



# THE BRITISH SCHOOL OF BEIJING, Shunyi



**“Achieve Your Potential”**

**BSB AQUABEARS TEAM HANDBOOK  
2014-2015**



## **Aquabears**

**Swim Team 2013-2014**

## Policies, Procedures and Practical Information for Students and Parents

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**Achieve your potential!**





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

## Introduction

For new members, welcome to the team, for returning members, welcome back to the Home of the Bears!

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

BSB AquaBears is a group of swimmers and coaches who are committed to our competitive training program. Mini Squad will continue once again this year and is a development opportunity for young swimmers interested in joining a competitive swimming program. See page 15 for more details

### **Learn to swim/Swim Fit program**

New to this year will be a Learn to Swim/Swim Fit program on a Monday and Wednesday after school, for Primary and Secondary students. This will be a filter program for all students who did not make the Minibears or Aquabears swim team, but would like to continue to practice their swimming stroke and fitness to eventually be able to join one of the swimming teams. This program will focus on stroke technique and swimming fitness. Please see page 13 for more details.

### **Early morning training**

Also new to this year, will be early morning training for all Aquabear students, who are willing to give up on one of their mornings to gain some extra tuition and fitness training. Training starts week beginning 8<sup>th</sup> September, Wednesdays and Fridays - 7:00am - 8:00am. All students are responsible for their own transport to these sessions.

## Student Checklist

Successful trialists and returning members are to be registered as Aquabear swimmers by deciding which training sessions you are going to attend (see page 10 for the training schedule).

Register with the day's coach at the first session for the attendance record.

## BSB Core Values and AquaBears

AquaBears supports BSB Bears Core values 100%. All swimmers that are members of BSB Bears should always try and show commitment, responsibility and leadership towards peers in and outside 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.
- Determine personal goals.

### Responsibility

- Learn to prioritise choices to achieve goals.
- Promote behaviours that show responsibility for rules, opponents, officials and teammates
- Have open, honest and direct communication

### Leadership

- ☑Empower people to make the right decisions
- ☑Become a positive role model
- ☑Continually remind and refocus others on what is important

**This is the Aqua Bears way.....**

## Training: Season 1, 2 and 3

The AquaBears attendance policy follows the Sports Handbook.

### Training Overview

All students that want to represent the Bears for any core sport must train in school with the squad as per the schedule.

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 Sports Office to establish a modified school training plan.

Students that play for teams outside BSB are expected to represent school if there are schedule conflicts. Parents are asked to consider this before agreeing to have their child participate in a BSB sports 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

Successful trialists and existing members are to decide which trainings you are going to attend. Then, at the first training sessions, please register with the coach on that day.

This will be reviewed mid-season in Season 1. Sessions with a small number of attendants might not be running in the following season.

#### AquaBears regular training

- Monday: 3:40-5:15 secondary students and primary if getting picked up.
- Tuesday: ASA extended session 3.40-5.15pm
- Thursday: ASA extended session 3.40-5.15pm

#### MiniBears

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

### Learn to Swim /Swim Fit

- Monday 3.30-4.30pm (No ASA school bus provided only a sports bus for secondary students at 5:30pm)
- Wednesday:3:30-4:30pm (ASA school bus is provided for all)  
Starts: Week beginning **21<sup>st</sup> September** )

### Bears Extra: Early Morning training for the whole AquaBears team

- Wednesday & Friday morning session 7:00am-8:00am (No bus provided)

## **AquaBears Qualification Standards (BSB Q)**

	Squad A	Squad B	Squad C
<b>100m IM</b> (min)	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 AquaBears Squads A, B, & C. The above times will decide which groups students are allocated.

**These times in the above table are simple benchmarks, AquaBears 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 AquaBears.**

In addition to qualifying standards, swimmers are expected to develop race skills; starts and turns. Swimmers should be aware that several meets have their own race standards for event entries. Swimmers may only enter events for which they qualify.

## **Try-outs**

Try-outs are for new students and are held the start of the academic year. This year they are being held from Monday September 1<sup>st</sup> through to Thursday September 4<sup>th</sup> from 3:45-5:00. Transport will be available for **secondary students only** primary students please get picked up from school. Alternatively primary students can try out at lunch time.

Students that are unable to attend should contact the AquaBear's Swimming Coach at [alasdair.armstrong@britishschool.org.cn](mailto:alasdair.armstrong@britishschool.org.cn) or [aquabears@britishschool.org.cn](mailto:aquabears@britishschool.org.cn) to arrange an alternative time.



## Weekly Training Schedule

		Mon	Tue		Wed	Thu		Fri
7:00am – 8.00am	Morning	Private swim lessons	Private swim lessons		Aquabears early morning training 7-8am	Private swim lessons		Aquabears early morning training 7-8am
3:30pm – 4:30pm	ASA	AquaBears/ Swimfit Secondary Primary (pick up only)  Finish 5:15pm AA (JZ, AC)	Mini squad (8 and under) VS JL  Finish 4.30pm	Aqua Bears (9 and over)  Finish 5pm AA (SL,AC)	Swimfit! Y1,2 JZ Y3,4 AC Y5,6 SL  Secondary school AA  3.30pm to 4.30pm  AA, JL, AC, SL	Mini squad (8 and under)  Finish 4.30pm VS JL	Aqua Bears (9 and over)  Finish 5:15pm AA (SL, AC)	
3:45pm - 5:15pm	Team							
Private Coaching		BSB individual coaches and Liu Ling 5:15pm – 8:00pm	Dragon Fire 5:30pm - 8:30pm		BSB individual coaches and Liu Ling 4:30pm - 8:00pm	Dragon Fire 5:30pm - 8:30pm		BSB individual coaches and Liu Ling 4:00pm - 8:00pm

### Coaches for Team 2014/2015

(Initials are in red in the table)

**AA**= Alasdair Armstrong (Squad A/B & Swim Fit secondary students)

Head Swim Coach, ASA 1&2/Austswim/Austswim Assessor

**AC**= Addis Cao (Squad C & Swim Fit)

Swim TA, Certified Swim Teacher/Austswim

**JL**=Judy Liu (Mini Bears & Swim Fit)

Swim TA, Certified Swim Teacher/Austswim

**SL**= Shane Li (Squad C and Swim Fit)

Swim TA, Certified Swim Teacher/Austswim

**VS**= Venetia Scruton (Swim Fit)

Austswim Qualified Teacher

## Meet Schedule

September 20 <sup>th</sup>	BSB Starter swim meet	BSB
October 17 <sup>th</sup> -19 <sup>th</sup>	ISB Swim Invitational	ISB
November 14 <sup>th</sup> - 15 <sup>th</sup>	ISB 11 & over ISAC	ISB
February 6 <sup>th</sup> -8 <sup>th</sup>	ISB Asian All Stars	ISB
March 7 <sup>th</sup>	ISB 10 & under ISAC	ISB
March 20 <sup>th</sup> -21 <sup>st</sup>	NIS 14 & over ACAMIS	NIS (Nanjing International)
April 8 <sup>th</sup>	ISB 8 & under Invitational	ISB

- Possible more local meets held at BSB or nearby schools

### International Swim Meet

Dates to be confirmed	BSG British school of Guangzhou	BSG
April (TBC)	HK Mantas	Hong Kong

## Swim Meet Entry Procedure

1. You can enter the events where you meet qualification requirements. Please discuss with the swim coaches and Mr. Armstrong what the qualification requirements are for each meet.
2. Meet entry deadline (for local meet) is about 2 weeks to 10 days before the meet date. Information will come through via your main coach. Please attend sessions regularly so as not to miss the opportunity.
3. Swimmers are to consult with Alasdair Armstrong (Head Coach) regarding your events and entry time.

## Swim Meet Guide

Attending a swim meet is a great opportunity to represent the school and to 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

Aerobic endurance doesn't go down for a couple of weeks. Avoid over-training and get yourself mentally ready for the big day.

- ☒ Reduce the mileage
- ☒ Conditioning –in middle to relaxed speed, 'feeling' the water
- ☒ Drill/swim sets
- ☒ Start/turn execution
- ☒ Short sprints with lots of rest intervals
- ☒ Visualize yourself in the real races -remembering all the points coaches told you

### Nutrition

- Eat a usual healthy meal the night before.
- Drink plenty of water all the time
- Eat a little 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 on what to eat and when:  
<http://www.sportsdietitians.com.au/content/246/Swimming/>

### Packing list

- Team suit and spare suit
- Team cap (NO COTTON CAPS PLEASE!)
- Goggles and spare goggles: make sure both pairs are adjusted to be ready to wear
- Deck sandals
- 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 the warm up
- In case of emergency, call your coach as soon as possible. 'No shows' will give organisers more work than they need and they will reflect badly on BSB.
- Behavior 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 aquabears swim team.
- Good thoughts. The only way you can condition yourself to do this, is if you do it everyday. 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

- Focus on your getting close to or beating your best performance (PB).
- 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.

## Guide for Learn to Swim Program/Swim Fit

This program will be running on Monday and Wednesday evenings from 3:30 4:30 starting week beginning 22<sup>nd</sup> September. When signing up you have to be clear which night you will be signing up for because the bus arrangements are different.

### Monday:

Primary: **No ASA bus**, only students who can get picked up

Secondary: Sports bus at 5:30pm

### Wednesday:

Primary: ASA bus at 4:45pm

Secondary: ASA bus at 4:45pm

### Eligibility for Learn to swim/Swim Fit program

- Be able to swim 25m independently on their front and back
- Can commit to training to at least 1 night
- In Year 3 and upwards

### How to sign up

- Hand in a sports registration form, that you can pick up from the sports office or collect one, on the sport information night **Tuesday 26th August 6-8PM**
- Select which day is most suitable Monday, Wednesday or both.

I have to pre warn you that not all students will be able to participate in the first season if the demand is high, but you will be first on the waiting list for the following season.

## Mini Bears

### Eligibility for Mini Bears

- Can swim at least three strokes in good technique
- Correct kick technique for 3-4 strokes
- Age up to 9 on the day of try out
- Can swim 50m without stopping
- Can commit to training

### How to sign up

Hand in a sports registration form that you can pick up from the sports office or collect one on the sport information night **Tuesday 26<sup>th</sup> August 6-8pm.**

## 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 stroke specific DQs in FINA rules but here are common DQs children need to be at least aware of.

- FINA operates a one false start rule. Any swimming that goes too soon does not get a second chance.
- Breaststroke and Butterfly: two simultaneous movements of both arms/legs. Turns and finish has 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 fronts except as a part of turn.
- Go to the FINA website for more information on disqualification rules.



## Top 10 Tips for Improvement

1. Swim frequently: If you don't average about three swim 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. Each kind of work will give better results.
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.
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.
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. Then you can try to recreate the position without flippers.

**BE PART  
OF THE TEAM**