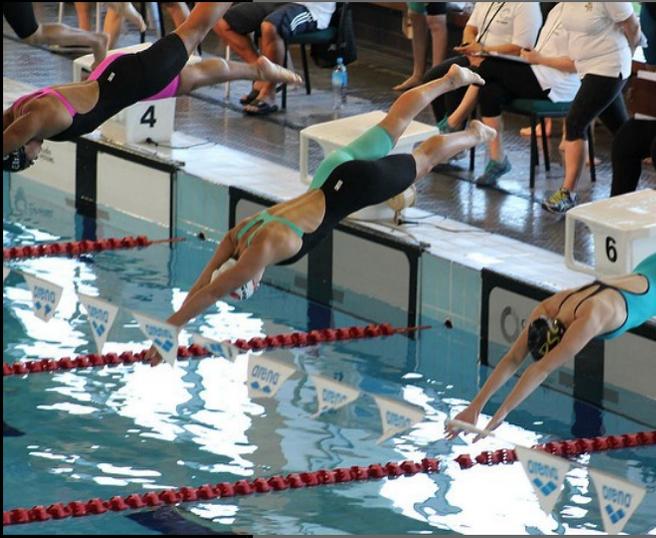


Roskill Swimming Club

INTRODUCTION TO COMPETITIVE SWIMMING



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**HAVE YOU
SEEN OUR
CLUB
BLOG?**

Check our club website for reports and updates during events and meets.

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Welcome to Roskill Swimming Club

Welcome to Roskill Swimming Club and the world of competitive swimming. Roskill Swimming Club offers highly competitive, affordable and easily accessible programmes that cater for all levels of swimmers from novice through to Olympian. Our home pool is Cameron Pools in Mount Roskill, with some of our squads also swimming out of Avondale Intermediate School during the summer.

Roskill Swimming Club has a long term partnership with SuperCity Aquatics for the delivery of its professional coaching services. SuperCity Aquatics is owned and managed by the club's Director of Coaching, Josh Munro.

A range of programmes are offered to suit all swimmers at any stage in their swimming career.

This booklet aims to help introduce you to the sport of competitive swimming. More information is available on these websites:

Roskill Swimming Club www.swimroskill.co.nz
Auckland Swimming Association(ASA) auckland.swimming.org.nz/
Swimming New Zealand (SNZ) www.swimming.org.nz

If you are new to competitive swimming there are two informative booklets available on the ASA website that we recommend you read:

Parents Introduction to Swimming
A Guide to Timekeeping
<https://auckland.swimming.org.nz/technical-booklets.html>

Other useful tools:

Take Your Marks (TYM). Track your results/check your best times/what events you have qualified for www.takeyourmarks.com
Meet Mobile App—view heat sheets, psych sheets, and real time results as soon as they are available.

Like us on facebook: <https://www.facebook.com/roskillswimmingclub/>

IF
it doesn't
CHALLENGE
YOU
it doesn't
CHANGE
YOU.
SWIM
HARDER.

Why Join a Swimming Club?

Swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits.

Swimming...

- is an aerobic exercise which helps improve general fitness, stimulates the metabolism and burns fat
- is low impact and puts little stress on bones and joints
- exercises almost the entire body—heart, lungs and muscles with very little joint strain
- develops flexibility and co-ordination
- improves cardiopulmonary capacity
- has been shown to be beneficial for asthma sufferers as it encourages lung function and breathing control
- strengthens joints and improves posture
- develops life skills—sportsmanship, time management, self management, goal-setting. Swimmers learn to deal with pressure and stress, success and failure, teamwork and discipline



Training

Session times are scheduled by the Director of Coaching and may be subject to change. Notice of any changes will be provided via email. Your coach will advise you which sessions you should attend to help you achieve your goals.

Please arrive 10 minutes early and make sure you always have the correct gear:

- Land training: suitable gym training gear and shoes, and a water bottle.
- Swimming training: training togs, towel, goggles (plus a spare), gear bag (kick board, paddles, fins, pull buoy—the club has some equipment that can be borrowed) and a water bottle.

Competition

What is a swim meet?

Swim meets are an opportunity for swimmers to measure their progress as they race against their own “personal best” (PB) times and other swimmers. Local swim meets are graded Level 1, 2 and 3. Swimmers start at Level 3 and strive to improve their times to qualify for entry to the next level. At the same time they may also qualify to attend Regional and National Meet (e.g. Auckland Juniors, Auckland Champs, NZ Juniors, NZ Age Groups, NZ Division II) and eventually International Competitions (e.g. Commonwealth Games, Olympic Games).



What happens at a meet?



Aim to arrive about 15 minutes before warm-up for stretching. Swimmers must sit with the club to foster team spirit as well as making the manager's and coach's jobs a lot easier. The coach and manager will make sure the swimmers get to their races on time. At some Level 3 meets it is possible for parents to sit with the team, but generally parents and spectators need to sit in the allocated seating area. All swimming clubs are required to help out at swim meets to ensure everything runs efficiently and accurate records are kept. Parents/caregivers will be asked to help out with time

keeping, managing swimmers and other tasks. These tasks are not difficult and training will be given at the time. Help from parents is essential and is greatly appreciated. The club runs a roster system and it is expected that all parents/caregivers help when requested. If you are not needed to help out please stay and watch the racing with the other club parents and cheer for our swimmers.

If you have any queries during the event, please speak with the team manager who will advise or make further inquiries on your behalf. Do not approach officials or those running the meet.

Competition (continued)

What do I take to swim meets?

Swimmers:

- SNZ Swimmer ID pass
- competition togs (for National Meets or when coach advises)
- training togs, towels
- goggles (plus a spare in case they break)
- Club swimming cap (compulsory)
- Club Uniform (compulsory)
- Water bottle and snacks

Parents:

- A highlighter pen for marking programme
- A loud voice for cheering on our swimmers

What should a swimmer eat before/during a meet?

Before the meet swimmers need a good carbohydrate meal that is low in fat (e.g. yoghurt and cereal, cereal and light blue milk, porridge, toast and honey, banana etc). This should be eaten about 2-3 hours before racing.

During the race meet swimmers should eat small amounts of good snack food (e.g. bananas, muesli bars, bread rolls, iced or fruit buns and small amounts of jelly beans). It is important that swimmers remain hydrated throughout the meet.

Swim Meet Entries

All local or interclub swim meets are advertised on the Auckland Swimming website; <https://auckland.swimming.org.nz/>

Also check your email (our club Meet Entries coordinator will send a reminder when entries are due) and the club notice board for information regarding upcoming meets.

Your coach will choose your events and you will be advised by email which events your swimmer should enter and how to submit your entries.

Please note:

- By entering your swimmer into a meet you are committing to helping out when required.
- If swimmers do not attend the meet for any reason the entry fees are still payable.
- Application for refunds for medical reasons can be made directly to the Meet Convenor, check the poster for details.
- Ensure your meet entry accounts and training fees are kept up to date. If accounts are in arrears swimmers will not be permitted to enter meets until accounts are current.

How much does Swimming cost?

As with any sport there are costs involved! Below are the main costs you will need to allow for the sport. Any prices quoted are a guide only and are subject to change.

Club Membership

To be a competitive swimmer in New Zealand you need to be a member of a Swimming Club, a Regional Association (ASA) and SNZ. The swimming season runs from 1st July—30 June. The annual cost for 2019/20 season is \$278.00 per swimmer; this includes fees for the club (\$172), ASA and SNZ (\$106).

Training Fees

Training Fees are paid per month by automatic payment to the Club's bank account 06-0177-0108914-00. As fees vary depending on which squad the swimmer is in, please contact us for current fees.



Uniform

The club would like all swimmers to wear the club uniform when representing the club at swim meets. Full details of items available, sizes and prices are on our website: www.swimroskill.co.nz For further information regarding uniforms contact us by email: uniforms@swimroskill.co.nz

Training Gear

Swimmers will need to purchase their own gear: training togs, competition togs (for National Meets or when coach advises), towels, goggles (plus a spare), gear bag (kick board, paddles, fins, pull buoy - you may be able to borrow some of these items from the club, please check with your coach) and a water bottle.

Swim Meets

- Local Meets:** Swimmers pay an entry fee per race ranging from \$5 - \$7. Parents and spectators who attend on the day will be charged a door entry of \$2-\$3. Programmes will also be available and are usually \$2-\$3.
- National Meets:** Swimmers race entry fees usually cost more than local meets, approx \$10-\$15 per event.
- Meets out of Auckland:** If the meet is not in Auckland there will be transport, accommodation and food costs for the swimmer and any family/supporters who also attend.

Camps

The Coach's Training Programme may include intensive training camps during some school holidays. These might be run locally or out of Auckland and there may be extra fees charged to cover costs.

Roskill Swimming Club Squads

Development Squad—\$130 per month

For swimmers new to competitive swimming. This squad aims to develop technique and get swimmers ready for competing. Swimmers need to be committed to attending two plus swim training sessions per week, ASL competitions, Level 3 swim meets and club camps.

Bronze Squad

Swimmers in this squad will be Level 3 swimmers aiming to qualify for Level 2. Swimmers need to be committed to attending three plus swim training sessions and one dryland training session per week, ASL competition, NZ Juniors and Level 3 swim meets and club camps. Bronze swimmers will also be aiming to achieve medals at Auckland Junior championships and qualify for NZ Junior Championships.

Silver Squad

Swimmers gain entry to this squad by coach selection. Swimmers will be committed to attending six plus swim training sessions, one gym session and one yoga session per week. They will also be committed to attending Division II and National Championships, completing food diaries, and attending club camps. Swimmers will be aiming to achieve medals and finals at NZ Division II Championships and qualifying for National Championship Meets.

Gold Squad

Swimmers gain entry to this squad by coach selection. Swimmers will be committed to attending eight plus swim training sessions, two gym sessions and one yoga session per week. They will also be committed to attending National and Open Championships, completing food diaries, and attending club camps. Swimmers will be aiming to achieve multiple medals and finals at National Championships, a final at Open Championships and qualifying for youth teams and championships and New Zealand regional camps.

Platinum Squad

Swimmers gain entry to this squad by coach selection. Swimmers will be committed to attending ten plus swim training sessions, three gym sessions and one yoga session per week. They will also be committed to attending National Open and Championships, completing food diaries, and attending club camps. Swimmers will be aiming to achieve multiple medals and finals at National and Open Championships and qualifying for international teams and championships.

Health and Safety

The club is committed to ensuring the health and safety of all swimmers and workers involved in swimming with the club. For parents and swimmers, it is important that they follow instructions given to them by their coach and the lifeguards. Please also keep the following in mind:

- Follow the clubs code of conduct and any instructions given by the coach or lifeguards
- Parents and swimmers must enter the facility through the front door and present their Roskill Club card to reception
- Children aged 10 years and under must be escorted into the facility by an adult and 'handed over' to the care of their coaches. The facility operator requires all children aged 10 years and under to be actively supervised by an adult while in the facility
- Swimmers are not permitted to swim in the facility either before or after their training session
- Please ensure your child arrives to training with a water bottle to ensure they maintain proper hydration during training. Their coach will encourage drinking during training
- Children under the age of 15 are not permitted in the gym without adult supervision
- Please remember to advise the coach of any changes to your child's health prior to them commencing exercise
- Advise either the coach or a lifeguard if you notice any hazards or experience a near miss incident while in the facility

We appreciate your support in keeping our children safe, please do not hesitate to contact your child's coach should you have any health and safety issues.

Junior Coach

Bridget Sills

With a lifetime admiration for the sport of swimming, Junior Coach Bridget Sills presents a fun and challenging environment for our junior swimmers to reach their goals.

Bridget began swimming competitively with Roskill in 2010 at the age of 12, and throughout her swimming career she competed in a range of regional and national meets.

Her most notable experiences were representing Roskill in Nashville, Tennessee in 2016 and gaining two gold, two silver and a bronze medal at NZ's Division II Nationals in 2015. She considered her strengths in her personal swimming career to be in mid-distance freestyle events, particularly the 200m and 400m free.

Bridget has been one of our Junior Coaches at Roskill Swimming since November 2016, and trains the Multi-Sport, Development, Bronze and Silver Development squads in our competitive program. She has led the Roskill team to qualify and medal in several successful New Zealand Junior meets, with a number of swimmers holding current regional records in both Auckland and Northland.

Bridget believes in the importance of providing all swimmers with the opportunity to enhance their abilities in swimming to ensure they are able to achieve highly in the competitive swimming sphere.



Our Director of Coaching

Josh Munro

With over 13 years experience, Josh is a talented and experienced coach who has a lifetime association with swimming. Following a successful swimming career Josh gravitated towards coaching, drawn by a keen interest in helping to develop young swimmers.

Josh's approach to coaching is all about building a strong team environment which every swimmer feels a part of. He believes in athletes working hard to achieve their goals, but that goal-setting is a partnership between coach and swimmer. He has an intuitive insight into the strengths and weaknesses of individual swimmers and uses a range of coaching strategies to enable swimmers to realise their full potential. Josh is innovative and creative with his training programmes to ensure a stimulating and engaging environment for all swimmers.



Josh joined Roskill Swimming Club as Director of Coaching in a full-time capacity in January 2014 with all coaching staff reporting directly to him. His coaching career has seen him working with many of New Zealand's most elite swimmers. He has overall responsibility for our comprehensive training programmes from non-competitive to elite squads.

Career highlights include:

- Selected by SNZ as head coach of the 2014 NZ Youth Olympic team
- Selected by SNZ to coach the 2014 NZ Oceania team
- Coached 2014 New Zealand Halberg Award winner in the emerging talent category
- Coached 2013 World Junior Champion - gold medal and NZ record holder
- Consistently coaching athletes who medal at NZ Open, NZ National and NZ Junior championships



How do I Join?

If you have any other questions about joining the Roskill Swimming Club and to arrange a free trial and assessment please contact us at info@swimroskill.co.nz.

After your trial our coaches will advise which programme will best suit your child and how many sessions they should attend.

To join the Roskill Swimming Club please complete our online registration form:

<http://swimroskill.co.nz/Registrations.aspx>

and join our club on the SNZ website:

<https://www.swimming.org.nz/>

Click on Join now, complete your details and pay the registration fees

If you are transferring from another club please also log in to your SNZ "My Page" and request a transfer.



**Roskill Amateur Swimming and
Life Saving Club (Inc)**

Primary Business Address

Your Address Line 2

Your Address Line 3

Your Address Line 4

Club Contacts

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president@swimroskill.co.nz

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