



PARENTS' INTRODUCTION TO SWIMMING

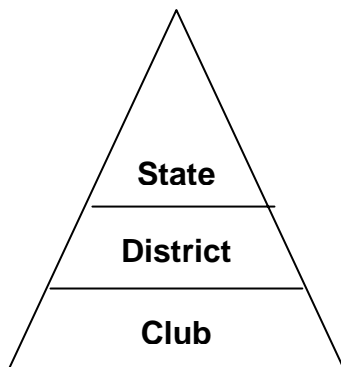
Welcome

Thank you for bringing your child into the Swimming NSW family.

Swimming is one of the most popular sports in Australia and there is a level of swimming that will suit your needs. As a new swimming parent, you should remember to emphasise fun, skill & striving to win, most importantly fun comes first.

The leaflet has been designed to give you a basic overview of swimming and the sources from which you can gain further information.

Structure of Swimming in NSW



Club

Some clubs run regular club activities that may include:

- Swimming races
- Learn to swim
- Points-score competitions and championships

Club activities are a lot of fun and a rewarding social gathering for families.

Be involved, clubs cannot operate without the assistance of parents. Volunteering your time not only helps your child, it is also an enjoyable way to meet other adults and make new friends.

Do not be afraid to approach a member of your club's committee and find out how you can assist making your family's swimming club experience an enjoyable one. There may be a club information booklet or brochure available.

There are basically two streams of swimming with the club swimming structure, social and/or competitive. Your family may choose to participate in one or both of these streams.

Social Swimming

The ways that you can contribute to your family's enjoyment of the social aspect include:

- Assisting to run club activities
- Encouraging your children to participate and enjoy the social atmosphere with friends
- Taking part in fund raising activities (funds raised are mainly used for end of season awards for all swimmers)

For further information, contact a club committee member.

Competitive Swimming

There are many levels of competitive swimming from club swim meets through to National and International swim meets. Some simple Do and Don'ts for parents that apply to all levels are:

- Be there to support and encourage your child.
- Purchase a programme, check your child's entries are correct, read warm-up and starting instructions, with your child.
- Locate the marshalling area so your child will know where to go when their event is called.
- Parents should remain in the spectator area NOT IN the marshalling area or on the pool deck. This allows officials and coaches to work efficiently providing their expertise to run the swim meet.
- Provide adequate food, drink, appropriate clothing and support for your child.

For further information on how to enter swim meets speak to one of your club committee members.

District

Your club is usually affiliated with a District Association that looks after the interests of all clubs within your area. Districts may:

- Assist with running swimming club meets.
- Conduct district meets and development programmes.

For further information contact one of your club committee members, there may also be a District information booklet or brochure available.

State

Swimming NSW is the governing body for NSW and the ACT. Most clubs & all Districts in NSW are affiliated with Swimming NSW. As the governing body it:

- Sets the rules under which swimming events in NSW are conducted.
- Holds development camps, events & touring teams.
- Assists Districts with the running of development programmes.
- Hold Country, Metropolitan & State swimming championships.

For further information on this level of competition, speak to the Race Secretary of your club. An information booklet or brochure may be available.

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