



Aquabears  
Handbook

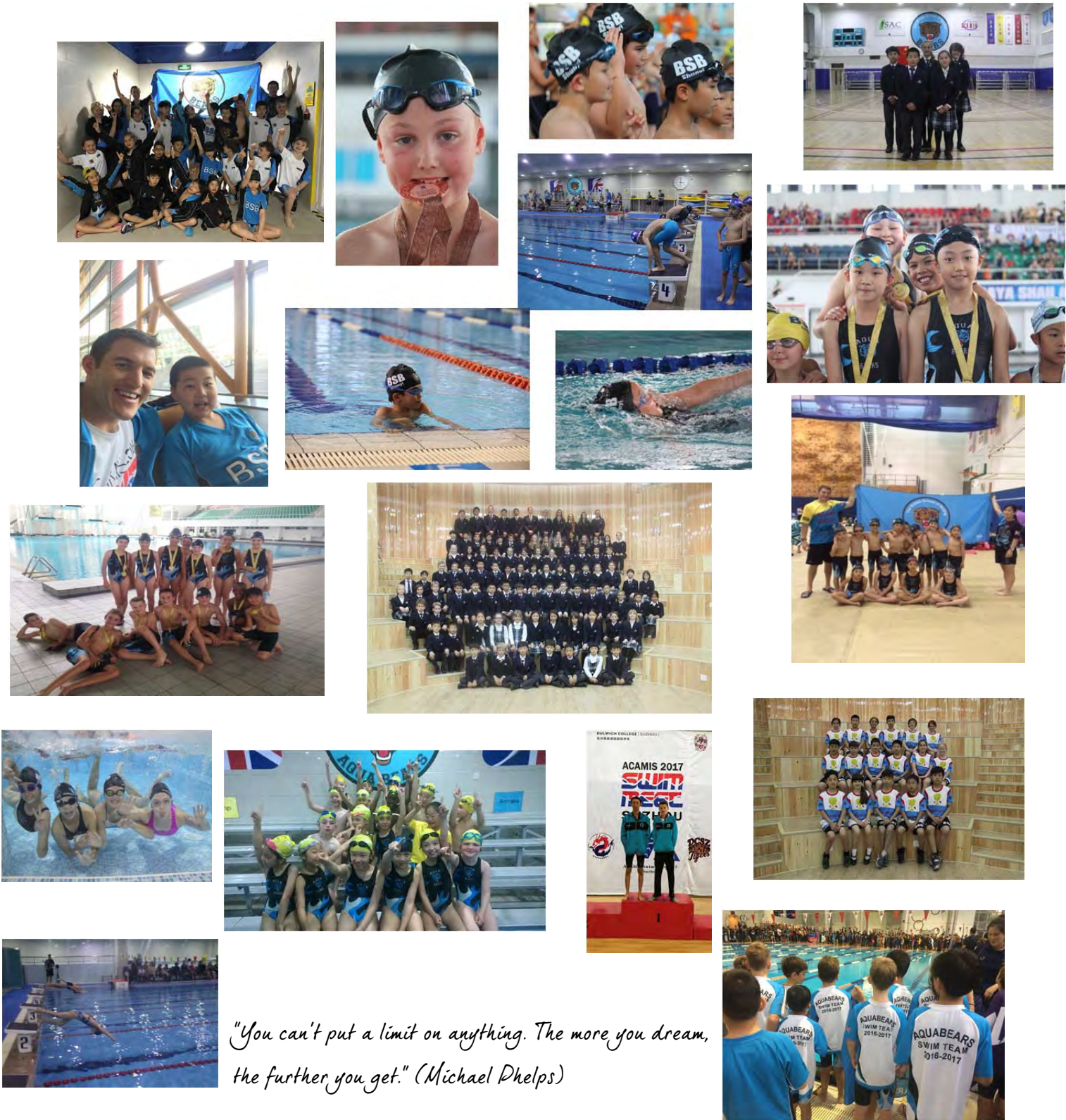


THE BRITISH SCHOOL  
OF BEIJING, SHUNYI  
A NORD ANGLIA EDUCATION SCHOOL

2017



### Aqua Bears in Pictures



*"You can't put a limit on anything. The more you dream, the further you get." (Michael Phelps)*



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## Introduction

For returning members, welcome back! To new members, welcome to the Home of the Aqua Bears Bears and Swim team for 2017-2018!

This team handbook is to give Aqua Bears swimmers-specific information. Please read the BSB Sports Handbook as well, as it contains expectations for all members of BSB Sports team.

BSB Aqua Bears is the competitive swim team programme for athletes and coaches who are looking to compete at both internal and external swim meets in Beijing and Asia.

Additional sessions are available this year for the A squad swimmers and the Mini Bears squad will continue once again this year and is a development opportunity for young swimmers interested in joining a competitive swimming program.

For any Aqua Bears queries or questions please contact Head Coach Richard Thorp.  
[richard.thorp@britishschool.org.cn](mailto:richard.thorp@britishschool.org.cn)

## BSB Core Values and Aqua Bears

Aqua Bears supports the BSB's core sport values 100%. All swimmers that are members of BSB Bears should always try and show commitment, responsibility and leadership towards peers in and outside of school.

Participation in the BSB Sport program is a privilege, not a right. To represent the Bears all students are expected to show:

### Commitment

- Stay with the sport for the entire season. Students that quit may not join a second sport until the first team is no longer competing.
- Attend training regularly.

### Responsibility

- Promote behaviours that show responsibility for rules, opponents, officials and teammates.
- Have open, honest and direct communication.

### Leadership

- Empower students to make the right decisions.
- Become a positive role model.

### **Aqua Bears are expected to:**

- Arrive on poolside a minimum of 5mins before the session start time
  - Have the correct kit ready to train
  - Attend regular training attendance during the year
  - Do their best in training to develop and improve their skills
  - Support their team meets – enhance team spirit on poolside
  - Compete on a regular basis
  - Listen to and respect the coaching staff
  - Support your team mates and peers in the pool
  - Regularly communicate with the Head Coach through the season
  - Set short term and long term goals for the season
- .....**This is the Aqua Bears way**



## Training Overview

All students that want to represent the Aqua Bears for any core sport must train in school with the squad at least once a week.

It is understood that students involved in swimming may have a commitment to a national or regional training program outside of school. In these cases, parents of the swimmer should contact the Head Coach or Sports Office to establish a modified school training plan.

Students that swim for clubs outside BSB are expected to represent school if selected. Parents are asked to consider this before agreeing to have their child participate in the Aqua Bears program. Parents should contact the Sports Office as soon as they are aware of any conflicts or absences and outcomes will be reviewed and determined on a case-by-case basis.

### Team Training Schedule

#### Aqua Bears regular training (years 5, 6 and all secondary students)

- Monday: 3:30-5:00pm (No ASA Bus)
- Tuesday and Thursday: 3.30-5:00pm or 3:30-4:30pm ASA bus
- Friday: 3:30-5:00pm or 3:30-4:30pm A Squad swimmers (No ASA Bus)
- Saturday: 8:00–10:00am (A and invited B squad) Details TBC by Head Coach

#### Mini Bears Juniors (year 3 students)

- Tuesday: 3:30-4:30pm ASA bus
- Thursday: 3:30-4:30pm ASA bus

#### Mini Bear Seniors (year 4 students)

- Monday : 3:30-4:30pm (No ASA Bus)
- Wednesday: 3:30-4:30pm

#### Swim Fit ASA Years 3, 4, 5, 6 & All Secondary students (an ASA Sign up will be offered each season)

- Wednesday: 3:30-4:30pm

#### Year 1 & 2 ASA Swimming Lessons (an ASA Sign up will be offered each season)

- Tuesday 3:30-4:30pm

#### Aqua Bears Bears:

Early Morning training is available for A and B Squad Aqua Bears swim squad only. Monday, Wednesday & Friday mornings 7:00am-8:00am (No bus provided). This training does NOT include Mini Bears Juniors or Mini Bears Seniors. Swimmers will need to provide their own breakfast.



## Aqua Bears Qualification Standards Years 5, 6 & ALL Secondary

	<b>Squad A</b>	<b>Squad B</b>	<b>Squad C</b>
<b>100m IM (min)</b>	1:20 – 1:40	1:41 – 2:00	2:01 – 2:30

Swimmers will be divided up into one of three groups for training and participation in the Aqua Bears Squads A, B, & C. The above times will decide which groups students are allocated.

**These times in the above table are simple benchmarks, Aqua Bears is open to all swimmers who have the basic stroke techniques and desire to be a part of the team in whatever manner possible. We welcome any and all who want to swim competitively to join Aqua Bears.**

### **Mini Bear Juniors and Seniors (Year 3 and Year 4 Students) Qualification Standard**

- The Mini Bear Junior and Senior Squads will be selected based on a timed 50m Freestyle and selected students from the PE KS2 Swim Assessments in the first week of term across other strokes.

## Try-outs

Try-outs are for all new students who would like to be part of the Aqua Bears swim team. Try outs will be held from Wednesday 23<sup>rd</sup> August 2017 through to Friday 25<sup>th</sup> August 2017 Start time is at 3:30pm and Finish Time is at 4:30pm. Sign up in SOCS.

**Primary students years 3 & 4:** Wednesday 23<sup>rd</sup> August 3:30-4:30pm

**Primary students years 5 & 6:** Thursday 24<sup>th</sup> August 3:30-4:30pm

**Secondary students:** Friday 25<sup>th</sup> August 3:30-4:30pm

During this week of try-outs transport will be available for **Secondary students only at 5:30pm on the Late Bus. Primary students will need to arrange parental pick up from school at 4:30pm. Alternatively Primary students can try-out at lunch time.**

Please contact the Head of Aquatics [richard.thorp@britishschool.org.cn](mailto:richard.thorp@britishschool.org.cn) to arrange an alternative time if you are unable to try-out at the above specified times and day(s). Try-outs for the Aqua Bears Swim team are open year round by appointment.



## Aqua Bears Weekly Training Schedule

	7:00 – 8:00 am	3:30 – 4:30pm		3:30 - 5:00pm	Private Coaching
<b>Monday</b>	<b>Aqua Bears</b> early morning training RT	<b>Mini Bear Seniors</b> (Year 4) SL, JL		<b>Aqua Bears</b> (Years 5, 6 & Secondary) RT, SQ	<b>Synchronized swimming</b>  5:30 – 8:00pm
<b>Tuesday</b>		<b>Mini Bears Juniors</b> (Year 3) SQ	<b>Year 1 &amp; 2 Swimming Lessons ASA</b> SL, JL	<b>Aqua Bears</b> (Years 5, 6 & Secondary) RT	
<b>Wednesday</b>	<b>Aqua Bears</b> early morning training RT	<b>Mini Bear Seniors</b> (Year 4) RT	<b>Swim fit ASA!</b> (Years 3, 4, 5, 6 & Secondary) JL, SQ, SL		<b>SOYO Swim Club</b>  5:00 – 8:00pm
<b>Thursday</b>		<b>Mini Bears Juniors</b> (Year 3) JL, SL		<b>Aqua Bears</b> (Years 5, 6 & Secondary) RT, SQ	<b>SOYO Swim Club</b>  5:00 – 8:00pm
<b>Friday</b>	<b>Aqua Bears</b> early morning training RT			<b>Aqua Bears</b> (Years 5, 6 & Secondary) RT, +1	<b>SOYO Swim Club</b>  4:30 – 8:00pm
<b>Saturday</b>	<b>Aqua Bears</b> morning training 8.00am -10.00am (Dates TBC) RT				<b>SOYO Swim Club</b>  1:30 – 4:00pm

Coaches' initials are in red in the table.

### Coaches for Team 2017-2018

**RT** = Richard Thorp (Squad A/B & Mini Bears Seniors, Aqua Bears Early Morning Training)  
Head Swim Coach, ASA 1&2/ NARSTC / EFT

**SQ** = Sid Qui (Squad C, Swim Fit & Mini Bears Juniors)  
Swim TA, Certified Swim Teacher/ Austswim

**JL** = Judy Liu (Mini Bears, Swim Fit, ASA Swimming year 1&2)  
Swim TA, Certified Swim Teacher/ Austswim

**SL** = Shane Li (Swim Fit, Mini Bears Juniors, ASA Swimming year 1&2)  
Swim TA, Certified Swim Teacher/ Austswim



## BSB, Shunyi Swim Meet Schedule 2017-2018

U19/U14/U11/U9/U8 Mini-Bears Swimming					
Date	Day	Vs.	Venue	Time	Conference
23-Sep-2017	Sat	Primary Swim Meet 8&U & 9-10 age group	BSB	0900-1200	ISAC
26-Sep-2017	Tue	Secondary Swim Meet 11-12 & 13-14 age group	BSB	1600-1730	ISAC
28-Oct-2017	Sat	SAS/ISB Swim Invitational (8&O)	ISB	TBC	Invite
29-Oct-2017	Sun	SAS/ISB Swim Invitational (8&O)	ISB	TBC	Invite
30-Oct-2017	Mon	SAS/ISB Swim Invitational (8&O)	ISB	TBC	Invite
28-Nov-2017	Tue	Secondary Swim Meet 11-12 & 13-14 age group	BSB	1600-1730	ISAC
29-Nov-2017	Wed	Primary Swim Meet 8 & U age group	BSB	1600-1730	ISAC
30-Nov-2017	Thu	Primary Swim Meet 9-10 age group	BSB	1600-1730	ISAC
9-Dec-2017	Sat	Secondary Swim	WAB	TBC	ISAC
10-Dec-2017	Sun	Secondary Swim	WAB	TBC	ISAC
27-Jan-2018	Sat	Primary Swim Meet 8 & U and 9-10 age group	BSB	0900-1200	ISAC
30-Jan-2018	Tue	Secondary Swim Meet 11-12 & 13-14 age group	BSB	1600-1730	ISAC
9-Mar-2018	Fri	Beijing All Star vs Asian All Star (8&O)	ISB	TBC	Invite
10-Mar-2018	Sat	Beijing All Star vs Asian All Star (8&O)	ISB	TBC	Invite
11-Mar-2018	Sun	Beijing All Star vs Asian All Star (8&O)	ISB	TBC	Invite
22-Mar-2018	Thu	ACAMIS Swim Suzhou	SSIS/DCSZ	TBC	ACAMIS
23-Mar-2018	Fri	ACAMIS Swim Suzhou	SSIS/DCSZ	TBC	ACAMIS
24-Mar-2018	Sat	ACAMIS Swim Suzhou	SSIS/DCSZ	TBC	ACAMIS
10-Apr-2018	Tue	Secondary Swim Meet 11-12 & 13-14 age group	BSB	1600-1730	ISAC
14-Apr-2018	Sat	Primary Swim Meet 8 & U & 9-10 age group	BSB	0900-1200	ISAC
21-Apr-2018	Sat	Mantas Swim Invitational (8&O)	HK	TBC	Invite
22-Apr-2018	Sun	Mantas Swim Invitational (8&O)	HK	TBC	Invite
23-May-2018	Wed	Baby & Little Dragon Invitational Meet (8&U)	ISB	TBC	ISAC

**There will be additional swimming meets throughout the year; these will be confirmed closer to the time by the Head Coach.**

## Swim Meet Entry Procedure

1. You can enter the events where you meet qualification requirements. Please discuss with Mr. Thorp or any swim coach what the qualification requirements are for each meet.
2. It is essential that all who train for swimming competitions **MUST** attend training sessions regularly so as not to miss the opportunity to compete.
3. Swimmers are to consult with Richard Thorp (Head Coach) regarding your events and entry time. It is important to ensure your competition schedule is balanced and achievable

## Swim Meet Guide

Attending a swim meet is a great opportunity to represent the school, be part of the team and show how hard you have worked. Swimmers should prepare well to optimize their performance for the day. A good night's sleep before the meet is a must.

### Training

Regular training is the key to consistent performance. Discuss your training programme either with the Head Coach or your group coach. Your training will include:

- Aerobic, Anaerobic and Race Pace sets.
- Drill/swim sets.
- Start/turn execution.
- Short sprints with lots of rest intervals.
- Short term and Long term Goal planning.
- Preparing Race plans and strategies.
- Have a small snack prepared before and after training and drink plenty of fluid.

### Nutrition

- Eat a healthy meal the night before.
- Drink plenty of water all the time at both training and meet.
- Eat a light snack which is high in carbohydrate and low in fat (banana, muesli bars, etc.) in between races, especially after the races to help recovery.
- Useful website: [www.sportsdietitians.com.au/content/246/Swimming/](http://www.sportsdietitians.com.au/content/246/Swimming/)

### Packing list

- Team suit and spare suit.
- Team cap (Silicone type only please).
- Goggles and spare goggles: make sure both pairs are adjusted to be ready to wear.
- Deck sandals / flipflops.
- Towels /robe.
- Warm up suits: sweat pants, top, socks to keep you warm.
  - Water bottle: make sure to have plenty of water.
  - Snack: e.g. bananas, apples, power bars, etc..
- Books, games, etc. for something to do in the waiting time.

### On the Meet Day

- Arrive before the team meeting time.
- Go to change and check in with coach, ready to go to both land and pool warm up
- In case of emergency, call the Head Coach as soon as possible. 'No shows' will give organisers more work than they need and this will reflect badly on BSB.
- Behaviour must put the school in good light you will be representing the school
- Be a role model to younger swimmers, you are their heroes and the face of BSB Aqua Bears swim team.
- Be Positive!. The only way you can condition yourself to do this, is if you do it every day. Your mind is just as important to train as your body. Do not allow any negative or weak thoughts dwell within you.

### During the Meet

- Each swim will have its own race focus (e.g. PB, splits, race pace, start, turn, finish speed, stroke rate or stroke count component).
- 5 minutes rule: After a race, if you are not happy with your performance or even upset, get over it! Clear your mind and get ready for your next swim.
- Support your teammates.
- Have a good rest while you are waiting to be marshalled, you want to be ready to do your best.
- Remember you are representing BSB. Behave sensibly.
- After each race check with your coach for feedback and tips for your next race.



## Transport

### Primary Aqua Bear students years 5 & 6 students

- Monday: Pick up at 5:00pm. There is **NO ASA bus available**.
- Tuesday and Thursday: Pick up at 5:00pm or ASA bus at 4:30pm.
- Friday: Pick up at 5:00pm. There is **NO ASA bus available**
- Team Training will start: **Monday 28<sup>th</sup> August (Aqua Bears) and Tues 5<sup>th</sup> Sept for Mini Bears.**
- Transport home on the ASA bus will start: **Tuesday 5<sup>th</sup> September.**

### Secondary Aqua Bear students years 7-13 students

- Monday, Tuesday & Thursday transport is available, either by the ASA bus Tuesday and Thursdays @ 4:30pm or the Sports Bus at 5:30pm Monday-Thursday. (**Due to possible late fixtures, latest departure time of the Sport Bus could be 6:00pm**).
- Team Training will start: **Monday 28<sup>th</sup> August**
- Transport home on the ASA bus will start: **Tuesday 5<sup>th</sup> September.**
- Secondary Sport Bus will start **Wednesday 23<sup>rd</sup> August.**

### Mini Bears (Juniors) year 3 students

- Transport home will be available through the ASA bus at 4:30pm Tuesday and Thursday or Pick up at 4:30pm.
- Team Training will start: **Tuesday 5<sup>th</sup> September.**
- Transport home on the ASA bus will start: **Tuesday 5<sup>th</sup> September.**

### Mini Bear (Seniors) year 4 students

- Monday: No Bus Transport on Mondays only pick up at **4:30pm.**
- Wednesday: ASA Bus 4:30pm or Pick up at 4:30pm.
- Team Training will start: **Monday 4<sup>th</sup> September.**
- Transport home on the ASA bus will start: **Tuesday 6<sup>th</sup> September.**

### Swim Fit ASA years 3, 4, 5, 6 and Secondary students

- Transport home will be available through the ASA bus at 4:30pm every Wednesday running alongside the ASA timetable.
- Transport home on the ASA bus will start: **Wednesday 6<sup>th</sup> September.**

## FINA Rules

### Introduction to Swimming Rules

FINA is the international governing body of swimming, diving, water polo, synchronized swimming and open water swimming. For details, go to: <http://www.fina.org/>

We often talk about DQs (disqualifications) in races. There are many strokes specific DQs in FINA rules but here are common DQs our swimmers need to be at least aware of.

- FINA operates a one start rule. Any swimmer that moves on the block will be disqualified. Stay still until you hear the starting signal. You will not get a second chance.
- Breaststroke and Butterfly: two simultaneous movements of both arms/legs. Turns and finish have to be with two hands touching the wall at the same time.
- Butterfly arm recovery, needs to be done out of water.
- Backstrokers cannot go on to their front except as a part of turn. You must finish on the wall on your back.
- In the IM race the freestyle length push off the wall must be on the front.
- You have 15m before you have to surface at the start of a race (except for Breaststroke).
- Go to the FINA website for more information on disqualification rules and codes.
- At a swim meet if you are disqualified please speak to the Head Coach for further clarification. Parents must not query the decisions with the officials – let the Head Coach or coaches do this on behalf of the swimmer.



## Top 10 Tips for Improvement

1. Swim frequently: If you don't average about three training sessions a week you will lose your feel for the water and your technique will begin to deteriorate. If the option is between one or two long workouts or three or more shorter workouts, swimmers seem to do better when they swim more frequently.
2. Swim with good technique: Maintain the best possible technique at all speeds during workouts. If you can teach yourself to go fast while using good technique, you will make bigger gains.
3. Do drills as part of every workout: Early in your workout, in the middle of your workout, or at the end of your workout do some specific technique work to reinforce good swimming skills.
4. Challenging workouts: One or two times a week (depends on how frequently you swim) do part of your workout with all-out effort. This will help make you go faster. Mix in challenging workouts with technique work then you'll learn how to hold good technique while going faster.
5. Easy workouts: Depending on your swimming goals, there may be no reason to do more than one or two thorough workout sets a week, as long as you are doing one or two easier workouts too.
6. Streamline: This is the time you are travelling your fastest in any race. It may be start, push off, or turn: do it the same way with the streamline aiming for minimum 5m underwater phase before breakout.
7. Leaving the wall the same way: Always push the walls the way you would if you are coming out of a turn, with strength, speed & control. This gives you extra turn practice. **Never skip a turn opportunity in training.**
8. Wear a swimsuit made for competitive swimming: Don't wear baggy beach shorts or old loose fitting suits if you are trying to improve your technique or learning how to hold good technique when going faster.
9. Ask someone to watch you swim: or get someone to video you: This gives you some great feedback about your technique that you may have not realized.
10. Use flippers occasionally: Flippers can help you achieve a better body position artificially and you will learn what that position feels like while moving.





## BSB Aqua Bears/ Mini Bears Juniors/ Mini Bears Seniors Swim Team Tryout form 2017-2018

Dear Students & Parents: We invite all swimmers who would like to compete in one of our three swimming programs Aqua Bears Squad Years 5, 6 and ALL Secondary Students, Mini Bears Seniors year 4 students & Mini Bear Juniors year 3 Students.

**Dates to try out: Wednesday 23<sup>rd</sup> August - Friday 25<sup>th</sup> August** for ALL new Primary and Secondary students. Primary students **Years 3 and 4** will try out **Wednesday 23<sup>rd</sup> August**. Primary students **Years 5 and 6** will try out **Thursday 24<sup>th</sup> August**. **Secondary students** will try out **Friday 25<sup>th</sup> August**. Please note that transportation for primary students during this try out period will not be available so please make sure your child is picked up at 4:30 PM. However, secondary students will have transport at 5:30 PM on Wednesday 31<sup>st</sup> August. Try outs can also be arranged anytime throughout the year. Please contact: Mr. Thorp for a trial [richard.thorp@britishschool.org.cn](mailto:richard.thorp@britishschool.org.cn) as well as filling out the form below.

### Aqua Bears Qualification Standards

	<b>Squad A</b>	<b>Squad B</b>	<b>Squad C</b>
<b>100m IM (min)</b>	1:20-1:40	1:41-2:00	2:01-2:30

Swimmers will be divided up into one of three groups for training and participation in the Aqua Bears Squads A, B, & C. The above times will decide which groups students are allocated.

**These times in the above table are simple benchmarks, Aqua Bears is open to all swimmers who have the basic stroke techniques and desire to be a part of the team in whatever manner possible. We welcome any and all who want to swim competitively to join Aqua Bears.**

### Mini Bears Seniors & Juniors

#### Eligibility for Mini Bear Seniors

- The Mini Bear Junior (Yr 3) and Senior Squads (Yr 4) will be selected based on a timed 50m Freestyle and selected students from the PE KS2 Swim Assessments in the first week of term across other strokes. Register in SOCS.

Swimmers/Parents will be notified via e-mail after the swimming trial which swimming program your son/daughter has qualified for. If your son/daughter did not make one of the swim teams you will be advised to sign your son/daughter up for the ASA Swim Fit which runs on Wednesdays starting Wednesday 6th September.

Swim team practices will commence week beginning **Monday 28<sup>th</sup> August or Mon 4<sup>th</sup> September**. Take note that there is NO ASA buses on Mondays or Fridays. The ASA buses run on Tuesdays, Wednesdays and Thursdays only starting **Tuesday 5<sup>th</sup> September**.

Inquires contact: [richard.thorp@britishschool.org.cn](mailto:richard.thorp@britishschool.org.cn) T: (8610) 8047 3588 Ext 2537



## BSB Aqua Bears/ Mini Bears Swim Team Tryout 2017-2018

Please fill out the form below and return to Mr. Thorp PE Office C206 or sign up directly via SOCS: [www.bsbshunysport.com](http://www.bsbshunysport.com)

Name of Student..... Date of Birth (MM/DD/YY) .....

Class .....

**Please tick below:**

- I will try out on Wednesday 23<sup>rd</sup> August for Years 3 and 4 students 3:30-4:30pm
- I will try out on Thursday 24<sup>th</sup> August for Years 5 and 6 students 3:30-4:30pm
- I will try out on Friday 25<sup>st</sup> August for Secondary Students 3:30-4:30pm

Please be reminded there is NO transport available for Primary students Wednesday 23<sup>rd</sup> August and Thursday 24<sup>th</sup> August. Please make sure your child is picked up by 4:30pm on the try out days.

Please indicate below if your child has either:

Swum for their previous school Yes / No (Please circle)

Swum or trains for a club team outside school Yes / No (Please circle)

Name of Club:\_\_\_\_\_ (if applicable)

Favourite stroke:\_\_\_\_\_

Parents Signature \_\_\_\_\_

Email contact:\_\_\_\_\_



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A NORD ANGLIA EDUCATION SCHOOL



*'Home of the Bears'*

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**Return this Registration Form to the Sports Office**

**or log on and sign up through SOCS**

**[WWW.BSBHUNYISPORT.COM](http://WWW.BSBHUNYISPORT.COM)**





## **Permission to Participate Form**

### **Activity: Swim Team 2017-2018**

This Form must be returned to Mr. Thorp before students participate.

Name of Student..... Date of Birth (MM/DD/YY) .....

Class .....

I acknowledge that I am aware my child was signed up to participate in the above mentioned activity. I am also aware of the following:

**1. Waiver**

I hereby agree not to hold the school, the board of Directors or the sponsor(s) liable for any expense incurred due to personal injury and/or any damage to property belonging to my child, except in case of willful negligence by the sponsor.

**2. Medical Insurance**

The School does not provide personal insurance for individual students. Personal medical/health insurance is the responsibility of each family. BSB strongly encourages all families to provide such insurance for their children: or to be self-insured.

**3. Emergency Medical Authorization**

In event of an injury, accident or serious illness, I authorize BSB to take my child to a medical/dental clinic to be assessed. Every possible effort will be made to contact parent/ guardian beforehand. If in the judgment of the medical staff, treatment is needed to save a life, I authorize the coach/director to consent to that treatment.

**I hereby acknowledge that I have read and accept the three items listed above  
(Waiver, Medical Insurance and Emergency Medical Authorization)**

Printed Name of Parent/Guardian.....

Signature of Parent/Guardian..... Date Signed.....

Address.....

Home Telephone Number ..... Mobile Number.....

E-Mail Address .....



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**Return this Registration Form to the Sports Office  
or log on and sign up through SOCS**

**[WWW.BSBHUNYISPORT.COM](http://WWW.BSBHUNYISPORT.COM)**

**Contact us**

The British School of Beijing, Shunyi  
South Side, No. 9 An Hua Street, Shunyi  
District, Beijing, China 101318

**Email**

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**School Website**

[www.bsbshunyi.com](http://www.bsbshunyi.com)

**Sports Hub**

[www.bsbshunyisport.com](http://www.bsbshunyisport.com)

**General Enquiries**

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