

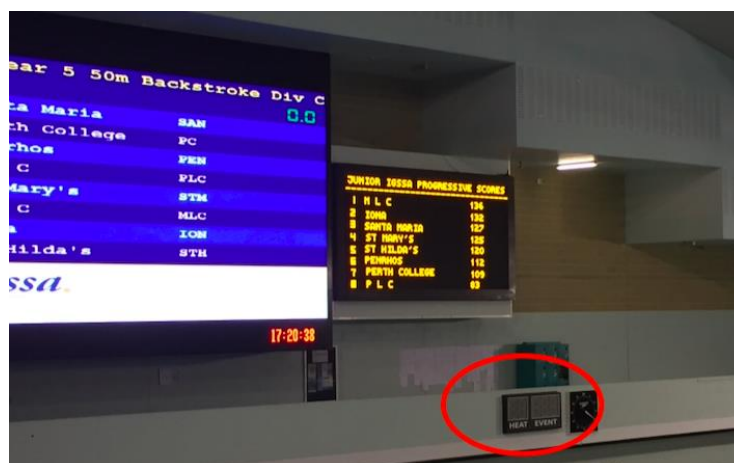
UWA WEST COAST SWIMMING CLUB

GUIDE FOR FIRST-TIME CLUB NIGHT SWIMMERS

This guide is aimed to assist you in what happens at a UWA West Coast Club Night. Remember, the aim is for you to have fun and to post some official times (maybe for the first time) to see where you are at. Nobody is watching (except maybe your coach and your mum or dad), it is all about having a go and doing the best you can.

So.....

1. What to bring: bathers, UWA West Coast cap (can be purchased on the night if necessary), water bottle, snacks, Sharpie pen (or similar), 2 towels at least, jumper, trackies if you want, UGG boots or thongs or something easy to wear on pool deck to slip on and off.
2. After school, make sure you have something to eat and get to the pool as close to warm up time as you can, without stressing.
3. When you get to the pool, find your coach and follow their instructions for warm-up. If your coach isn't there, just tell another coach which squad you are training, and they will guide you for warm-up.
4. After your warm-up take your Sharpie to the programme which will be stuck to the windows closest to the water polo pool and note on your arm or hand the Event number, Heat number and Lane number for each of your races. This is not 100% necessary but can help you to focus and speed up marshalling. (Worth noting: this can be done in advance of the meet as the programme is published on myswimresults.com.au which is where your parents will have entered and paid for you. Any changes will be minor and can be sorted out at marshalling).
5. **MOST IMPORTANT INFORMATION:** watch the marshalling board like a hawk. This is the block of yellow numbers underneath the scoreboard which is at the entry end of the pool. It looks like this:



6. When the EVENT part shows the number of your event, take yourself to the friendly marshalling people at the marshalling table (easily identifiable by people lining up).
7. Tell them your name.

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8. They will confirm your heat number and lane number and direct you to a chair in the marshalling area.
9. Usually heat number 1 will be where the orange cone is, as a rough guide.
10. Sit in the relevant chair. As each heat is taken to the blocks, then move to the chair directly in front. There will be a marshal to check people are there and in the right spot.
11. When it is just before your time to race, the check starter will take you behind the blocks. It might be a couple of heats before you race.
12. You will be called to the blocks by a long whistle. Either stand on the block or jump into the pool for backstroke.
13. The race will be started by the call of “take your marks” and then the beep of the starting signal.
14. Swim hard!
15. After your race stay in your lane until directed by the officials to clear the pool via the steps at the side (NOT over the top of the timing pads) or move out down the lane rope a little for backstroke.
16. Once out of the pool, get a towel to keep warm and see your coach to get feedback on your event, at all time, keeping an eye out on that marshalling board for your next race.
17. Go to marshal for your next race as soon as it is shown on the board. Things can move pretty fast at Club Night so you might not get much of a break between swimming and marshalling again.
18. If you decide not to swim one of your events, go to the marshalling table and ask them to scratch you from that event ASAP. It will prevent any hold-ups and might mean heats can be reseeded.
19. Have fun and ask any of the marshalling people for help if you need it. The older swimmers can also be a great source of advice.