



Dear Parent

Welcome to Aquabladz New Plymouth Swimming Club (Aquabladz) and to the world of competitive racing.

The Club

The club is responsible for ensuring the club has funding for events, organising Aquabladz swim meets, and coordinating with the coaches for any additional requirements for travelling to meets etc.

The committee needs to have a minimum of 6 members but we would like to have more. This helps spread the load.

How can I help my child to succeed in swimming?

Your 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; children feel your emotions. We encourage you to always demonstrate to your child good sportsmanship towards all those involved in the sport. This includes teammates, coaches, officials, opponents, and supporters.

What is the coach's job?

One of the most difficult jobs that you can do as a parent is let the coach, coach. Your job as a parent is to support, encourage, and recognise your child's efforts. It is the coach's job to offer your child constructive analysis on their swimming. That is what they are trained to do. When parents attempt to coach their child, the child may become confused and it can become difficult for the coach to establish best practices that will enable the swimmer to move forward. It is equally important to never undermine the coach in front of the swimmer. If you have an issue with the coaching, see the coach, but leave the coaching to the coach.

Parent Help

Does this mean I have to do something to help?

In a word – YES. Parents are one of the secrets to any clubs success.

When you become a swimming family you enter into a sport that cannot exist without your help. There is an expectation from the club that all parents will volunteer to enable us to function as a great swim club.

The club is responsible for fundraising and running various events. We cannot do this without your help. If you don't want to be a committee member then you can be a friend of the committee to show us that you are available to help.

If you have special skills in a particular area that may help the committee please let us know so we can shoulder tap you to assist when needed.

The more parents available to help, eg: “friends of the committee”, then the more resources we have to tap into to keep the club in a good financial position to provide funding to our swimmers.

Swimming meets need you

The meets are all run by volunteers – i.e. parents, like you. We encourage all our parents, at an early stage, to get involved. Quite simply, if there are not sufficient officials, we will not be able to hold swimming meets and the swimmers will suffer. Now that your child is a club member the expectation is that you are available to help in every swim session your child races in. (Most meets will only be one session but some are multiple sessions – 2 /day.) You may not be required in each session but it is important that you are available. In general you are likely to be used every second session that your child swims in.

Becoming an OFFICIAL

A great time to try being an official is at our club nights or at a regional meet. We need the following to run an event. When in training you will be placed with experienced officials until you are trained and signed off:-

- Team Manager – ensures the swimmers go to marshalling in plenty time before their race, normally 5 (6 for 50m races) races prior to their race.
- Marshal – Double checks that people have arrived at marshalling when they should have
- Timekeepers – Keep time using a stopwatch (and additional timer on some meets) normally with another person. They record their time on the time cards
- Chief Timekeeper – Keeps time using 2 stopwatches and spot checks certain lanes against timekeepers times. Also gives a timekeeper a replacement stopwatch if the timekeeper didn't start the watch in time.
- Runners – collecting times from timekeepers and taking them to the recorder

Technical Officials – for more information refer to Swimming NZ website Technical Officials page

IOT – Inspector of Turns

JOS – Judge of Stroke

Referee – make final call on any issues identified by IOT or JOS

Starter – Starts the race



Other helpers

At a meet we also need people to help with a raffle, organising the food that has been brought in for officials, and serving the food to officials around the pool.

Additional Resources

These are some tools to help with tracking a meets results and seeing where your child is placed with times etc.

Links can be found on www.aquabladznp.swimming.org.nz website

Takeyourmarks.com – requires a subscription

MeetMobile App – requires a subscription - some events are no longer using this so look for the meet before you decide to subscribe to it

Swimming NZ mytogs app - Free to all Swimming NZ Members available via App Store and Google Play, information available on swimming.org.nz website

Swimming Calendar

The most recent Swimming Taranaki calendar of events can be found on the www.aquabladznp.swimming.org.nz or taranaki.swimming.org.nz websites.

How do I know what meets are coming up?

You can see events in the calendar mentioned above and you can talk to your coach on whether your swimmer should enter. The Aquabladz club Recorder or Administrator send emails to members the details of up coming meets. These details include date, time, location and programme of events. Also included is the close off time for entries.

What events am I interested in?

The swimming calendar can be quite confusing the meets are colour coded:-

Local – Dark green

Regional – Light green

Nationals – Blue, a couple are in red.

Clinics and Camps – Orange

When you are a Club swimmer (non competitive member) you can swim at the club nights, local meets, School Championship and attend the relevant clinics and camps.

If you are a Competitive swimmer then you can swim at local, regional, national and relevant clinics and camps. Regional and national meets require qualifying times unless stated.

How to I register for a meet?

If you are on the Swimming NZ database you can register using Fastlane available on the swimming.org.nz website.

What races should I enter?

When racing for the first time at a meet look at the programme of events and select your races. Make sure you factor in time in between races so the swimmer has time to get ready for the next race.

Talk to your coach to get advice on which races to do and how many to enter.

What is expected of the swimmer at the meet?

The swimmers are expected to do the following :-

- Sit with your club
- Wear the club swimming cap (you will be provided with your first one free)
- Know what events you are entered in
- Listen to the team manager to make sure you do not miss a race
- Talk to the coach before you go to marshalling at each race



- Talk to the coach after your race for feedback

What should my swimmer bring on the race day?

Your swimmer should bring warm clothes, hydration drink or water and snack foods (eg: sandwich, bread roll, nuts, snack bars, some lollies – not lots, banana) basically healthy snacks. See SNZ HPSNZ page nutrition section for ideas.

Always keep warm in between races, cover up and wear slides, crocs or jandals on your feet.