



2018 WINTER TRAINING

SUNRAYSIA WINTER TRAINING PROGRAM

Sunraysia Swimming Club will be conducting a Winter Training Program for 2018.

The program is for swimmers who meet certain criteria, with the aim to maintain fitness and refine stroke technique throughout the Winter Season.

- Development Squad will include 15-minute Dryland Training & 1hr Pool Session with 1 session a week.
- Pre-Squad Training will include 15-minute Dryland Training & 1hr Pool Session with 2 sessions a week.
- Social Squad will include 15-minute Dryland Training & 1hr 30min Pool Session with 2 sessions a week.
- Country Squad will include 15-minute Dryland Training & 1hr 30min Pool Session with 5 sessions a week.
- State Squad will include 15-minute Dryland Training & 1hr 30min Pool Session with 7 sessions a week.

Start Date for Pre-Squad & Development: Tuesday 17th April

Start Date for State, Country & Social Squad: Tuesday 10th April

Please hand in all forms on the first training session, if you have any questions please email us.

Coaches – coachingsunraysiaswimming@gmail.com

Cameron Douglass – 0427 627 683 (State, Country & Social Squad)

Josh Barila – 0401 956 621 (Pre-Squad)

Christine Mazza – 0438 256 282 (Pre-Squad)

Teresa Crisp (Development Squad)

SUNRAYSIA WINTER TRAINING PROGRAM

SSI WINTER TRAINING – DEVELOPMENT SQUAD

Aim

- To further the skills and abilities in all competitive strokes. To develop an introduction to squad training.

Training Times

- Thursday – 5.15pm til 6.30pm (Coach – Teresa Crisp)

****Equipment Required****

Pool Equipment

- *Goggles + Spare*
- *Kick Board*
- *Flippers*
- *Pull Buoy*
- *Sunraysia/Club Cap*
- *Bathers*
- *Water Bottle*

Competition Commitments

- Sunraysia Meets – swimmers are to compete at all Sunraysia Meets throughout the season

Expectations

- Swimmers are expected to attend training every Thursday Night.
- Please let the coach know if you are unable to make a session
- Swimmers are to set goals of what they wish to achieve during the winter training program
- Swimmers are expected to train to the best of their ability and be courteous to fellow swimmers and the coach. (Any swimmer being disruptive will be asked to sit out for the remainder of that session)
- Swimmers must turn up to training on time and with the mindset to train to the best of their ability.

Selection Criteria

- Must have a current membership with Swimming Victoria and be associated with a 2nd Claim Club in the Sunraysia District
- Open to all Sunraysia Swimmers
- Must be able to confidently swim in most strokes
- Must be over the specified times below, if under please refer to a higher squad.
- No make-up sessions are available, should you miss a session

| <u>Event</u> | <u>Entry Times</u> |
|--------------|--------------------|
| 50m Fly | 55.00+ |
| 50m Back | 55.00+ |
| 50m Breast | 1:03.00+ |
| 50m Free | 46.00+ |
| 100m Free | 1:47.00+ |
| 100m Back | 2:05.00+ |
| 100m Breast | 2:15.00+ |
| 200m IM | 4:05.00+ |

SUNRAYSIA WINTER TRAINING PROGRAM

SSI WINTER TRAINING – PRE-SQUAD

Aim

- To further develop the skills and abilities of the swimmer, with the intention of qualifying and competing at the Victorian Country Championships

Equipment Required

Dryland Equipment

- Resistance Bands (Yellow)

Training Times

| | Tuesday | Thursday |
|----------------|---|---|
| Morning | 5.15pm – 6.30pm (Coach: Josh Barila) | 5.15pm – 6.30pm (Coach: Christine Mazza) |

Pool Equipment

- Goggles + Spare
- Kick Board
- Flippers
- Pull Buoy
- Paddles
- Sunraysia/Club Cap
- Bathers
- Water Bottle

Competition Commitments

- Sunraysia Meets – swimmers are to compete at all Sunraysia Meets throughout the season
- Ballarat Top 5 Meet (at least 1) – swimmers are recommended to compete at the Ballarat Top 5 Meets with a view to obtaining VIC SC Qualifying Times (meet dates on last page)
- 2018 Victorian Country SC Championships – swimmers are to have a goal or a view to achieve SC Country Times (qualifying times attached below)

Expectations

- Swimmers are expected to attend training every Tuesday & Thursday Night.
- Please let the coach know if you are unable to make a session
- Swimmers are to set goals of what they wish to achieve during the winter training program
- Swimmers are expected to train to the best of their ability and be courteous to fellow swimmers and the coach. (Any swimmer being disruptive will be asked to sit out for the remainder of that session)
- Swimmers must turn up to training on time and with the mindset to train to the best of their ability.

Selection Criteria

- Must have a current membership with Swimming Victoria and be associated with a 2nd Claim Club in the Sunraysia District
- Open to all Sunraysia Swimmers who meet the requirements
- Must be able to complete 2km+
- Also open to State & Country Swimmers.
- Must be able to confidently swim in all strokes
- Must have at least 3 of the 8 times below
- No make-up sessions are available, should you miss a session

| <u>Event</u> | <u>Entry Times</u> |
|--------------|--------------------|
| 50m Fly | 55.00 |
| 50m Back | 55.00 |
| 50m Breast | 1:03.00 |
| 50m Free | 46.00 |
| 100m Free | 1:47.00 |
| 100m Back | 2:05.00 |
| 100m Breast | 2:15.00 |
| 200m IM | 4:05.00 |

SUNRAYSIA WINTER TRAINING PROGRAM

SSI WINTER TRAINING – SOCIAL SQUAD

Aim

- To maintain fitness and enjoyment in the sport of swimming

Training Times

| | Tuesday | Thursday |
|---------|--------------|--------------|
| Morning | 6am – 7.45am | 6am – 7.45am |

Equipment Required

Dryland Equipment

- Thera band for arms (Green)
- Thera band for legs
- Skipping Rope
- Foam Roller

Pool Equipment

- Goggles + Spare
- Kick Board
- Flippers
- Pull Buoy
- Paddles
- Sunraysia/Club Cap
- Bathers
- Water Bottle
- Snorkel (optional)

Competition Commitments

- Sunraysia Meets – swimmers are to compete at all Sunraysia Meets throughout the season.
- Ballarat Top 5 Meet– swimmers are recommended to compete at the Ballarat Top 5 Meets.

Expectations

- Swimmers are expected to attend training every session
- Please let the coach know if you are unable to make a session
- Swimmers are to set goals of what they wish to achieve during the winter training program
- Swimmers are expected to train to the best of their ability and be courteous to fellow swimmers and the coach. (Any swimmer being disruptive will be asked to sit out for the remainder of that session)
- Swimmers must turn up to training on time and with the mindset to train to the best of their ability.

Selection Criteria

- Must have a current membership with Swimming Victoria and be associated with a 2nd Claim Club in the Sunraysia District
- Open to all Sunraysia Swimmers who meet the requirements
- Must be able to complete 2km+
- Must be able to confidently swim in all strokes
- No make-up sessions are available, should you miss a session

SUNRAYSIA WINTER TRAINING PROGRAM

SSI WINTER TRAINING – COUNTRY SQUAD

Aim

- To further develop the skills and abilities of the swimmer, with the intention of qualifying and competing at the Victorian Country Championships

Training Times

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------------|-----------------|--------------|-----------------|--------------|
| Morning | 6am – 7.45am | - | 6am – 7.45am | - | 6am – 7.45am |
| Afternoon | - | 5.15pm – 6.30pm | - | 5.15pm – 6.30pm | - |

Equipment Required

Dryland Equipment

- *Thera band for arms (Green)*
- *Thera band for legs*
- *Skipping Rope*
- *Foam Roller*

Pool Equipment

- *Goggles + Spare*
- *Kick Board*
- *Flippers*
- *Pull Buoy*
- *Paddles*
- *Sunraysia/Club Cap*
- *Bathers*
- *Water Bottle*
- *Snorkel (optional)*

Competition Commitments

- Sunraysia Meets – swimmers are to compete at all Sunraysia Meets throughout the season.
- Ballarat Top 5 Meet– swimmers are recommended to compete at the Ballarat Top 5 Meets.
- 2018 Victorian Country SC Championships – swimmers must make an effort to compete. If swimmer achieves country qualifying times they must compete at the championships

Expectations

- Swimmers are expected to attend training every session
- Please let the coach know if you are unable to make a session
- Swimmers are to set goals of what they wish to achieve during the winter training program
- Swimmers are expected to train to the best of their ability and be courteous to fellow swimmers and the coach. (Any swimmer being disruptive will be asked to sit out for the remainder of that session)
- Swimmers must turn up to training on time and with the mindset to train to the best of their ability.

Selection Criteria

- Must have a current membership with Swimming Victoria and be associated with a 2nd Claim Club in the Sunraysia District
- Open to all Sunraysia Swimmers who meet the requirements
- Must be able to complete 3km+
- Must be able to confidently swim in all strokes
- No make-up sessions are available, should you miss a session
- (Qualifying Times at the end of booklet)

SUNRAYSIA WINTER TRAINING PROGRAM

SSI WINTER TRAINING – STATE SQUAD

Aim

- To further develop the skills and abilities of the swimmer with the intention of qualifying and competing at the Victorian Age Championships. To strive to finish top 10 at Victorian Country Short Course Championships and to make finals at Victorian Long Course Country Championships.

Training Times

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------|--------------|-----------------|--------------|-----------------|--------------|
| Morning | 6am – 7.45am | 6am – 7.45am | 6am – 7.45am | 6am – 7.45am | 6am – 7.45am |
| Afternoon | - | 5.15pm – 6.30pm | - | 5.15pm – 6.30pm | - |

Equipment Required

Dryland Equipment

- Thera band for arms (Green)
- Thera band for legs
- Skipping Rope
- Foam Roller

Pool Equipment

- Goggles + Spare
- Kick Board
- Flippers
- Pull Buoy
- Paddles
- Sunraysia/Club Cap
- Bathers
- Water Bottle
- Snorkel (optional)

Competition Commitments

- Sunraysia Meets – swimmers are to compete at all Sunraysia Meets throughout the season.
- Ballarat Top 5 Meet– swimmers are recommended to compete at the Ballarat Top 5 Meets.
- 2018 Victorian Country SC Championships – swimmers must make an effort to compete. If swimmer achieves country qualifying times they must compete at the championships
- 2018 VIC/SA State Championships – swimmers must make an effort to compete. If swimmer achieves qualifying times they must compete at the championships.

Expectations

- Swimmers are expected to attend training every session
- Please let the coach know if you are unable to make a session
- Swimmers are to set goals of what they wish to achieve during the winter training program
- Swimmers are expected to train to the best of their ability and be courteous to fellow swimmers and the coach. (Any swimmer being disruptive will be asked to sit out for the remainder of that session)
- Swimmers must turn up to training on time and with the mindset to train to the best of their ability.

Selection Criteria

- Must have a current membership with Swimming Victoria and be associated with a 2nd Claim Club in the Sunraysia District
- Open to all Sunraysia Swimmers who meet the requirements
- Must be able to complete 4km+
- Must be able to confidently swim in all strokes
- No make-up sessions are available, should you miss a session
(Qualifying Times at the end of booklet)

SUNRAYSIA WINTER TRAINING REGISTRATION FORMS

Swimmers Personal Details

Swimmers Name: _____

DOB: __/__/____ Gender (circle) M / F

Address: _____

Parent/Guardian & Emergency Contact Details

| | |
|---------------|---------------|
| Name: | Name: |
| Relationship: | Relationship: |
| Phone (H): | Phone (H): |
| Phone (M): | Phone (M): |
| Address: | Address: |
| Email: | Email: |

Squad Fee's

| SQUAD | Season Cost |
|-------------------|-------------|
| Development Squad | \$80 |
| Pre-Squad | \$180 |
| Social Squad | \$200 |
| Country Squad | \$300 |
| State Squad | \$400 |

- Full payment to be made prior to commencing any winter training.
- Full payment is required regardless of how many training sessions you attend
- Fees are to be paid directly into Sunraysia Swimming Inc. Bank ACC. (use name as reference)

- **Sunraysia Swimming Inc.**
BSB: 063-520
ACCOUNT: 10149772
- You can also pay by check – payable to ‘Sunraysia Swimming Inc.’
- Membership of Sunraysia Swimming Inc. **does not** include entry to Pool. Members are asked to contact reception for Waves memberships, otherwise entry fee must be paid each time you come to swim

Medical Conditions

Please let us know of any medical conditions/allergy’s we should be aware of.

SUNRAYSIA WINTER TRAINING SQUAD:

These forms are due on Tuesday 17th April 2018.

Name: _____

Age: _____

Fee Payment Date: __/__/____

Fee’s Paid \$ _____

What squad are you signing up for? (please tick)

- SSI Pre-Squad
 SSI Development Squad
 SSI Social Squad
 SSI Country Squad
 SSI State Squad

I understand that I must meet the commitment and requirements of this squad.

Parent/Guardian Sign

Date: __/__/____

Swimmer Sign

Date: __/__/____

Coach/s Sign

Date: __/__/____

Date: __/__/____

SWIMMER AND PARENT/GUARDIAN DECLARATION

1. I agree to abide by the rules, regulations and policies of Swimming Victoria, Swimming Australia and Sunraysia Swimming Inc.
2. I agree to abide by the Swimming Australia Code of Conduct, which states:

Competitor Code of Behaviour

- Play by the rules
- Never argue with an official. Always use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud all good performances whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team mates and opponents.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.

Parent/Guardian Code of Behaviour

- Remember children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them
- Focus on the child's effort and performance rather than winning or losing
- Encourage children always to play 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. Appreciate good performances and skilful plays by all participants
- Support all efforts to remove verbal and physical abuse from sporting activities
- Respect official's decisions and teach children to do likewise
- Show appreciation for coaches, officials and administrators. Without them, your child could not participate
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

Sunraysia Swimming Club Pool Deck Policy

Parents are welcome to watch their child during training sessions. However, the location from which you observe your child can distract your child and other swimmers taking part in training.

- Waves 25m Indoor Pool; Observing parents/guardians are encouraged to sit on the side of the pool near the noticeboards
- Waves 50m Outdoor Pool; Observing parents/guardians are encouraged to sit on the side of the pool on the park benches or the grandstand
- Parents/guardians are encouraged not to interact with the swimmer or the coach during a training session. A time can be scheduled for a meeting to ensure full attention can be devoted to the conversation.

Photography Consent

- My child's photograph may be presented in a variety of formats including newspaper articles, SSI website and Facebook page

Medical Consent

- In the event of my child requiring medical treatment or in the case of a medical emergency, I consent to the Sunraysia Swimming Inc. and its representatives, providing first aid or treatment and I further authorise the Sunraysia Swimming Inc. and its representatives, where it is impracticable to communicate with me, to arrange for him/her to receive such medical and/or surgical treatment as may be deemed necessary. I also undertake to pay any and all costs, which may be incurred, for the first aid, medical treatment, ambulance transport and drugs. I would expect a Sunraysia Swimming Inc. representative to contact me as soon as possible on details provided above

By signing this the Parent/Guardian, Swimmer and Coach/s all agree to the 'Swimmer and Parent/Guardian Declaration'

Parent/Guardian Sign

Date: __/__/__

Swimmer Sign

Date: __/__/__

Coach/s Sign

Date: __/__/__

Date: __/__/__



Name: _____

- Please return this on the first day of training

Goal Setting is a very important aspect for a swimmers personal growth and improvement. Setting goals will inspire you to work harder during your training sessions in order to achieve your goals.

Goals should be challenging, but achievable.

Goals can be anything from; Improving your turns, underwater work, dives, swimming new distances or events for the first time (eg.100 fly), or reaching a certain time in a race etc, etc.

Remember if you have any questions or would like some assistance please come up and ask.

Sunraysia Swimming Winter Training Goals

What are your Winter Training Goals?

How will you achieve these goals?

What are your long-term goals? (1-3 years)

What do you want to improve in this winter season? (e.g. 50m Free, Turns, Dive)

-
-
-

Do you want to attend more away competitions?

What do you want to be done more at training?

VIC Country Short Course Qualifying Times

- This is a goal the swimmers should be aiming to achieve.
- 2018 Victorian Country SC Championships is held in Wangaratta this year on 18th & 19th August 2018
- Visit <https://vic.swimming.org.au/country-sc-championships.html> for more info

MALE VIC COUNTRY SC QUALIFYING TIMES

| MALE | Open | 18 & Over | 16/17 Y | 14/15 Y | 12/13 Y | 11/Under |
|--------------------------|---------|-----------|---------|---------|---------|----------|
| FREESTYLE | | | | | | |
| 50m | | | | | | 37.60 |
| 100m | | 1:04.00 | 1:04.50 | 1:05.70 | 1:12.20 | 1:23.30 |
| 200m | | 2:14.70 | 2:16.00 | 2:18.20 | 2:29.00 | |
| 400m | 4:28.10 | | | | | |
| BACKSTROKE | | | | | | |
| 50m | | | | | | 45.60 |
| 100m | | 1:14.80 | 1:15.80 | 1:17.60 | 1:24.30 | |
| 200m | 2:29.30 | | | | | |
| BREASTSTROKE | | | | | | |
| 50m | | | | | | 51.50 |
| 100m | | 1:25.60 | 1:26.40 | 1:28.20 | 1:35.90 | |
| 200m | 2:49.50 | | | | | |
| BUTTERFLY | | | | | | |
| 50m | | | | | | 45.10 |
| 100m | | 1:13.50 | 1:15.50 | 1:15.80 | 1:25.20 | |
| 200m | 2:32.00 | | | | | |
| INDIVIDUAL MEDLEY | | | | | | |
| 100m | | 1:13.50 | 1:14.00 | 1:15.00 | 1:21.50 | 1:34.90 |
| 200m | | 2:36.90 | 2:38.30 | 2:39.90 | 2:55.40 | |

FEMALE VIC COUNTRY QUALIFYING TIMES

| FEMALE | Open | 18 & Over | 16/17 Y | 14/15 Y | 12/13 Y | 11/Under |
|--------------------------|---------|-----------|---------|---------|---------|----------|
| FREESTYLE | | | | | | |
| 50m | | | | | | 36.50 |
| 100m | | 1:09.90 | 1:10.00 | 1:10.70 | 1:12.70 | 1:23.00 |
| 200m | | 2:26.70 | 2:26.90 | 2:28.30 | 2:32.60 | |
| 400m | 4:45.40 | | | | | |
| BACKSTROKE | | | | | | |
| 50m | | | | | | 44.10 |
| 100m | | 1:18.80 | 1:19.50 | 1:19.80 | 1:22.40 | |
| 200m | 2:43.10 | | | | | |
| BREASTSTROKE | | | | | | |
| 50m | | | | | | 50.90 |
| 100m | | 1:31.60 | 1:32.40 | 1:33.50 | 1:36.40 | |
| 200m | 3:03.10 | | | | | |
| BUTTERFLY | | | | | | |
| 50m | | | | | | 42.70 |
| 100m | | 1:20.70 | 1:21.00 | 1:21.60 | 1:26.70 | |
| 200m | 2:43.30 | | | | | |
| INDIVIDUAL MEDLEY | | | | | | |
| 100m | | 1:19.50 | 1:19.30 | 1:20.80 | 1:23.10 | 1:31.70 |
| 200m | | 2:50.10 | 2:51.80 | 2:53.20 | 2:58.30 | |

Event Dates

- Bolded meets are recommended to attend.
- Most of these meets have qualifying times – please contact coaches to discuss

| Dates | Meet | Venue |
|--|--|--|
| Sat 5 th May 2018 | 2018 'All-In' Winter | SA Aquatic & Leisure Centre |
| Sat 2nd June 2018 | NAB Top 5 Meet 1 | Ballarat Aquatic & Lifestyle Centre |
| Sat 2 nd June 2018 | 2018 Division 1 Meet 1 | SA Aquatic & Leisure Centre |
| Sun 3 rd June 2018 | 2018 Division 2 Meet 1 | SA Aquatic & Leisure Centre |
| Sat 7 th July 2018 | 2018 Division 1 Meet 2 | SA Aquatic & Leisure Centre |
| Sun 8 th July 2018 | 2018 Winter Development Meet | SA Aquatic & Leisure Centre |
| 18 th – 22 nd July 2018 | 2018 South Australian SC State Championships | SA Aquatic & Leisure Centre |
| Sat 28th July 2018 | NAB Top 5 Meet 2 | Ballarat Aquatic & Lifestyle Centre |
| 18th - 19th August 2018 | 2018 Victorian Country SC Championships | Wangaratta Indoor Sports & Aquatic Centre |
| 31 st Aug, 1 st & 2 nd Sep 2018 | 2018 Victorian Age SC Championships | MSAC - Indoor |
| Sat 8th Sep 2018 | NAB Top 5 Meet 3 | Ballarat Aquatic & Lifestyle Centre |
| 15 th & 16 th Sep 2018 | 2018 Victorian Open SC Championships | MSAC - Indoor |
| Sat 27th Oct 2018 | NAB Top 5 Meet 4 | Ballarat Aquatic & Lifestyle Centre |
| 7 th – 11 th Dec 2018 | 2018 Victorian Age LC Championships | MSAC – Outdoor |
| 10th – 13th Jan 2018 | 2018 South Australian Country Championships | Port Pirie |
| 25th-27th Jan 2019 | 2019 Victorian Country LC Championships | Warragul |