



## Information for New Swimmers

### Welcome!

The programs and services available at this club generally include a safe, managed environment to encourage fitness, friendship and fun with coaching by qualified Masters Swimming Coaches. We offer various programs, such as regular training and stroke correction. The aim is to provide quality sessions catering for all levels of ability and interests – whether it is recreational, open water or competitive swimming. Competitions are available at Club, Branch, National and International levels, should you wish to participate.

### Can I just turn up or do I have to join the club first?

Yes, you can just turn up at any of our session. No, you don't have to join before attending. We offer prospective members the opportunity to come and try 3 swims with us before we will ask you to join the club. Just pay your entry fee to the pool and introduce yourself to the session coach 10 minutes before the start of the session.

### What Equipment do I need to have?

Just a pair of goggles to start with. The club has a small amount of equipment that new starters can use initially: Fins, kick boards, pull buoys and finger paddles.

### What Lane will I go in?

The coach will need to know your swimming background, general fitness level and any medical issues which may affect your swimming. They will allocate you to an initial level/lane for assessment and move you as necessary. The Lane etiquette will be explained before you enter the water.

### Do I have to swim all the strokes?

No. The minimum requirement is to be able to swim at least 50M without stopping in at least one of the four strokes. Our sessions include training in all strokes, and we do specific drills on one stroke each week for part of the session. However, if you can't or don't swim the stroke then just tell the coach and alternate stroke /drills can be provided.

### Are the coaches properly qualified?

Yes, Sue, our Head Coach, and Bruce, (session Coach) plan and coach our training sessions. Both are fully accredited swim coaches with Masters Swimming Australia.

### When and where are the training sessions?

All our sessions are at the Sapphire Aquatic Centre in Pambula.

Sunday 10:30am – 12:00pm

Tuesday 11:00am - 12:30pm

Friday 5:30pm - 6:30pm

## **What's included in a training session?**

A typical session will include a Warmup, Drills on the stroke of the week, a Main set where various strokes, distances and effort will be detailed for each set including the rest interval. There will also be a cool down at the end of the session. Lane Leaders are assigned to assist new swimmers fit in with the flow of swimming in the lane. Importantly, you do not have to be able to swim the whole program. Extra rest periods and reduced distances are normal in the beginning.

## **What if I can't make it to every session or I am away?**

There is no obligation to attend every session and we understand that people have other commitments however we would love to see you at as many sessions as possible so you can get the most out of the fantastic programs that our coaches prepare and to also improve and retain your swimming fitness level. If you are away travelling and would like to continue with your training, please visit the Coaches Corner on the website where you will find the programs for each session for you to complete if you wish to.

## **How do I know if I am improving?**

Every 6 or 7 weeks we run Have a Go (aka "HAG") events during the Sunday & Tuesday training sessions. This is an opportunity for you to nominate and swim in up to 4 events each day. The events will be held in a typical race scenario and your times will be recorded so you can not only prepare for the possibility of participating at competitions but also have a record of your times to see how much you are improving.

## **How do I join Masters Swimming Australia?**

Membership to Masters Swimming is done via the online platform 'Swim Central'. The cost for a 12 month membership in 2023 is \$111.06. You will need to nominate the club you are joining. Our club is called 'Sapphire Coast Adult Swimming Club'.

1. Go to Swim Central <https://swimcentral.swimming.org.au/home> and at the bottom of the right hand screen select 'Register for an account'.
2. Enter the required details and create a password that contains at least 8 characters, with at least 1 uppercase letter and 1 number, and select Register.

Further details regarding membership is available at <https://mastersswimming.org.au/swim-central-for-members/>

## **Who to contact for more info?**

Bruce Williamson on 0418 503 050 or via email [willowsofbega@yahoo.com.au](mailto:willowsofbega@yahoo.com.au)  
<https://sapphireadultswimming.com/>