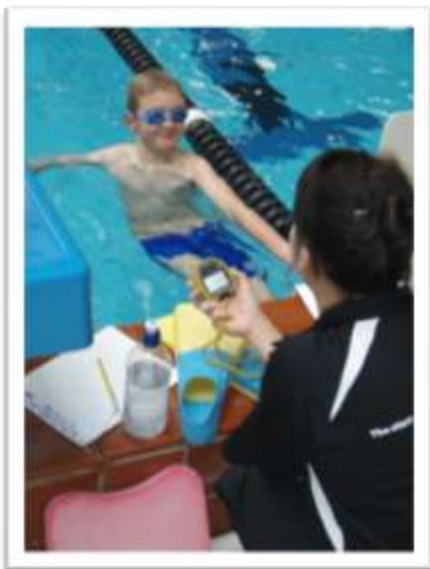


PARENT HANDBOOK



PARENT HANDBOOK

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The start of something extraordinary

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Introduction

Dear Parent

Welcome to the swimming community. Swimming truly is a skill for life, and will open the doors of opportunity to so many different activities and experiences in the years ahead. Swimming is inspiring, challenging and spectacular, but it is far bigger than competition. Like walking jumping or talking, swimming is a core human skill.



Whether your child will go on to win gold or swim socially, swimming is a fun way to keep fit and stay healthy. As a swimmer, your child will learn about determination, striving for excellence, and experience the joy found in effort. Swimming has the social qualities of a team sport, while maintaining the satisfaction of attaining personal goals.

The purpose of this parent handbook is to give you, the parent, the information you require to give your child the best experience possible from the sport of swimming.

The greatest pleasure I have experienced in over 40 years of coaching is the lasting friendships with swimmers, families and the swimming fraternity. I know this will be so for you as well.

Best wishes on this exciting journey; make it **the start of something extraordinary**

A handwritten signature in cursive script that reads "Jan Cameron".

Jan Cameron
General Manager, Performance and Pathways
Swimming New Zealand



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Swimming New Zealand

www.swimmingnz.org.nz

Swimming New Zealand is the National Sports Organisation (NSO) which represents swimming, helping to ensure every New Zealander swims to their potential.



Swimming is New Zealand's third most popular recreational activity with 35 percent of New Zealanders choose swimming as their preferred activity (SPARC 2007/8 Active New Zealand Survey). New Zealanders swim for a variety of reasons including sport, recreation, and health. Swimming New Zealand provides advice and leadership to the New Zealand community on all matters pertaining to swimming.

Swimming New Zealand is affiliated to the international body FINA (Fédération Internationale de Natation) based in Lausanne, Switzerland, which also represents diving, synchronised swimming, water polo and masters swimming.

Our activities can be broken into three clear areas:

- ✦ **Education**
- ✦ **Competition**
- ✦ **Recreation**

VISION

Swimming New Zealand's values are based upon swimming's attributes as:

- ✦ A natural fundamental life skill
- ✦ A lifelong health and well-being pastime
- ✦ A mechanism for achieving excellence
- ✦ A traditional Olympic Sport
- ✦ A fun, accessible and affordable activity



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Tips for Positive Parenting



YOUR ROLE AS A PARENT

Your primary role as a swim parent is to provide a supportive, loving and stable environment in which your child can develop as both an athlete and a good person. As a parent, you know how it is important to be a positive role model in your child's life. Children feel your emotions. We encourage you to always demonstrate to your child good sportsmanship towards *all* involved in the sport. This includes team mates, coaches, officials, opponents, supporters and so on. You can help your child enjoy swimming by considering and doing the following:

DEVELOPING AN ATHLETES FIRST PERSPECTIVE

Every decision you make as a parent in supporting and directing your child in their sport should be based on what is best for your child. This perspective of 'athletes first' can help some children achieve more than they would if they were consumed with the idea of winning in the short term. An obsession with winning can create a fear of failure, which can result in a less than average performance and a very upset child. Be careful with your language around performance and self worth "You won, you are such a good girl/boy" has the implication that if they hadn't they wouldn't be. "Wow what a fantastic effort you seemed to put everything into that" can be used after a win or a loss as the comment is about the performance not self worth.

BUILD YOUR CHILD'S SELF-ESTEEM

As a parent, you are one of the main influencers in your child's life, and one of your most important roles is to build their self-esteem. A child with good self esteem is more likely to be proud of their personal accomplishments, accept challenges and new tasks and willing to help others. On the other hand, children who find their confidence through winning can go through some very hard times when they lose. It is important that your child knows they can be successful without winning.

ALBERT SCHWEITZER:

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

WINSTON CHURCHILL:

Success consists of going from failure to failure without loss of enthusiasm.

IAN THORPE:

For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I've been in.

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If your child is aiming to better their Personal Best (PB) for a certain race, and they accomplish that, then they are successful regardless of what place they finish in because it is the best they have ever achieved. PBs can be measured in race time, skills completed to given standards, stroke counts, race pacing and many other areas critical for long term improvement.

As long as your child puts in their best effort, make them feel like a winner.

LET THE COACH, COACH

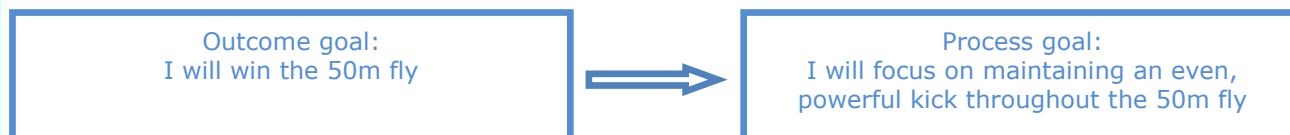
It is the coach's job to offer your child constructive analysis on their swimming. A parents' role is to support, encourage and recognise your child's efforts. When parents attempt to coach their child, the child may become confused and their coach may then be unable to establish best practices going forward. It can be hard for a child as they become inundated with advice. It is equally important to never undermine the coach in front of the athlete, or vice versa as this can be extremely harmful to the relationship. Keep up communication with your coach, but leave the coaching to the coach.



HELP AND ENCOURAGE YOUR CHILD IN SETTING REALISTIC, PROCESS GOALS

The competitive side of swimming is very important in the development of athletes and the sport of swimming, however, at a junior level the most important factor is participation and effort. Beating a PB and learning a new skill are both examples of realistic and attainable goals for a junior swimmer.

Process goals enable the swimmer to focus on *what needs to be done to achieve*, rather than *what to achieve*. If a swimmer has a goal to "get in the top 3 to get a medal" (an outcome goal) factors which can't be controlled are brought into the race i.e. other swimmers.



A process goal enables the swimmer to focus purely on what they, individually need to do in order to get the best result.

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Keeping the Sport Fun



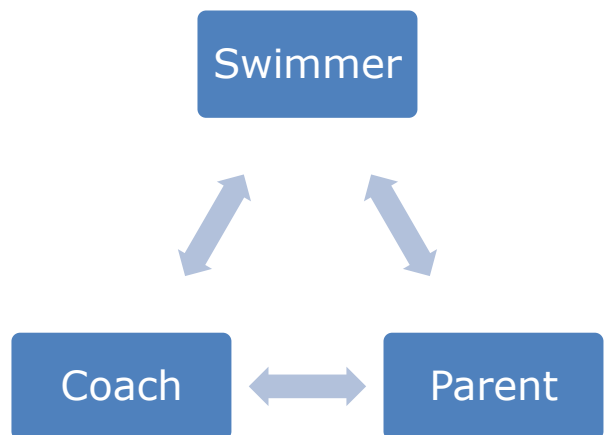
Whether your child will be the next New Zealander swimmer to win gold or whether they swim at club events only, the experience should be enjoyable.

Always ensure that your child has their PB recorded each time they race, this is what they will be trying to beat rather than other people. PB record books are available from Swimming New Zealand at www.swimmingnz.org.nz. PB recording ensures the focus is on individual improvement rather than purely on winning or losing. Your child may come 10th in a race, but if they beat their PB, they are a winner.

Developing skills to maintain progress over time will see greater potential improvement than swimming fast, poorly. During the initial years of competition, the focus should be on swimming more effectively with great skills like starts, turns and under water kick.

Frequent, positive communication between the swimmer, parents and coach will foster a strong relationship ensuring the best outcomes for the swimmers.

It's important that we don't compare our children with others, particularly of the same age. All children develop physically, emotionally and psychosocially at different rates. There will be times where progress is slow and there will be a plateau of success. There will also be times when progress is rapid. Either way it is your role to support the swimmer's efforts and keep their enthusiasm high!



Frequent, positive communication between the coach, swimmer and parents is imperative for the development of the swimmer

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Training Guidelines

Thanks to Swim Coaches and Teachers of New Zealand (www.nzscat.org.nz) for this section.

How much training should my son/daughter do?

This is a question frequently asked by parents. This core question is linked with two important elements of training:

- (1) What type of training is being undertaken? – This will determine the overall stress placed upon the individual;
- (2) What is the ideal duration of each session, number of sessions per week, weeks per year, etc. – This will determine the total training volume.

There is no simple right or wrong answer, no simple formula applies in all cases; for the sake of simplicity here is a general rule that parents, swimmers and coaches can apply:

- Commit to a training programme the swimmer can “recover” from (i.e. feel rested enough to train effectively during the next session).
- Maintain a level of training that allows the swimmer to feel enjoyment in his/her effort and achievement.

Prior to puberty the paramount objective of any programme should be to instill a love of the sport, teach quality technique, and develop all-round fitness. Training programmes should be well thought out and have goals that include skill development as well as adequate emphasis on physical development.

The process of learn to swim instruction produces the basis for life-long skills and confidence in and around the water. “Training” is a term that is hard to define because the learning process itself relies upon repeated practice.

However, training generally involves these broad performance objectives:

- (1) The acquisition of competition specific complex motor skills (such as tumble turns and racing starts);
- (2) Improvement in physical capacities that allow sustained swimming at faster speeds;
- (3) Improvement in technical capabilities that allow for more efficient propulsion and less resistance in the water.

Naturally, the achievement of these objectives means that a swimmer is able to move further, faster, and more skillfully. Training in its very nature should produce fatigue, but this fatigue should only be short-lived enough that the young swimmer is ready (physically and mentally) to take part in the next scheduled session.

Because activity is linked to interest (i.e. motivation to participate) there is a strong case for progressively increasing the training demands in a logical manner throughout childhood. Therefore, swimming programmes should not offer the same number of sessions to, for instance, both 8 and 12 year olds. The training requirements at these two ages are fundamentally different, and this should be reflected in the programmes offered.

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Swimming Equipment

A basic gear list for a young swimmer should include:

- ⚡ Togs and goggles
- ⚡ Cap
- ⚡ Fins
- ⚡ Water bottle
- ⚡ Towel

GOGGLES

As we all come in different shapes and sizes, there will be different goggles for everyone. You can buy these most likely at your local pool, and also at any sports store or swim shop. Goggles should fit snugly around the eye, and you should feel a slight suck. You may need to try on a number of different brands and styles until you find ones that are both comfortable, and watertight on you.

SILICONE OR LATEX CAPS?

Latex caps are cheaper to buy but may not last as long as silicone. Take care when putting on swim caps with long nails and rings on your fingers they do rip easily.

FINS

Short fins with a soft flexible medium sized blade are best when starting.

DRINK BOTTLES

Hydration is very important when swim training, it is essential that every swimmer has a drink bottle with their name on it and uses it every session. Never share bottles for hygiene reasons. See the section on hydration and nutrition (Pg. 12).

SWIMSUIT GUIDELINES

Swimming New Zealand conforms to FINA rules regarding swimsuits in competition. In addition Swimming New Zealand encourages the following guidelines for **age group events** (18 and under):

- (i) Men's swimwear is limited to one swimsuit that covers at most the body surface from hips to knee. Swimwear may not extend above the waist or below the knees;
- (ii) Women's swimwear is limited to one swimsuit that is of "open back" and "open shoulder" designs that may extend down to the knee. Swimwear must not extend below the knees.

Junior competitors should wear ordinary togs, as the swimmer gets older these togs can be graded towards more competitive swimwear.

The FINA website contains swimming rules, world records, results and more:
www.fina.org



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What do the Officials do?

- ✦ **TIMEKEEPERS** - Use stopwatches to record the official time for the swimmer in their lane. Some venues use automatic timing systems with touch pads.
- ✦ **INSPECTOR OF TURNS (IOT)** - Observes turns from each end of the pool to ensure compliance with the rules applicable for each stroke.
- ✦ **CLERK OF THE COURSE/MARSHAL** -The clerk of the course is responsible for assembling the swimmers prior to each event.
- ✦ **STARTER** - The starter is responsible for giving all swimmers a fair start. The starter will start the race by saying 'take your mark', waiting until there is no movement from any swimmer on the blocks, and giving the start signal (usually a high pitch "beep!").
- ✦ **REFEREE** - The referee controls all officials and swimmers. The referee enforces all rules and any decisions made regarding the conditions of the race.



How to get Involved

Parents are one of the main secrets to success in the world of swimming. Parents are the people who provide access to the sport, moral support, and also ensure sufficient officials to run the meet by volunteering to help.

Volunteering means that you have another avenue to have a great impact on your child's athletic environment, but also it gives you a fun environment to meet other adults and make new friends.

Here are a few simple ways to get involved:

- ✦ Join the club
- ✦ Become an official, timekeeper or announcer
- ✦ Maintain equipment or facilities to help your club and coach
- ✦ Raise money towards events, like a BBQ or garage sale
- ✦ Write the club's newsletter
- ✦ Be a car pool driver
- ✦ Sell programs at the competition.

Further information on roles of the officials and how to get involved can be found on the Swimming New Zealand website: www.swimmingnz.org.nz

As a volunteer, you can be instrumental in strengthening swimming in New Zealand. Contact your regional centre for further details.

Thank you to all parents who dedicate their time and efforts to their child's swim club. You are really valued.

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Swimming the Healthy Way

By Dr. Lynne Coleman, Medical Director,
Swimming New Zealand

Swimming is an excellent sport for health. It improves fitness, controls weight, makes you feel better, more energetic and builds strong muscles and bones.

Swimming is fun for children and adults alike, the opportunity to meet new friends and enjoy friendly competition. When children start to perform better the coach often suggests attending more training sessions. At higher levels of competition, swimmers train almost every morning and afternoon. These long hours of hard training may lead to illness in some swimmers; good habits as a junior swimmer can help prevent this.



Swimming causes a few specific illnesses; early treatment means your child will recover quicker. I hope the following information and advice on this subject enables you to ensure your child maintains excellent health and is able to fully enjoy the swimming experience.

Ear infections are common in young children because the ear canal is narrow. **Swimmer's ear** or *otitis externa* is an infection in the ear canal caused by contaminated water or debris such as wax or dry skin harbouring germs which thrive in moisture. Children complain of a sore ear and it hurts when tugged or pressed. Usually the doctor will prescribe some antibiotic drops. You need to see a doctor to make sure there is no debris in the canal which will lead to a recurrence. Ear plugs may help an early return to swimming, and provide a preventative strategy for future swimming sessions.

Sore ears associated with upper respiratory illness – initially signaled by cough, nasal congestion and fever then the ears become sore - are not caused by the water. This condition is called *otitis media* or **middle ear infection**. The cause is usually a virus which does not need antibiotics but your doctor can examine the ears, nose and throat before deciding whether medication is needed.



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Viral infections require rest as early as possible and children should not go to swimming training if they have symptoms of a viral infection. Virus particles are highly contagious and transmitted to other children easily. Typical symptoms of a respiratory viral infection are unusual tiredness, irritability, headache, runny nose, sore throat, sore muscles plus or minus fever and after a couple of days a cough develops. If your child wakes up feeling tired and grumpy, put them back to bed and wait a day to see whether they have recovered.

Our immune system fights viral infections. If children have late nights, or stress from exams or assignments, or family problems, the immune system does not cope as well and children catch infections easily. One or two days in bed with some paracetamol will usually be all that is required. It is important not to get up early to go to training when you are *sick*.

A lot of asthmatic children have become very good swimmers. Those who have **hay-fever and asthma** are prone to respiratory infections unless their asthma is well controlled. Children need to take their medication regularly even when they are well, and always have a Ventolin (reliever) puffer in their swimming bag in case they have trouble breathing.

Swimmer's shoulder is the most common injury from swimming and needs early treatment. A sports doctor (a GP with an interest in sport) or a sports physician should diagnose the problem and arrange appropriate treatment. Sometimes medication is required. It is not normal to have to swim with sore shoulders and the condition will get worse. Sometimes it is related to posture and physiotherapists can prescribe some exercises to do at home.

The recipe for healthy swimming is simple: get a good night's sleep, eat healthy foods, drink plenty of fluids and stay happy. The formula for doing well in all sporting endeavors is equally straight forward: *peak health + peak fitness + peak desire = peak performance*. Those golden rules apply not just to our elite swimmers, but to the juniors as well.



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Nutrition for Swimmers

By Daniel Healey, Performance Nutritionist, NZAS North Island
(With thanks to ACC SportSmart www.acc.co.nz/sportsmart)

GOOD NUTRITION

- ✦ Increases energy levels, leading to more active participation
- ✦ Helps in the development of strong bones, which reduces the possibility of fractures
- ✦ Helps repair damaged muscle tissue
- ✦ Allows the body to recover between physical activity sessions
- ✦ Provides for growth.

Swimming New Zealand promotes the use of NZ Academy of Sport service providers:
North Island www.nzasni.org.nz
South Island www.asi.org.nz

POOR NUTRITION

- ✦ Decreases concentration through decreased energy levels
- ✦ Causes poorly developed muscles and bones, and may lead to iron deficiency
- ✦ Decreases a swimmers' endurance capacity.



HIGH CARBOHYDRATE FOODS

Carbohydrates are the fuel for moderate to high-intensity exercise. They include bread, pasta, cereal, fruit and vegetables. Carbohydrates are categorised into 3 groups depending on the speed at which they are broken down and then made available as energy. These are:

High Glycaemic Index Carbohydrate: Are broken down fast and provide rapid energy. Peak energy can be reached in 20-30minutes.

Medium Glycaemic Index Carbohydrate: Are broken down slower and provide more energy over a longer period of time. Peak energy can be reached in 45mins

Low Glycaemic Index Carbohydrate: Are broken down slowest and provide energy over the longest time frame. Peak energy can be reached in 60+ minutes.

High, Medium and Low Glycaemic Index (GI) foods all play a role in the swimmers pre-during-post exercise regime. Low GI foods should be eaten most of the time. This includes breakfast, snacks, lunch and dinner. Medium GI foods should also make up most of the swimmers daily menu while High GI foods should be used sparingly. High GI foods are the best consumed during exercise that lasts greater than 60 minutes and are also extremely effective when consumed immediately after strenuous training.

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Here is a brief list of foods that are Low, Medium and High GI. You will notice that there is no real pattern or obvious common denominator when it comes to categorizing these foods. Foods are assigned a category after thorough laboratory testing.

High Glycaemic Index foods **(70 or more)**

- ✦ Mashed or jacket potatoes
- ✦ White bread
- ✦ Watermelon
- ✦ Bagels
- ✦ Bran flakes, coco pops or cornflakes
- ✦ Rice cakes
- ✦ Rice krispies
- ✦ Puffed wheat
- ✦ Baguette
- ✦ White rice, steamed
- ✦ Glucose lollies (jelly beans, snakes etc...)

Medium Glycaemic Index foods **(56 to 69)**

- ✦ Muesli, non toasted
- ✦ New or boiled potatoes
- ✦ Sultanas
- ✦ Pita bread
- ✦ Basmati Rice
- ✦ Honey
- ✦ Digestive biscuits
- ✦ Cheese and tomato pizza
- ✦ Apricots, canned in syrup
- ✦ Couscous
- ✦ Rye bread
- ✦ Pineapple, fresh
- ✦ Cantaloupe melon
- ✦ Croissant
- ✦ Shredded wheat
- ✦ Mars bar
- ✦ Ryvita
- ✦ Crumpet, toasted
- ✦ Weetbix
- ✦ Whole meal bread

A further explanation of how foods are tested on the Glycaemic Index can be found [here](#)

Low Glycaemic Index foods **(1- 55)**

- ✦ Fruit such as cherries, grapefruit, dried apricots, apples, pears, peaches, kiwifruit, green grapes bananas, or oranges
- ✦ Roasted and salted peanuts
- ✦ Low-fat yoghurt with sweetener
- ✦ Pearl barley
- ✦ Red lentils
- ✦ Whole milk
- ✦ Butter beans
- ✦ Fettuccine pasta
- ✦ Skimmed milk
- ✦ Low-fat fruit yoghurt
- ✦ Whole meal spaghetti
- ✦ Tomato soup, canned
- ✦ Apple juice, unsweetened
- ✦ All Bran
- ✦ Chick peas, canned
- ✦ Porridge made with water
- ✦ Lentil soup
- ✦ Macaroni
- ✦ Orange juice
- ✦ Peas
- ✦ Baked beans in tomato sauce
- ✦ Carrots, boiled
- ✦ Stone-ground whole meal bread
- ✦ Raw oat bran
- ✦ Sweet corn

Information on the Glycaemic Index of certain foods can be found at www.glycemicindex.com

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FOODS CONTAINING 50g CARBOHYDRATE:

- ✦ 2 bananas
- ✦ 4-5 Weetbix
- ✦ 1 cup cooked rice
- ✦ 1 ½ cups cooked pasta
- ✦ 1 cup kumara
- ✦ 2 ½ cups porridge or other cereals
- ✦ 2 ½ potatoes
- ✦ 2 cups yoghurt
- ✦ 3 apples
- ✦ 2 muffins
- ✦ 2-3 crumpets
- ✦ 4 -5 slices bread
- ✦ 1 large bagel
- ✦ 600mL sports drink
- ✦ 600mL flavoured milk
- ✦ 500mL fruit juice or cordial
- ✦ 1 ½ – 2 gels or carbo shots
- ✦ 1 ½ – 2 muesli bars or sports bars
(check the labels)

FOODS CONTAINING PROTEIN

Protein is essential to build, maintain and repair the body's tissue. Foods high in protein are eggs, chicken, fish, red meat, legumes (such as dried beans) and dairy products (choose low-fat versions). Dairy products also provide a valuable source of calcium, while meats provide zinc and iron.

PROTEIN CONTENT OF FOOD

100g lean red meat	27g	1 cup yoghurt	10g
2 slices (30g) ham	3g	30g cheese	8g
1 hamburger	18g	2 slices bread	5g
100g tofu	8g	1 cup rice	5g
100g chicken	33g	1 cup pasta	5g
100g white fish	23g	2 Weetbix	8g
100g canned salmon	20g	1 potato	3g
12 mussels	20g	1 /2 cup baked beans	7g
100g canned tuna	26g	1 /2 cup peas	5g
1 egg	6g	1 tbsp peanut butter	5g
1 egg white	3g	2 tbsp milk powder	6g
1 /2 cup bean salad	9g	2 tbsp protein powders	5g
1 glass flavoured milk	7g	(average values)	

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A SAMPLE DAY'S DIET FOR A SWIMMER IN TRAINING OR COMPETITION

Breakfast

Fruit juice, cereal or porridge, low-fat milk, yoghurt, fresh or canned fruit, toast, drink (tea, Milo, milk or juice and water). Other options include canned spaghetti or baked beans and fruit smoothies.

Snack

Fruit or muesli bar/energy bar, bagel, sandwiches, rolls, fruit muffins, fruit juice and water.

Lunch

Rolls or sandwiches, sushi, rice dishes, fruit, possible muffin/cake/biscuit or other sweet item, pasta dishes with low-fat, tomato-based sauces, drink and water.

Snack

Fruit or muesli bar/energy bar, drink, bagel, sandwiches, rolls, canned rice pudding, fruit muffins, fruit juice and water. Eat one to two hours before training or workouts.

Recovery Snack

Sports drink, fruit juice, cordial and water with banana, muffin, fresh fruit, canned fruit, canned rice pudding, jam or honey sandwiches.

Dinner

Large serving of carbohydrate (e.g. potatoes, pasta, rice, couscous, taro, kumara) to cover half the plate, lean low-fat meat/chicken/fish or other protein-rich food (trim pork, seafood such as mussels, eggs, chilli beans, legumes, tofu), two-three other vegetables (at least one green and one coloured) or salad, and drink (water, juice, smoothie).



Swimmers should avoid foods high in fat and fibre before and during exercise.

Further notes on nutrition:

- ✦ Try to eat at least two hours prior to training and three to four hours prior to competition and keep food choices at this time low in fat. Drink plenty of water.
- ✦ Vegetarian athletes are at extra risk of iron deficiency and should have a blood count and ferritin test annually. See your doctor to arrange this.
- ✦ Fad diets and programmes promoting a rapid weight loss tend to place the energy intake of active people and athletes at risk and possibly increase the risk of fatigue, increasing the risk of injury. Swimmers wishing to train hard and reduce body fat or weight should seek advice from a sports dietician or a doctor of sports medicine.
- ✦ If swimmers have any doubts about their food intake, are newly vegetarian or have low energy intakes (for example, to make a weight category or reduce body fat levels) they should talk to a sports dietician to ensure they are meeting all their energy and nutrient requirements (especially for calcium, iron, carbohydrate and protein).
- ✦ The indiscriminate use of vitamin tablets or iron supplements is not recommended without appropriate investigation and medical advice. Excess iron can be dangerous to some people. Also some supplements may contain banned substances; players are advised to seek professional advice before consuming them.

Fluids and Hydration

Hydration has a significant effect on sports performance.

Being hydrated will prevent:

- ✦ A decrease in concentration
- ✦ A decrease in endurance capacity
- ✦ An increase in fatigue
- ✦ Headaches
- ✦ A delayed recovery.

Swimmers should avoid sharing drink bottles between swimmers; flu, hepatitis and other infections can spread between swimmers

ENCOURAGE SWIMMERS TO:

- ✦ Pre-hydrate! Drink fluids before starting a training session or competition and during the day
- ✦ Drink small amounts where possible throughout the training or swim meet e.g. between sets, sip while watching others compete
- ✦ Increase fluid intake in hot and humid conditions
- ✦ Replace every kilogram of body weight lost during exercise with 1.5 litres of fluid
- ✦ Drink fluid that is flavoured and cool
- ✦ Drink well formulated (4-8% carbohydrate) sports drinks during activity lasting longer than one hour.

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KEEP FUELLED

500-600ml	Two hours before exercise.
150-250ml per 15-20 minutes	During exercise as tolerated. Use breaks in and between sets as opportunities to take extra fluid. It is especially important to drink enough fluid in endurance and high-intensity exercise.
1-1.5litres per kg of body weight lost	After exercise drink fluids to re-hydrate and produce clear or pale urine. Drink more than thirst dictates. Sports drinks are suitable.

Note:

- ✦ Plain water is appropriate for exercise lasting less than one hour. Drinks containing 4-8% carbohydrate and 0.5-0.7g/litre sodium are recommended for intense exercise lasting longer than one hour.
- ✦ As children are less effective at sweating and produce more heat during exercise than adults, hydration and fluid intake are particularly important when exercising in hot/humid climates. Children may need to be encouraged to drink more fluids (flavoured and cool beverages are preferred). Children can use well formulated sports drinks.

Sports drinks (e.g. Replace, Powerade) should contain 4-8% carbohydrate and 0.5-0.7g/litre sodium. Sports waters (e.g. Mizone, loaded water) contain little or no carbohydrate (less than 4%) and no sodium; only fluid to re-hydrate, flavouring and sometimes added vitamins. Check the labels if you are unsure. Sports waters are not suitable for endurance events as a sole source of nutrition (food must be consumed), but are ideal for workouts at the gym or training lasting around one hour.

Swimmers should avoid alcohol, caffeine and energy drinks (such as red bull, V, demon etc) as these increase fluid loss.



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Swimming Lingo

Bilateral breathing: Most common in freestyle. Breathing to both the left and right side, many different combinations of stroke patterns may be used to achieve this.

Blocks: The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable, but also incorporate a bar to allow swimmers to perform backstroke starts.

Breaststroke: Arms are moving simultaneously under the water horizontally, with legs doing a "frog" kick.

Butterfly: Arms move together in an 'up and over' motion, while legs complete two dolphin actions per stroke cycle.

Circle swimming: Swimmers swim either anticlockwise or clockwise depending on which lane they're in. e.g. clockwise in lane odd number lanes, anti clockwise in even number lanes. This is the best way to avoid collision of arms and is common procedure in regional and national swimming events.

Pace clock: The big clock on the wall or deck, used for interval training. Swimmers who can read the clock and know their times improve find it easy to monitor their own progress and can give their own send off.

Pool deck: The area around a swimming pool. During a meet, only 'authorised people' may be on deck. This is generally just team managers, officials, coaches and swimmers.

Flags: These are suspended over the width of each end of the pool approximately 5m from the wall; they allow backstroke swimmers to determine where the end of the pool is. The lane ropes may also change colour 5m out from the wall.

Six beat kick: six kicks per full arm stroke. (3 kicks per 'hand hit').

Freestyle: Another name for the front crawl.

Lane ropes: The dividers used to set out the lanes in a pool. Lane ropes are segmented 1m apart and are used to dissipate waves.

Lap counter: Large numbered cards used during longer freestyle events 800m and 1500m. Used so swimmers can see how many laps they have to go.

Long Course: Events swum in a 50m pool.

Short course: Events swum in a 25m pool.

Medley: All strokes are used. This can be an individual event, with one person swimming all strokes. Or it can be a relay event with four people, each swimming a different stroke. The order for individual medley events is: butterfly, backstroke, breaststroke, freestyle.



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The order for medley relay events is: backstroke, breaststroke, Butterfly, freestyle.

Open water swimming: Swimming in water other than in a pool including rivers, lakes or oceans. Swimming New Zealand runs National Open Water Swimming events for 5Km and 10Km events and 10Km is an Olympic event.

PB: Personal Best. This is generally used in the context of a personal best time for a particular event.

Pull: A drill where swimmers place a pull buoy between their legs to keep them afloat, replacing kicking and staying balanced.

Referee: The head official at a swim meet.

Touch pad: The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race. These are generally backed up by time keepers.

Tumble turn: Similar to a summersault under the water upon reaching the pool wall. A tumble turn is faster than a 'touch and go' once the technique is mastered.

Cool down/loosen: Used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm up: The practice and loosening session a swimmer does before the meet or their event. The blood flow to the muscles warm up creates is essential to avoid injury.



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Contacts

SWIMMING NEW ZEALAND

P.O. Box 383 46, Wellington Mail Centre, Wellington
Pelorus Trust Sports House
Hutt Park
Petone
Ph 04 5600 345
Email: info@swimmingnz.org.nz
Web: www.swimmingnz.org.nz
VIEW THE [STAFF LIST](#)



Swimming New Zealand recommend NZAS (New Zealand Academy of Sport) service providers for all sports science, medicine, nutrition and physiotherapy needs:

NZAS North Island:
info@nzasni.org.nz
www.nzasni.org.nz
0800 GOLD MEDAL

NZAS South Island:
info@asi.org.nz
www.asi.org.nz
0800 4 ASI SPORT

SWIMMING CLUBS

See the '[Find a Club](#)' section of the Swimming New Zealand website to find a swimming club in your area.

REGIONAL CENTRES

[Regional centres](#) will help you become a swimming official, and answer any questions relating to national competitions. For information on regional competitions, talk to your club.

NZ SWIM COACHES AND TEACHERS ASSOCIATION

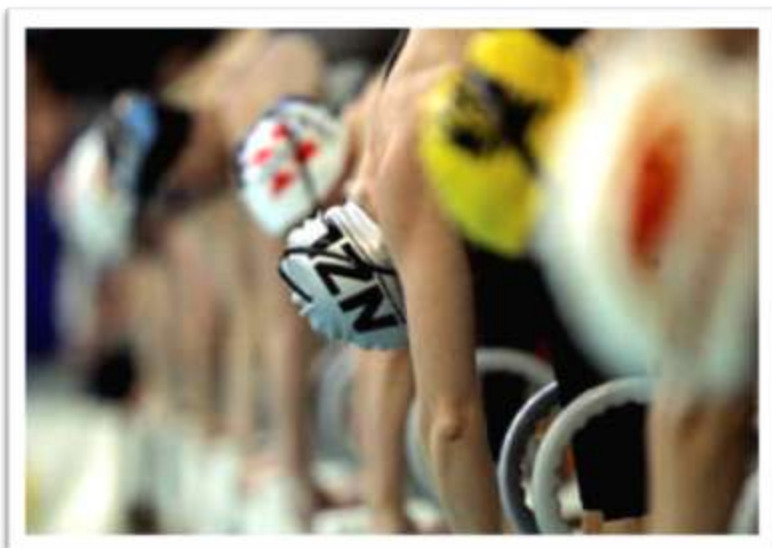
Visit www.nzscat.org to find out more about this organisation

DR. LYNNE COLEMAN, MEDICAL DIRECTOR, SWIMMING NEW ZEALAND

119 Apollo Drive
Albany, 1311
Lynne.Coleman@apollohealth.co.nz

DANIEL HEALEY, PERFORMANCE NUTRITIONIST, NZAS NI

Millennium Institute of Sport & Health, Antares Place
Mirangi Bay, 0632
danielh@nzasni.org.nz



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Code of Conduct

The following Code of Conduct applies to all SNZ Members and persons participating/connected to SNZ activities

The following requirements must be met in regard to your conduct;

- ✓ Respect the rights, dignity and worth of others.
- ✓ Be fair, considerate and honest in all dealings with others.
- ✓ Be professional in, and accept responsibility for your actions.
- ✓ Make a commitment to providing quality service and performance.
- ✓ Be aware of, and maintain an uncompromising adherence to standards, rules, regulations and policies.
- ✓ Operate within the Constitution, Regulations, Policies and Procedures of SNZ and FINA.
- ✓ Abide by the Sports Anti-Doping Rules.
- ✓ Refrain from any form of abuse, harassment, discrimination and victimisation towards others.
- ✓ Provide a safe environment for the conduct of the activity in accordance with relevant SNZ policy.
- ✓ Show concern and caution towards others who may be sick or injured.
- ✓ Be a positive role model.
- ✓ To not provide comment to any media on behalf of Swimming NZ Inc.
- ✓ To not speak to any media in a negative way regarding Swimming NZ Inc.
- ✓ Never act in any way that may bring disrepute or disgrace to SNZ members, its stakeholders and/or its sponsors, potential sponsors and/or partners.

Swimming New Zealand expects all members, supporters, advisors, staff and associates of SNZ to abide by a Code of Conduct that upholds the principles and values of the organisation and the SNZ Member Protection Policy. Members should recognise that at all times they have a responsibility to a duty of care to all SNZ members.

In addition a

Swimmer will:

- ✓ Agree to abide by the code of conduct.
- ✓ Not participate (or benefit from assisting others involved) in sports betting or gambling activity associated with swimming events and/or swimming results in which they are participating or have been directly involved in.
- ✓ Never argue with or verbally abuse an official. Always use the appropriate rules and guidelines to resolve a dispute.
- ✓ Conduct yourself in a sportsman-like manner and respect fellow swimmers, coaches, managers, staff, officials and the achievement of opponents.
- ✓ Do not bully or take an unfair advantage of another competitor.
- ✓ Cooperate with your coach, manager team mates, officials and opponents.
- ✓ Refrain from possessing, consuming prohibited substances while in SNZ camps or on tours.
- ✓ Not consume or purchase alcohol and tobacco while in SNZ camps or on Tours without the agreement of the Team Manager and Head Coach.
- ✓ Comply with training, competition, curfew and behaviour requirements directed by SNZ, while in camp or on tours.

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PARENT HANDBOOK

Parent Guardian will:

- ✓ Agree to abide by the code of conduct.
- ✓ Remember that children participate in sport for their enjoyment, not yours.
- ✓ Encourage children to participate, do not force them.
- ✓ Focus on the child's efforts and performance rather than winning or losing.
- ✓ Encourage children always to compete according to the rules and to settle disagreements without resorting to hostility or violence.
- ✓ Never ridicule or yell at a child for making a mistake or losing a competition.
- ✓ Remember that children learn best by example.
- ✓ Support all efforts to remove verbal and physical abuse from sporting activities.
- ✓ Respect officials' decisions and teach children to do likewise.
- ✓ Show appreciation for coaches, officials, swimmers and administrators.

Any breach of the Code of Conduct, or any part of it, may result in disciplinary action under the SNZ Constitution, Regulations and policies.

SNZ Constitution, Regulations and Policies can be viewed at www.swimmingnz.org.nz

Thanks to Dr. Lynne Coleman, Daniel Healey and the NZ Swim Coaches and Teachers Association for their generous contribution to this resource

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The start of something extraordinary

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