SWIMMING NEW ZEALAND - PARENT HANDBOOK

Contents

Introduction

Dear Parent

Welcome to the New Zealand swimming community.

Swimming New Zealand is the National organisation that represents swimming – helping to ensure every New Zealander swims to their potential.

Swimming is New Zealand's third most popular recreational activity with 34.8 percent e.g. 1,139,812 New Zealanders choosing swimming as their preferred activity (SPARC 2007/8 Active New Zealand Survey). New Zealanders swim for a variety of reasons including sport, recreation, and health benefits.

Swimming New Zealand provides advice and leadership to the New Zealand community on all matters pertaining to swimming. Our Activities can be separated into three specific areas:

Education

From Learn to Swim through to High Performance education programmes.

Recreation

For those who swim for enjoyment, for the personal challenge or for the health benefits.

High Performance

The sharp end of swimming – where our best athletes compete and take on the world.

Swimming New Zealand is affiliated to the international body FINA (Federation Internationale de Natation) based in Lausanne, Switzerland FINA also represents diving, synchronised swimming, water polo and masters swimming.

Tips for Positive Parenting

Your Role as a Parent

Your primary role as a swim parent is to provide a supportive, loving and stable environment in which your child can develop as both an athlete and a good person. As a parent, you know how important it is to be a positive role model in your child's life; children feel your emotions. We encourage you to always demonstrate to your child good sportsmanship towards all involved in the sport. This includes team mates, coaches, officials, opponents, supporters and so on. You can help your child enjoy swimming by considering and doing the following:

Developing an Athletes First Perspective

Every decision you make as a parent in supporting and directing your child in their sport should be based on what is best for the child. This perspective of "athletes first" can help some children achieve more than they would if they were consumed with the idea of winning in the short term. An obsession with winning can create a fear of failure, which can result in a less than average performance and a very upset child. Be careful with your language around performance and self-worth: "You won, you are such a good girl" has the implication that if they hadn't they wouldn't be good. "Wow what a fantastic effort, you put everything into that swim!" can be used after a win or loss as the comment is about the performance, not self-worth. It is the coaches role to provide swimming-specific feedback on the race itself.

Build Your Childs Self-Esteem

As a parent, you are one of the main influences in your child's life and one of your most important roles is to build their self-esteem. A child with good self-esteem is more likely to be proud of their personal accomplishments, accepts challenges and new tasks and be willing to help others. On the other hand, children who find their confidence through winning can go through some very hard times when they lose. It is important that your child knows they can be successful without winning.

Ian Thorpe: "For myself, losing is not coming second. It's getting out of the water knowing you could have done better. For myself, I have won every race I have been in."

If your child is aiming to better their Personal Best (PB) for a certain race and they do so, they are successful regardless of what place they finish in; it is the best they have ever achieved and their effort is to be rewarded. PB's can be measured in race time, skills completed to given standards, stroke counts, race pacing and many other areas critical for long term improvement, not just time. As long as your child puts in their best effort, make them feel like a winner.

Let the Coach, Coach

It is the coach's job to offer your child constructive analysis on their swimming. A parent's role is to support, encourage and recognise your child's efforts. When parents attempt to coach their child, the child may become confused and their coach may then be unable to establish best practices going forward. It can be hard for a child as they become inundated with advice. It is equally important to never undermine the coach in front of the athlete, or vice versa as this can be extremely harmful to the relationship. Keep up communication with your coach, but leave the coaching to the coach.

Help and Encourage Your Child in Setting Realistic, Process Goals

The competitive side of swimming is very important in the long term athlete development and the sport of swimming, however at a junior level the most important factor is learning skills, drills and great technique, along with participation and effort. Beating a PB and learning a new skill are both examples of realistic and attainable goals for a junior swimmer.

Process goals enable the swimmer to focus on what needs to be done to achieve, rather than what to achieve. If a swimmer has a goal to "get in the top three to get a medal" (an outcome goal) factors which cant be controlled are brought into the race i.e. other swimmers.

Outcome goal:	→	Process goal:
I will win the 50m fly		Focus on maintaining an even, powerful kick throughout the 50m fly

A process goal enables the swimmer to focus purely on what they, individually need to do in order to get the best result.

"You can't get the outcome, unless you put the processes in place".

Keeping the Sport Fun

Whether your child will be the next New Zealand swimmer to win gold or whether they swim at club events only, the experience should be enjoyable.

Ensure that your child has their PB recorded each time they race; this is what they will try to beat rather than the other swimmers. PB record books are available from Swimming New Zealand at www.swimming.org.nz PB recording ensures the focus is on individual improvement rather than purely on winning or losing. Your child may come 10th in a race, but if they beat their PB, they are successful.

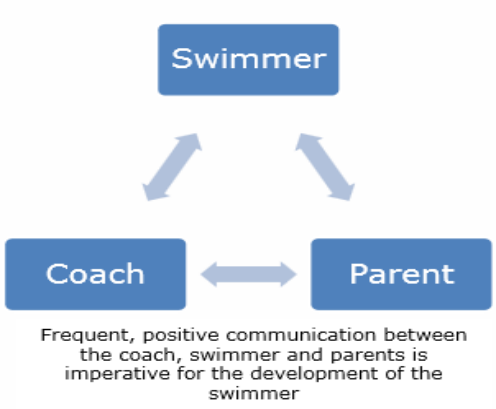
Developing skills to maintain progress over time will see greater potential improvement rather than swimming fast poorly. During the initial years of competition, the focus should be on swimming more effectively with great skills like fast under water kicking and streamlining, quick off the blocks, speed of the turn and finishing at the wall fast.

The XLR8 programme for swimmers aged 14 years and under is designed to encourage these processes.

Swimming NEW ZEALAND
I'm swimming faster, faster!
XLR8:

Frequent, positive communication between the swimmer, parents and coach will foster a strong relationship ensuring the best overall outcomes for the swimmers.

It's important that we don't compare our children with others, particularly of the same age. All children develop physically, emotionally and psychosocially at different rates. There will be times where progress is slow and there will be a plateau of success. There will also be times when progress is rapid. Either way it is your role to support the swimmer's efforts and keep their enthusiasm high. Just because they are not winning at 12 does not mean they will not be at the Olympics. Lauren Boyle was not a NZ Junior Champion.



Training Guidelines

Thanks to Swim Coaches and Teachers of New Zealand (www.nzscat.org.nz) for this section.

How much training should my son/daughter do?

This is a question frequently asked by parents. The core question is linked with two important elements of training:

1. What type of training is being undertaken? – This will determine the overall stress placed upon the individual;
2. What is the ideal duration of each session, number of sessions per week, weeks per year, etc. – This will determine the total training volume.

There is no simple right or wrong answer, no simple formula applies in all cases; for the sake of simplicity here is a general rule that parents, swimmers and coaches can apply:

> Develop a swimmer than can swim all four strokes proficiently, has a strong kick, great skills and the ability to race tough

Prior to puberty the paramount objective of any programme should be to instil a love of the sport, teach quality technique, and develop all-round fitness. Training programmes should be well thought out and have goals that include skill development as well as adequate emphasis on physical development.

The process of learn to swim instruction produces the basis for life long skills and confidence in and around the water. “Training” is a term that is hard to define because the learning process itself relies upon repeated practice. However, training generally involves these broad performance objectives:

1. The acquisition of competition specific complex motor skills (such as tumble turns and racing starts);
2. Improvement in physical capacities that allow sustained swimming at faster speeds;
3. Improvement in technical capabilities that allow for more efficient propulsion and less resistance in the water.

Naturally the achievement of these objectives means that a swimmer is able to move further, faster, and more skilfully. Training in its very nature should produce fatigue, but this fatigue should only be short lived enough that the young swimmer is ready (physically and mentally) to take part in the next scheduled session.

Because activity is linked to interest (i.e. motivation to participate) there is a strong case for progressively increasing the training demands in a logical manner throughout childhood. Therefore, swimming programmes should not offer the same number of sessions to, for instance, both 8 and 12 year olds, The training requirements at these two ages are fundamentally different, and this should be reflected in the programmes offered.

Swimming Equipment

A basic gear list for a young swimmer should include:

- Togs
- Goggles
- Cap
- Snorkels
- Fins
- Pull buoy
- Paddles
- Water bottle
- Towel

As a swimmer progresses, they will become more aware of other equipment available. Always talk with your coach before making any purchases of specific training equipment.

Goggles

As we all come in different shapes and sizes, there will be different goggles for everyone. You can most likely buy these at your local pool and also at any sports store or swim shop. Goggles should fit snugly around the eye and you should feel a slight suck. You may need to try on a number of different brands and styles until you find ones that are both comfortable and watertight on you. If your swimmers goggles come off during a dive, it may because of a technical problem with the dive rather than the goggles.

Silicone or Latex Caps?

A swim cap can protect hair from water/chlorine damage and also promote your team. Latex caps are cheaper to buy but may not last as long as silicone caps. Take care when putting on swim caps as long nails and rings on your fingers can rip them easily.

Snorkels

These are great for technique and drill purposes. Allows the swimmer to focus on body and stroke position without having to worry about breathing cycles. Also great for stroke drills.

Fins

Short fins with a soft flexible medium sized blade are best when starting.

Pull buoys

Allows the swimmer to have a more streamline body position and helps in the technical development of strokes.

Paddles

The key to using paddles is making sure that you know what size the paddles should be. The paddles should be no larger than 1cm wider than the swimmers hand size. For senior swimmers this may vary depending on what use the paddles are for. Technique skills you should only use finger paddles not large paddles.

Drink Bottles

Hydration is very important when swim training, it is essential that every swimmer has a drink bottle with their name on it and uses it every session. Never share bottles for hygiene reasons. See the section on hydration and nutrition for more information.

Teamline

For all your swimming equipment needs visit www.teamline.co.nz. They provide a quality range of competition and training swimwear offering Rival and Arena along with New Zealand's No 1 Triathlon wetsuit brand Blueseventy.

What do the Officials do?

- **Timekeepers:** Use stopwatches to record the official time for the swimmer in their lane. Some venues use automatic timing systems with touch pads.
- **Inspector of Turns (IOT):** Observes turns from each end of the pool to ensure compliance with rules applicable for each stroke.
- **Starter:** The starter is responsible for giving all swimmers a fair start. The starter will start the race by saying 'take your mark', waiting until there is no movement from any swimmer on the blocks, and giving the start signal (usually a high pitch "beep").
- **Referee:** The referee enforces all rules and makes any decisions regarding the conditions of the race.

How to get Involved

Parents are one of the secrets to success in the world of swimming. Parents are the people who provide access to the sport, moral support and also ensure meets are run by volunteering to help.

Volunteering means that you have another avenue to have a great impact on your child's athletic environment, but also it gives you a fun environment to meet others in the sport and make new friends.

Here are a few simple ways to get involved:

- Join the club committee
- Become an official, timekeeper or announcer.
- Maintain equipment or facilities to help your club and coach.
- Raise money towards events, like a BBQ or garage sale.
- Write the clubs newsletter
- Be a car pool driver
- Sell programs at the competition.

As a volunteer, you can be instrumental in strengthening swimming in New Zealand. Contact your regional centre for further details.

Thank-you to all the parents who dedicate their time and efforts to their child's swim club; you are really valued.

Swimming the Healthy Way

By Dr. Lynne Coleman

Swimming is an excellent sport for health. It improves fitness, controls weight, makes you feel better, more energetic and builds strong muscles and bones.

Swimming is fun for children and adults alike, the opportunity to meet new friends and enjoy friendly competition. When children start to perform better the coach often suggests attending more training sessions. At higher levels of competition, swimmers train almost every morning and afternoon. These long hours of hard training may lead to illness in some swimmers; good habits as a junior swimmer can help prevent this.

Swimming causes a few specific illnesses; early treatment means your child will recover quicker. I hope the following information and advice on this subject enables you to ensure your child maintains excellent health and is able to fully enjoy the swimming experience.

Ear infections are common in young children because their ear canal is narrow. Swimmers ear or otitis externa is an infection in the ear canal caused by contaminated water or debris such as wax or dry skin harbouring germs which thrive in moisture. Children complain of a sore ear and it hurts when tugged or pressed. Usually the doctor will prescribe some antibiotic drops. You need to see a doctor to make sure there is no debris in the canal which will lead to a recurrence. Ear plugs may help an early return to swimming, and provide preventative strategy for future swimming sessions.

Sore ears associated with upper respiratory illness – initially signalled by cough, nasal congestion and fever then the ears become sore – are not caused by the water. This condition is called otitis media or middle ear infection. The cause is usually a virus which does not need antibiotics but your doctor can examine the ears, nose and throat before deciding whether medication is needed.

Viral infections require rest as early as possible and children should not go to swimming training if they have symptoms of a viral infection. Virus particles are highly contagious and transmitted to other children easily. Typical symptoms of a respiratory viral infection are unusual tiredness, irritability, headache, runny nose, sore throat, sore muscles plus or minus fever and after a couple of days a cough develops. If your child wakes up feeling tired and grumpy, put them back to bed and wait a day to see whether they have recovered.

Our immune system fights viral infections. If children have late nights, or stress from exams or assignments, or family problems, the immune system does not cope as well and children catch infections easily. One or two days in bed with some paracetamol will usually be all that is required. It is important not to get up early to go to training when you are sick.

A lot of asthmatic children have become very good swimmers. Those who have hay-fever and asthma are prone to respiratory infections unless their asthma is well controlled. Children need to take their medication regularly even when they are well, and always have a Ventolin (reliever) puffer in their swimming bag in case they have trouble breathing.

Swimmers shoulder is the most common injury from swimming and needs early treatment. A sports doctor (a GP with an interest in sport) or a sports physician should diagnose the problem and arrange appropriate treatment. Sometimes medication is required. It is not normal to have to swim with sore shoulders and the condition will get worse. Sometimes it is related to posture and physiotherapists can prescribe some exercises to do at home.

The recipe for healthy swimming is simple: get a good night's sleep, eat healthy foods, drink plenty of fluids and stay happy. The formula for doing well in all sporting endeavours is equally straight forward: peak health + peak fitness

Nutrition for Swimmers

By Dane Baker, Lead Performance Nutritionist – Swimming. High Performance Sport New Zealand.

An effective nutrition strategy is vital for success in swimming at every stage of development. Swimming is unique in that a high training load is often undertaken by adolescent athletes, with some reaching great success before they fully develop. Therefore nutrition plays a key role in recovery, overall health and ultimately the performance of young swimmers. The information below gives an overview of key nutritional strategies vital for swimming. Ultimately nutritional strategies need to be individualised to the swimmers requirements, therefore we recommend serious young swimmers connect with a local Sports Dietitian to optimise their nutritional strategies in a personalised manner.

Consuming appropriate food and fluid can enhance performance in training, competition and help athletes to reach their potential. Poor nutritional practises can cause fatigue, increased frequency of illness, poor swimming performance and impair concentration at school.

As a swimmer progresses through their junior program so does their training volume. A coach ultimately wants their young swimmer to perform at each session through the week to the best of their ability. Therefore optimal recovery and regeneration from one session to the next is vital for long term development and swimming success.

The recovery process with regards to nutrition can be broken down into 3 key areas:

- ✓ Refuel
- ✓ Repair
- ✓ Rehydrate

Refuel: *Carbohydrate*

Swimming training by nature typically involves numerous, prolonged high intensity sessions, which can utilize significant amounts of carbohydrate from the working muscle. Carbohydrate is the preferred fuel of the muscle once intensity begins to increase toward higher intensities. Carbohydrate is stored mainly within the muscle, as these stores are limited appropriate refuelling with sufficient carbohydrate between training sessions is vital for optimal training performance. Required carbohydrate intakes will differ between athletes due to different training regimes, muscle mass / stage of development and overall dietary goals. Consistent low carbohydrate availability to the exercising muscle can result in fatigue and a reduced training and competition performance.

The priority in recovery for young swimmers is to refuel with nutritious forms of carbohydrate where possible. Commencing intake as soon as possible with appropriate options is vital when you will be training again within 6-8 hours—so be well planned & prepared.

The table below provides appropriate carbohydrate choices

Suitable choices for proactive refuelling	• **Breads** (including rolls, wraps, bagels, muffins and pizza bases). • **Cereals** (porridge, packaged cereals and bircher muesli). • **Grains** (rice, pasta, noodles, quinoa, and couscous). • **Sweetened dairy** (flavoured milk, smoothies, flavoured yoghurt, and custard). • **Fruits**, **starchy vegetables** (potatoes, kumara), and **legumes** (baked beans, kidney beans, and lentils). • **Compact forms of carbohydrate** (useful when appetites are low and refuelling requirements are high, the gut is uncomfortable or it is impractical to prepare or eat real foods). – *Sports drinks, liquid meals, gels and bars* – *Liquid meal replacements.* – *Sugary items including confectionary* – *Juices and soft drinks*
When do I need to be very proactive and aggressive with my carbohydrate intake?	• After races or fuel-depleting training sessions when the athlete is backing up for the next session in 8 hours or less. • When total fuel needs are high – high volume training, demanding competition schedule.
Sports drinks, do I need them in training?	• In most situations water will be sufficient for the younger or moderately active swimmer. Unnecessary sports drink consumption in this context may lead to excessive calorie consumption potentially leading to weight gain. In certain situations for competitive swimmers the use of carbohydrate/electrolyte based sports drinks may offer benefits provided by the supply of additional carbohydrate and fluid during prolonged and vigorous training sessions.
Caution needed with interpretation of high carbohydrate requirements.	• A focus on nutrient-poor options of carbohydrate such as sports drinks and confectionary may promote that athlete to consume more energy than is required and maybe detrimental to dental health. These foods should be consumed only when it is impractical to consume more nutrient dense choices, a real food focus should be the priority in recovery for young swimmers. • When training sessions are light or low in intensity and muscle glycogen is not likely to become depleted, aggressive carbohydrate intakes will in most cases not be required.

Adapted from Burke, L.M., Mujka, I. Nutrition for Recovery in Aquatic Sports (2014). International Journal of Sports Nutrition and Exercise Metabolism.

Repair: Protein

Protein is a vital nutrient needed to repair and regenerate the muscle after intense exercise. In simple terms the body is always in flux between protein breakdown and protein building, after intense exercise the body favours protein breakdown, the body also favours protein breakdown after time has passed since the last protein containing food was consumed (3-4 hours). Therefore spreading protein out across the day is just as important in consuming as part of the recovery option.

In recovery protein intake promotes regeneration and repair of muscle tissue in response to the training performed. While a significant amount of research and recommendations originally focused on the role of protein after resistance / gym based exercise it is now well established that protein plays an important role in recovery from endurance type training such as swimming. As well as its role in muscle repair, protein intake in recovery also aids in restoring carbohydrate stores (glycogen) within the muscle. Therefore an appropriate protein choice is an important addition to the recovery option.

Incorporating protein into your recovery:

- Consume a high quality protein source containing 15-25g protein; this range may vary between athletes depending on muscle mass and body size.
- Plan a pattern of snacks and meals across the day to suit energy needs as well as the addition of 15-25g of protein every 3-5 hours.

Below provides appropriate choices of high quality protein (providing approximately 10g)

Suitable choices for proactive muscle protein rebuilding	**Food sources of high quality protein (providing approximately 10g protein) include:** • 2 small eggs • 25g skim milk powder • 300ml milk (full fat, reduced fat, skim) • 30g (1.5 slices) or reduced fat cheese or 70g cottage cheese • 200-g carton low-fat fruit yoghurt or 100-200g Greek –style yoghurt • 250ml low-fat custard • 35-40g lean beef, lamb, chicken, or pork (cooked weight) • 50g grilled fish or canned tuna or salmon • 120g tofu or soy meat • 400ml soy milk **Sports foods and supplements providing 10g protein include** • **10-15g high protein powder, 120-150ml liquid meal supplement** (in most cases this will not be required by younger athletes to meet protein requirements, please discuss with a Sports Dietitian or Sports Doctor before purchasing and using). **Rapidly digested protein sources that are particularly suitable for post exercise protein boost include:** • Milk, flavoured milk, milk shakes, dairy – fruit smoothies (especially

	milk powdered boosted) • Yoghurt and custard
When should pro- active protein nutrition be practised?	• After competitive events or key training sessions (resistance sessions, high-intensity sessions) in which there is a major training stimulus or the occurrence of muscle damage. • When gains in muscle mass is a priority.
Organisation	• Most western eating practises tend to be loaded with protein in the evening meal. Therefore carefully planning and organisation should take place to ensure protein is evenly spread out across the day with meals and snacks.
Protein supplements – are they needed?	• Recommended protein intakes can easily be met with a well-balanced and well planned diet. Most endurance athletes easily meet their requirements provided they consume a balanced diet spread out across the day. • A food first approach is strongly recommended for all junior swimmers. Protein supplements should be consumed with caution and with the consultation of a sports dietitian or sports medicine professional as they provide potential risk for inadvertent doping due to contamination.

Adapted from Burke, L.M., Mujka, I. Nutrition for Recovery in Aquatic Sports (2014). International Journal of Sports Nutrition and Exercise Metabolism.

Rehydration

Excessive sweat loss often caused by strenuous exercise can lead to dehydration (where sweat rate exceeds fluid replacement during exercise), this can be a common occurrence in land sports where temperatures or humidity is elevated. In general swimmers have shown to have reduced sweat loss compared to their land based counterparts, however higher sweat rates can be observed when swimming in hot conditions from poorly air conditioned pools, warmer pool temperatures or when athletes are training or spending significant time outdoors.

In most situations if swimmers consistently have access to palatable fluids i.e. have a drink bottle with them and sip regularly through the day, this will be sufficient to maintain adequate hydration levels. Thought should be given to situations where athletes sweat losses maybe large and time until the next training session is limited, here strategies to ensure the athlete has availability to appropriate fluids should be put in place and prioritised.

Milk, flavoured milk and fruit smoothies all provide valuable fluid in the recovery process. Electrolytes (salt) is lost in sweat, however as sweat loss is not excessive in most swimmers electrolyte replacement or aggressive salt intakes are not required. A balanced diet with regular water intake will be sufficient to meet electrolyte replacement needs.

Sports drinks provide a compact and convenient source of carbohydrate, in situations where fluid loss is severe they maybe an appropriate choice in recovery due to their taste that can promote intake, convenience and easily digested carbohydrate content. However as described above these are more suited to use during high intensity and vigorous training

sessions. Water, milk or sweetened dairy products such as flavoured milk / smoothies should be the fluid choice in recovery from most sessions.

Urine colour can provide valuable and simple feedback with regards to hydration. A pale / clear colour with regular volume indicates that you are most likely hydrated. A dark colour with low volume and irregular trips to the toilets will most likely mean you are dehydrated. Excessive visits to the toilet can mean you are drinking too much, care should be given here especially prior to bed as excessive urination in the night can impair sleep and recovery. It is recommended to avoid significant fluid intakes after dinner / prior to bed.

Remember the key to maintaining hydration is to have fluid available, swimmers should always carry a drink bottle with them and sip as required throughout the day between sessions to ensure rehydration has occurred before the next session.

Swimming Lingo

Bilateral Breathing: Most common in freestyle. Breathing to both the left and right side, many different combinations of stroke patterns may be used to achieve this.

Blocks: The starting platforms located behind each lane. Blocks have a variety of designs and can be permanent or removable, but also incorporate a bar to allow swimmers to perform backstroke starts.

Breaststroke: Arms are moving simultaneously under the water horizontally, with legs doing a “frog” kick.

Butterfly: Arms move together in an ‘up and over’ motion, while legs complete two dolphin actions per stroke cycle.

Circle Swimming: Swimmers swim either anticlockwise or clockwise depending on which lane they’re in. e.g. clockwise in odd number lanes, anti clockwise in even number lanes. This is the best way to avoid collision of arms and is common procedure in regional and national swimming events.

Pace Clock: The big clock on the wall or deck, used for interval training. Swimmers who can read the clock and know their times improve find it easy to monitor their own progress and can give their own send off.

Pool deck: The area around a swimming pool. During a meet, only ‘authorised people’ may be on deck. This is generally just team managers, officials, coaches and swimmers.

Flags: These are suspended over the width of each end of the pool approximately 5m from the wall; they allow backstroke swimmers to determine where the end of the pool is. The lane ropes may also change colour 5m out from the wall.

Six beat kick: six kicks per full arm stoke. (3 kicks per ‘hand hit’).

Freestyle: Another name for the front crawl.

Lane ropes: The dividers used to set out the lanes in a pool. Lane ropes are segmented 1m apart and are used to dissipate waves.

Lap counter: Large numbered cards used during longer freestyle events 800m and 1500m. Used so swimmers can see how many laps they have to go.

Long Course: Events swum in a 50m pool.

Short Course: Events swum in a 25m pool.

Medley: All strokes are used. This can be an individual event, with one person swimming all strokes. Or it can be a relay event with four people, each swimming a different stroke. The order for individual medley events is: butterfly, backstroke, breaststroke, freestyle. The order for medley relay events is: backstroke, breaststroke, butterfly, freestyle.

Open water swimming: Swimming in water other than in a pool including rivers, lakes or oceans. Swimming New Zealand runs National Open Water Swimming events for 5km, 7.5 km and 10km events and 10km is an Olympic event.

PB: Personal Best: This is generally used in the context of a personal best time for a particular event.

Pull: A drill where swimmers place a pull buoy between their legs to keep them afloat, replacing kicking and staying balanced.

Referee: The head official at a swim meet.

Touch pad: The removable plate (on the end of pools) that is connected to an automatic timing system. A swimmer must properly touch the touchpad to register an official time in a race. These are generally backed up by time keepers.

Tumble turn: Similar to a summersault under the water upon reaching the pool wall. A tumble turn is faster than a ‘touch and go’ once the technique is mastered.

Cool down/loosen: Used by the swimmer to rid the body of excess lactic acid generated during a race.

Warm up: The practice and loosening session a swimmer does before the meet or their event. The blood flow to the muscles the warm up creates is essential to avoid injury.

Contact

Swimming New Zealand

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Code of Conduct

The following Code of Conduct applies to all SNZ Members and persons participating/connected to SNZ activities.

The following requirements must be met in regard to your conduct:

- ☐ Respect the rights, dignity and worth of others.
- ☐ Be fair, considerate and honest in all dealings with others.
- ☐ Be professional in, and accept responsibility for your actions.
- ☐ Make a commitment to providing quality service and performance.
- ☐ Be aware of, and maintain an uncompromising adhesion to standards, rules, regulations and policies.
- ☐ Operate within the Constitution, Regulations, Policies and Procedures of SNZ and FINA.
- ☐ Abide by the Sports Anti-Doping Rules.
- ☐ Refrain from any form of abuse, harassment, discrimination and victimisation towards others.
- ☐ Provide a safe environment for the conduct of the activity in accordance with relevant SNZ policy.
- ☐ Show concern and caution towards others who may be sick or injured.
- ☐ Be a positive role model.
- ☐ To not provide comment to any media on behalf of Swimming NZ Inc.
- ☐ To not speak to any media in a negative way regarding Swimming NZ Inc.
- ☐ Never act in any way that may bring disrepute or disgrace to SNZ members, its stakeholders and/or its sponsors, potential sponsors and/or partners.

Swimming New Zealand expects all members, supporters, advisors, staff and associates of SNZ to abide by a Code of Conduct that upholds the principles and values of the organisation and the SNZ Member Protection Policy. Members should recognise that at all times they have a responsibility to a duty of care to all SNZ members.

In addition a

Swimmer will:

- ☐ Agree to abide by the code of conduct.
- ☐ Not participate (or benefit from assisting others involved) in sports betting or gambling activity associated with swimming events and/or swimming results in which they are participating or have been directly involved in.
- ☐ Never argue with or verbally abuse an official. Always use the appropriate rules and guidelines to resolve a dispute.
- ☐ Conduct yourself in a sportsman-like manner and respect fellow swimmers, coaches, managers, staff, officials and the achievement of opponents.
- ☐ Do not bully or take an unfair advantage of another competitor.
- ☐ Cooperate with your coach, manager, team mates, officials and opponents.
- ☐ Refrain from possessing and consuming prohibited substances while in SNZ camps or on tours.

- ☐ Not consume or purchase alcohol and tobacco while in SNZ camps or on Tours without the agreement of the Team Manager and Head Coach.
- ☐ Comply with training, competition, curfew and behaviour requirements directed by SNZ, while in camps or on tours.

Parent/Guardian will:

- ☐ Agree to abide by the code of conduct.
- ☐ Remember that children participate in sport for their enjoyment, not yours.
- ☐ Encourage children to participate, do not force them.
- ☐ Focus on the child's efforts and performance rather than winning or losing.
- ☐ Encourage children always to compete according to the rules and to settle disagreements without resorting to hostility or violence.
- ☐ Never ridicule or yell at a child for making a mistake or losing a competition.
- ☐ Remember that children learn best by example.
- ☐ Support all efforts to remove verbal and physical abuse from sporting activities.
- ☐ Respect officials' decisions and teach children to do likewise.
- ☐ Show appreciation for coaches, officials, swimmers and administrators.

Any breach of the Code of Conduct, or any part of it, may result in disciplinary action under the SNZ Constitution, Regulations and Policies.

Swimming
NEW ZEALAND

The start of something extraordinary