

# FREQUENTLY ASKED QUESTIONS

## **Q. What equipment will I need when I start squad training?**

- A. Bathers—Chlorine resistant and unlined are better suited to frequent use  
Goggles  
Pool Buoy  
Kickboard  
Finger paddles—Senior, A and B squads  
Swim cap

*Most of these can be purchased from Rebel Sports and some items in Clark Rubber*

## **Q. What is a Swim Meet?**

A. A competition organized by different swimming bodies. Swimmers compete within their age group and are ranked into heats according to their qualifying times. Qualifying times are set at official swim meets. If a swimmer has not raced before you need to indicate N/T (no time) on entry card and they are generally placed in the slowest heat. Thereafter the PB time that they swim at any official meet can be used for entries.

## **Q. What is an Official Meet?**

A. Any meet where the organizing body has arranged for officials from Swimming Victoria to monitor the swimmers and Judge that all rules of swimming have been observed. The meet will be proposed as official on the program and declared official on completion when all requirements have been met.

## **Q. Do I have to compete in all Swim Meets?**

A. Eltham Swimming Club acknowledges that all its swimmers are unique and have different goals, commitments and abilities in regard to their swimming. Its members are not all equally competitive however, they are encouraged to participate in as many competitions as they can to the best of their ability. There are a range of competitions to enter in including: Club, District, State, National and School. *Please see Page 16 for more detailed information*

## **Q. How do I go about entering a Swim Meet?**

A. A green *Swimming Victoria Entry Card* with the swimmer's registration number and details must be filled in and sent to the appropriate meet officials before closing dates. Any Meet run by Metro North can be entered via *Meet Manager* contact Kim Arrowsmith (Swim Meet Coordinator) for further information.

## **Q. How do I get a registration number?**

A. Your registration number is issued when you register with the Club. The Secretary will provide you with a membership card detailing your number.

## **Q What uniform is worn by club members and what am I required to wear?**

A. All members are encouraged to wear Club uniform to and from training and during swim meets. The uniform consists of Swim Cap, Polo shirt. We also have club bathers, Polar Fleece Tops and Tracksuits. Uniform is compulsory at State and National Championships. Parents are also welcome to wear club polo shirts etc at Swim meets to support and promote the club. They are available from the committee members detailed in page 14.

## **Q. What if I cannot attend all squad sessions?**

A. All swimmers are encouraged to attend as many sessions as possible in order to get the most out of the training program that is planned. There are no discounts or refunds for sessions missed and it is not possible to provide makeup sessions. *Refer to page 10 for more information*

## **Q. What is a State Qualifying Time?**

A. In order for a swimmer to be eligible to compete in the State Championships a swimmer must be able to swim under the qualifying time for their age (on the day of the championship eg if a swimmer is 12 on the day of the championships they must have set a 12yo time) as set by Swimming Victoria. Swimmers are also only eligible to enter for the stroke and distance that they have a qualifying time for. The time set by the swimmer must have been swum at an *official qualifying meet*. State Qualifying times are available on the Swimming Victoria website.