimmers competing at the National Open and National Age Championships and other national/international events. This policy was voted on and accepted at the ASC Committee meeting on Thursday 21st October 2004

ASC Committee
21st October 2004

ASC Pre Race Warm Up

The ASC coaching staff have documented the warm up standard for swimmers to take to race meets where the ASC coaches are not in attendance. Rod Bonsack

Coaching Program Coordinator
4th November 2004

WATER BOTTLE POLICY

**DRINK BOTTLES
(ALWAYS BRING A FULL DRINK BOTTLE TO TRAINING)**

Hi there all,

With the responsibility of setting the standards here at the Arena Swim Club I am concerned towards a concept that was being practised in our training teams last season. The "I do not need to drink during training concept" is not a standard that is taught by any of the coaching staff here at the Arena Swim Club. Now the coaching staff wants the Arena Swim Club to be the best in Australia and we are mindful that it is a process that will require patience by all of us as we learn that the standards needed to be the best in Australia are high.

From Tuesday 3/6/03 swimmers in the Arena Swim Club Intermediate, Development, State Age / Open, National Development and National training teams will be excused from their training session if you do not have a full drink bottle at the start of your session. Your health can be affected by the lack of fluid intake, especially in higher intensity sets. *** **Swimmers take note.**

Once the coach has called the start of the training session your bottle is to be full. There will not be time to have you running off to fill your bottle, as the other swimmers will have to wait for you before they can start their session. The idea is for you to have drunk all the fluid in the bottle during and after your session so that you can handle the intensity of each set without having your muscles paying you out. The coaching staff will assist you in this by giving you time to do take fluids in during the sessions. If there are any ????? regarding the "I do not need to drink during training concept" please see me, I am more than happy to discuss with you the reasons it will not be used here at the Arena Swim Club.

Keep smiling,
Rod Bonsack

Coaching Program Coordinator
3rd June 2003

Pool Access in the morning

Hi all ASC members, For security reasons the coaching staff will lock the pool access automatic doors at 5.22am.

All swimmers attending training will need to be there on time or you will find yourself waiting for the reception staff to let you in at 5.30.

The only access granted at 5.20 will be for ASC swimmers.

Parents please note this.

15th May 2004

RELAY ENTRIES

A note to all parents that when entering a meet you do NOT enter relay events and also do NOT pay for relay events.

The Arena Swim Club selects the relay events we will participate in and pays for the relay entries.