



[www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)

## Frequently Asked Questions

### What is 'swimming club'?

Swimming Club is a sporting organisation through which children of all ages swim regularly in groups, or squads, of a similar skill and developmental level. Trained swimming coaches oversee the development of swimmers, teaching them the four competitive strokes: freestyle, backstroke, butterfly and breaststroke as well as competitive swimming techniques such as turns and dive starts.

### How old do you have to be to join?

Readiness for Swimming Club is not judged by age, but by swimming ability. Children who can complete 25m (one length of the pool) of freestyle with correct breathing and 25m of backstroke – and who have adequate concentration to listen to and follow instructions - are eligible for the beginning level of the Traralgon Swimming Club.

### How often do swimmers train?

At the beginner level in the Development Squads, 1 to 2 evening sessions are available each week. Currently these are offered on:

Day	Time	Venue
Monday	6:30-7:30pm	Traralgon
Monday	7:30-8:30pm	Traralgon
Thursday	6:30-7:30pm	Traralgon
Thursday	7:30-8:30pm	Traralgon

Michelle Ford is the Development Squad coordinator and coaches on Monday night.

### What does it cost?

There is a once-only registration fee of \$113 per swimmer (2012/13) that covers swimmer's insurance through Swimming Victoria, the State swimming body. This registration fee is paid annually from 1<sup>st</sup> May. Training fees apply to all squads as well as pool entry. Training fees for the Development squad is approximately \$40 per month.

For pool entry at the Traralgon Sports and Aquatic Centre ring 51746233. 20 session cards can be purchased from the front desk.

### Will my child have to compete?

The Traralgon Swimming Club is a competitive Sporting Club. We require swimmers who remain with the club to compete for the club – as is true in basketball, netball, and all other sporting clubs.

However, in the first year of membership, swimmers are not required to compete. We do find that many are eager to have a go, and this is encouraged through club run "Mini meets" and early season meets designed for younger swimmers. In time your swimmer will become confident in competition, and will want to try their new skills. At all times swimmers are encouraged to compete against their own 'best times' and enjoy the competition rather than focusing on winning.

### **Where do swimmers go from the Development Squads?**

The Traralgon Club has a developmental program through which swimmers advance through squads. Coaches, in consultation with parents and swimmers, determine the readiness for advancement.

From the Development Squads swimmers advance to the Country and State Squads. These swimmers train more often and for slightly longer. At this level swimmers continue to refine their technique while attempting greater distances and longer sessions.

The Traralgon Swimming Club squad system continues through to the senior/National squad where 8 to 10 sessions are available.

All levels partake in land, strength and conditioning sessions run by trained S & C coaches. Sam Fenton is the Head S & C coach with the Traralgon Club.

As well as swimming sessions, the club regularly holds development clinics run by our coaches in which swimmers are challenged and motivated.

### **What equipment does my child need for Swimming Club?**

Your child will need to wear a swimming cap (if hair or fringe is long) and goggles that fit comfortably. Swimmers are also required to have their own flippers and a kickboard.

### **Why should we join swimming club?**

Through swimming club children continue developing the potentially life saving skill of swimming. They maintain a high level of fitness and learn a sport that can sustain them throughout their lifetime. The Traralgon Swimming Club not only offers opportunities to swim, but there is a high degree of fun, friendship and teamwork and family involvement.

Great friendships are developed through competitive swimming both within the club, and with swimmers from other clubs.

### **How do I join?**

You can have any questions answered and be pointed in the right direction for beginning with the club by ringing either the Club President, Jane Mitchell (0419 107 366), Club Secretary, Heather Haney (0409 436 429), or Senior Head Coach, Brian Ford (0419 584 145).

Depending on space availability, you may be able to start with the Development Squad as soon as you are ready. The Squad coach can advise you on swimmer readiness.

### **What else does the Traralgon Swimming Club offer?**

The Traralgon Swimming Club sells uniform and equipment. Traralgon silicone swimming caps, club jackets, tee shirts, track pants and shorts are available through Uniform officer, Carol Reid. When you register you will be given information including the phone numbers of the Traralgon Committee members. Members are kept regularly informed through the TSC website: [www.traralgonswimming.org.au](http://www.traralgonswimming.org.au)

**So if you are keen for your swimmer to continue to develop their swimming skills by swimming regularly with stroke correction, give the Traralgon Swimming Club a go! (Potential members may try 2 training sessions before committing through registration.)**