Scotch Swimming 2009

The Captain and Vice Captain of the swimming team will be elected early in Term One

Champion Boys in 2008
U13: Nicholas Hutt (Bris)
U14: Davis Verboon (Alex)
U15: Josh Tilley (St A)
U16: Jason Ponsonby (Stu)
Open: Matthew Greenwood (Bri)

SCOTCH AQUATIC SUPPORTERS:
Debbie Broun is the co-ordinator of the Scotch Aquatic Supporters group this season. The group has been of enormous help in running meets in the past and I would like to encourage all parents to get actively involved in the Scotch Aquatic Supporters. Debbie or the parents of the Captain of Swimming may be in touch with you in regards to helping with timekeeping, recording, starting or running and organising the barbecues for some of the upcoming meets this season. These meets can’t be run without the help of parents in these areas and we would love to see as many parents from different year groups as possible. If you can lend a hand email Debbie on: brouns5@bigpond.com

TRAINING:
The training timetable is included in the swimming calendar.

Boys who choose swimming as a sport are expected to attend at least 3 sessions per week at Scotch and other members of the squad are required at 12 sessions in Term 1.

Boys who are members of outside squads must see Mr Gabriels to organise their training requirements.

Any boy who does not meet the training requirements will not be eligible for colours.

Morning sessions at Scotch start at 6.45am sharp and run until 7.45am.
Tuesday and Thursday afternoon training starts at 5.15pm and goes to 6.15pm and is primarily a form (backstroke, breaststroke, butterfly) training session.
All boys are expected to bring a drink bottle to training. It is very disruptive to have swimmers constantly leaving the pool to get a drink, but the rehydration process is very important. Drink bottles should be left at the end of your lane.
Be sure to check the swimming calendar at the back of the booklet to check the training program.

Monday Mornings: all year groups
Tuesday Mornings: all year groups
Tuesday Afternoons: form stroke training (breaststroke, backstroke, butterfly) all years
Wednesday Mornings: all year groups
Thursday Mornings: all year groups
Thursday Afternoons: form stroke training (breaststroke, backstroke, butterfly) all years
Friday Mornings: all year groups
All boys are expected to check the swimming noticeboard (inside the gym) on a daily basis for upcoming events and meetings.
BREAKFASTS:
Breakfast is available at the Senior School canteen. Remember best manners to Hazel the canteen manager.

NUTRITION:
I have attached a pre-competition nutrition information sheet. In the past many of our swimmers have neglected their diet before and during competition to the detriment of their performance. It is important that boys follow the guidelines in this document before events and are careful about what they are consuming right through the swim season.

UNIFORM:
All boys are expected to attend all meets in their school tracksuits or blue PE shorts, maroon school shirt or tracksuit top, and if they chose to wear a hat, it must be a school one.

Racing: No team member will be able to swim at the Quads, Inters or School and Colleges relays unless he is in Scotch swimming squad bathers and a Scotch swimming cap. These are available from the uniform shop. Only boys in the squad are entitled to purchase the bathers.

MEETS:
All squad members are expected to attend every meet on the calendar unless they have seen Mr Gabriels beforehand. We need to make some sacrifices with our time this year and unless there are exceptional circumstances, or you have other PSA sport commitments then all squad members must be in attendance. There are some meets where boys are selected or have to sign up to take part, please make sure you read the requirements below each meet in this booklet.

Meet Descriptions
Week 1
Scotch/Christ Church/PLC/St Hilda's Meet: Friday 6/2/09
Venue: Scotch College
6pm warm up
6:30pm start.
Scotch swimmers will compete against Christ Church swimmers in this meet and the two girls schools will swim against each other. No points or placings are kept. This is a great meet to start off the year and will be accompanied by a BBQ.
Boys do not need to put their name on a list to attend this meet.

Week 2
House Swimming Carnival: Wednesday 11/2/09
Venue: Challenge Stadium
8.30am warm up
9am start
Boys will represent their House and the final results count towards the Staff Trophy for 2008. School records can be broken at this event. House Heads pick the teams for this event.
**Week 2**
Scotch/MLC/St Hilda’s/Christ Church Meet: Friday 13/2/09  
Venue: Christ Church  
Warm ups: 6pm  
Start time: 6.30pm  
Scotch swimmers will compete against Christ Church swimmers in this meet and the two girls schools will swim against each other. No points or placings are kept. This is a great meet to start off the year and will be accompanied by a BBQ. Boys do not need to put their name on a list to attend this meet.

**Week 3**
200m Championships (part of the School Age Championships)  
Years 8, 9 Lunchtime on Wednesday 18/2/08 at Scotch  
Years 10,11,12 Lunchtime on Thursday 19/2/08 at Scotch  
Boys will be selected to swim in this event with points counting towards the Champion Boy award, which will be completed at the School Age Championships.

**Week 3**
Schools and Colleges Relays: Sunday 22/2/08  
Venue: Challenge Stadium  
Years 8 & 9  10.45am Warm Up, 11:30am Start  
Years 10,11 &12  1:15pm Warm Up, 2:00pm Start  
This is an important event to give the team relay practice before the Quads and Inters. There are no individual races. Teams will be selected for this event and placed on the swimming noticeboard. All selected boys named must attend as their relay team depends on them being present. Boys have the chance to swim in more than one relay and in the Pop Agnew Cup, where they get the chance to swim with teammates from other year groups in an “Open” event.

**Week 4**
School Age Championships: Thursday 26/2/08 (with PLC)  
Venue: Challenge Stadium  
6.30pm warm up  
7pm start  
This is a very important meet for the boys. They will be selected in certain events and swim against only Scotch competitors. It is designed to help in the selection process for the Quads and Inters, as well as establishing the "Champion Boy" for each year group for 2009. Points are awarded in every event based on a comparison of electronic times.

**Week 6**
Quads: Thursday 12/03/09 (Scotch, Wesley, Christ Church, Trinity)  
Venue: Challenge Stadium  
Warm up at Scotch, details to be advised.  
7pm Start at Challenge  
This is the second most important meet of the year. It is very competitive in its own right, but it also doubles as a selection guide for the Inters. We select 2 boys in each division of every individual event (i.e. 2 boys in U/13 50m Freestyle A Division and another 2 in B Division). There are also 2 Freestyle and 2 Medley Relays in each age group. Boys can only swim in one relay, which means at least 16 boys in each age group will get a swim.
Week 7
Inters: Thursday 19/3/09 (all PSA Schools)
Venue: Challenge Stadium
Warm up at Scotch, details to be advised
Events start at Challenge at 6:15pm
The most important event of the year. The Inters are again being held at Challenge this year. Only one boy swims in each division at the Inters, and there are four relays in each age group. (2 Freestyle and 2 Medley Relays), and again each boy can only swim in one relay. Our depth is vital, as we need at least 16 swimmers in each year group. The Inters is followed by a get together for the whole team at the Gooch Pavilion and some presentations. Details of the wind up will be sent home to all swimmers who are selected in the team.
**TRAINING DRILLS**

These drills (and others) are used frequently at training. Please familiarise yourself with them.

**Freestyle**

**Tip Pit** - Thumb touching the armpit during recovery. Encourages high elbow action, and clean entry, as well as keeping the arms close to the line of the body.

**Skimming (finger drag)** - Middle 3 fingers trailing or brushing across the surface of the water during recovery. Also encourages high elbow action and clean entry, without actually touching the body, but still keeping the arms close to the line of the body.

**Breaststroke**

**Two Kicks x One Pull (or 3 x1, 4 x 1)** - Establishes good glide, distance per stroke, and also assists good timing within the stroke. By doing multiple kicks, there is also a “kick practice” benefit. Always ensure that each kick is finished, with legs back together and straight, before the next kick is started.

**Single Arm** - One right arm stroke, one left arm stroke, one full stroke (or 2,2,4). Isolates each arm in similar fashion to the same drill in the other 3 strokes. Encourages concentration on correct stroking and symmetry with each arm individually. It is essential that the non-stroking arm is kept still and streamlined while the other arm is stroking. All other phases of the stroke remain the same. (i.e. one arm breaststroke)

**Backstroke**

**Wrist Flick** - Arms leaving the water in recovery, with the wrist relaxed and fingers pointing down. In the vertical position the arm has a definite pause, the wrist flicks around the arm finishes the recovery with a clean, little finger first entry.

**Body Rotation** - Exaggerating your body rotation. Backstroke has a higher stroke rating than the other 3 strokes. In freestyle you naturally rotate to breathe but in backstroke you can remain flat and breathe. Whereas you need to maintain a flat body position to minimize frontal drag (no lifting of the head), you can still maintain it and also rotate on your axis. By rotating, you bring in your trunk muscles, both back and front, (as distinct from just shoulder and arm muscles) which greatly increases the power you transmit in the water. The rotation also assists in maintaining a good rating and related rhythm within the stroke.

**Butterfly**

**Build Up** - Two dolphin kicks then a breaststroke pull, in a continual flowing movement. It’s essential that the head lunges, forehead first, in to the water with a smooth action, not “bob” up and down, “rock & roll”. This drill aids in establishing the basic fly principle of head down, and in to the water before the hands (on entry) and the undulating action required for butterfly stroke.
**One stroke Build Up** - One build up stroke followed by one butterfly stroke. This is a “soft” version of full butterfly, which builds up technique and endurance for full fly. It also establishes the principles of good fly with the build up stroke, which then patterns the swimmer to follow with the full stroke using the same principles.

**RELAYS**
Practice continuous relays. The swimmer dives in and does a 10m sprint, turns and does a 10m sprint back to the wall and the next swimmer does a relay changeover. In this way it combines starts, finishes and relay changeovers in each cycle that the swimmer does. Get the swimmers to track the incoming swimmer with extended arms over the last 5m, so they simultaneously tap the blocks and dive in as the incoming swimmer touches the wall.

**TRAINING RULES**
All Swimmers must stretch at the commencement of each training session.
All Swimmers must use the pace clock. (if you are unsure, please ask)
Swimmers must swim in pace order in their appropriate level lane.
All swimmers must have a drink bottle at each session.

**No feet down until you have finished the lap or set!**
Any student who disrupts training with poor behaviour will be asked to leave the training session/pool.
Any student who is consistently late will not be able to commence the session.

**ABBREVIATIONS**
- fs - freestyle
- bs – breaststroke
- bk – backstroke
- fly – butterfly
- IM – individual medley
- Rev IM or RIMO – reverse individual medley order
- IMO – individual medley order
- DPS – distance per stroke (= stroke efficiency)
- (10), (20) etc - means rest interval
- (: 30) or (on: 30) - means a 30 sec interval cycle
- Exp 12.5m - Explosion from the start or into the finish (flat out effort)
- Build – Increase in pace over set distance
RACE PREPARATION SHEET

50m
1) Start is vitally important.
2) Don’t over breathe, and do not breathe for at least 5 strokes at the start.
3) Head down from flags to the wall.
4) Make sure you are not slipping through the water (get catch).
5) Work your legs and keep your kick in the water.

100m
1) Set your race up in the first 50 (i.e. fast).
2) You need to have a great turn, come off the wall with strong legs.
3) Work your 3rd 25 off the turn, this is where people snooze.
4) In the last 30m keep length, kick and maintain rating.

200m
1) First 50 fast but relaxed (conserve energy).
2) 2nd and 3rd 50’s need to be the hardest as far as effort.
3) Your 2nd 50 will set the split pace for the rest of the race.
4) You must feel as though each 50 you are going harder.
5) Last 50 technique is vitally important.
6) Great turns and strong legs off the wall.

Butterfly:
Long and strong, keep entry close in front and hold stroke at the back.
Strong legs especially at the end of the race; you need legs to maintain body position.
Keep chin on the water, don’t lift to breathe.

Backstroke:
Fast, consistent arm turnover. Don’t let your rating drop at the end of a race.
Fast kick, especially at the end of the race.
Keep entry clean and finish off with acceleration.

Breaststroke:
Full extension with no pause or downtime.
Fast feet, feet out and power with no pause or downtime.
Timing.

Freestyle:
Keep stroke long with a fast tempo.
Fast, consistent kick.
Reach-Rhythm-Relaxed
STARTS
**Freestyle/Butterfly:**

All swimmers must practice their streamline position after the dive. You can move at a speed 50% faster than you will swim on the dive so swimmers need to use it to their advantage.

Swimmers need to practice the “modern racing dive” where they aim for slightly more air in their launch from the blocks, and try to enter through the same hole. There needs to be a balance here between entering in this fashion and not going too deep.

Swimmers are encouraged to use the dolphin kick on their streamline and no swimmer should breathe in freestyle until he has swum at least 5 strokes.

**Breaststroke:**

Work on split stroke.

**Backstroke:**

Swimmers need to work on arching their back for entry. Swimmers should try to push their backside and back up during the launch from the blocks. Make a hole with your hands and follow through this hole.

Swimmers must have their toes below the water’s edge. Pull up on “take your marks”, with one foot slightly higher than the other. (in case of a slip).

Swimmers need to work on keeping their streamline position, working a dolphin kick, and then bring one arm away from the other to start stroking. The dolphin kicks are big and strong at the start, before fading into shorter faster kicks and then to normal patter kick.

**FINISHES**

Always finish to the wall.

Your feet should continue kicking driving you to the finish.

Always have your head down and lunge at the wall.

In freestyle and butterfly minimise your breathing over the last 5m just as you do at the start.

In backstroke, stay on your back. You must touch on your back.

In butterfly and breaststroke if you are going to finish short of the wall keep the arms outstretched and do a huge kick to the wall. Don’t pull you arms back and do a little stroke, because in effect you are going backwards.

**RELAYS**

Don’t Break – It is better to have a late start than go early. If you break, the team is out of the race completely, if you are late starting, you are still in the race.

Track the incoming swimmer to the wall over the last 5 metres, with your hands tapping the blocks as the incoming swimmer touches the wall and GO!

Get in the blocks early and focus.

Don’t watch the other lanes. Keep your eyes and attention focused on your team-mate and your lane.

In all strokes maximise your streamline off the start.

**Drive to the wall**

**Freestyle** – head down, lead from shoulder and lunge
Breaststroke – try to finish on a full stroke, head down, and strong two-handed touch. If you come in just short of the wall, leave the arms extended, and finish with a big kick.

Backstroke– as for freestyle but on your back, please!

Butterfly– as for breast, driving in with your kick

Remember whether it be an individual or relay swim, the only way to swim a 50m race is flat out. (No petrol left in the tank when you have finished)

If you are not a registered club swimmer who is training, competing and being coached with a competitive swimming squad, then I would prefer you to use a conventional race start (both feet on the front of the blocks, toes over the edge), rather than a track start (one foot forward, one foot back on the blocks.
PRE-COMPETITION NUTRITION

From a dietary viewpoint, little can be done immediately prior to an event to enhance performance. Any nutritional benefits should have been obtained from the previous day's food intake. Therefore, the pre-event dietary strategy should aim at minimising any harmful effects of improper habits such as low fluid intake, excessive eating, and inappropriate timing of meals. Two to three hours before the contest it is desirable to consume a high carbohydrate, low-fat meal accompanied by abundant fluid. A breakfast-type meal with bread and cereals, low-fat milk, toppings (banana, fruit), and fruit juice is ideal. A light lunch of fish and lean meats, salads, and fluids is also suitable. The traditional steak meal is inappropriate as it is high in fat content and is digested slowly. It has the potential to disrupt performance.

Foods or drinks high in simple sugars (cordial, snakes, fruit) should not be taken immediately before a race for they will induce a hypoglycaemic (low blood sugar levels) response (sweats and irritability) when exercise commences.

The importance of being fully hydrated before exercise, whether it is training or competition, particularly in warm weather, cannot be overemphasised. To help ensure this, water intake should continue after the pre-competition meal. Three hundred to 500mL of water should be consumed 20-30 minutes before the start of exercise.

PRE-COMPETITION MEALS

EXCELLENT CHOICES

Breakfast:
Cereal, toast, low fat milk, fruit and fruit juice, water, weak tea or coffee.

Light Meal:
Lean meat, chicken (no skin), fish sandwich (tuna) with salad, Fruit or fruit juice, low fat yoghurt, light cake, water

Main Meal:
Pasta/rice/potato, lean meat and vegetables, apple crumble, pancakes, water

POOR CHOICES (any time prior)

Breakfast:
Bacon and eggs/steak/ sausages, full cream milk, soft drink

Light Meal:
Meat pie and chips, chocolate, pastries

Main Meal: (Poor choices cont.)
Pizza, fried chicken, roast potato, apple turnover.
## Scotch College Swimming Records

### SCOTT COLLEGE SWIMMING

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<th>EVENT</th>
<th>SCH RECORD</th>
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<td><strong>100m OPEN Freestyle</strong></td>
<td>2004</td>
<td>SA Holmes</td>
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# 2009 Summer Term Calendar

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