



# Distance Term Information

During Term 2 the Squad program focuses on Distance swimming. Throughout the term, all swimmers will attempt a 1km distance swim during their regular squad sessions. Distance swims are designed to develop strong aerobic skills within our swimmers. Distance swims form an important part of our certificate system. To qualify for the Middle Squad certificate swimmers need to complete a 1km swim. To qualify for Senior Squad, swimmers need to complete a 3km swim, and for the Bronze Medallion swimmers need to complete a 7km or larger swim. All participants in distance swims receive a trophy, a certificate and a place on our wall of fame. Swimmers receive their medals at our annual Presentation (after the Top Gun swims on **Saturday, July 1st**).

All swimmers who complete a 1km swim, will have the chance to make it onto our 1km leader boards. The fastest 10 times across each level will make it onto the boards. The fastest six of each level will be invited to swim in the Top Gun Swim off (see information below), which is a race over 1km.

## How do you qualify to do a Distance Swim?

To gain qualification to attempt your 3km Distance swim, you should be able to **complete a 1km swim in less than 25 minutes and you need to have completed the required distance swim training** (see information below).

If after training you take longer than 25 minutes, it is at the coach's discretion if you are invited to do the distance swim.

The following is taken into consideration when making this decision.

- If you have done the required training
- How comfortably you completed the 1km time trial.
- Your best 1km time.
- Your age and size.

If you qualify, you will receive an invitation to undertake the distance swim challenge. Invitations will be handed out during week 7 of term upon presentation of your distance swim training log.

To book in to do your distance swim, you will need to fill out the invitation form and return it to reception with payment, before the closing date.

If you have done a particular distance swim in the past (i.e. a 3km swim), and you're not keen to step up to the next distance level (a 5km swim), then why not aim at beating your last time. You could even aim to beat the best time ever recorded at SSA for that distance (and earn bonus points for your team – see points below).

## Training

In preparation for the swim, **over the next 4-6 weeks you will need to do some extra training in your own time**. We have attached a basic training program for you to follow.

**Please note you must complete the basic program to be eligible for the swim.**

If you find a particular part of the program difficult, you may need to speak to your coach about some advice about what to do.

We have a few basic rules that swimmers need to follow to avoid disqualification in the swim. It would be a good idea for you to practice these in your training swims.

- *Do not put your feet on the bottom. Use swivel turns or tumble turns at all times.*
- *When you need to take a drink or adjust your goggles, do not hold onto the edge of the pool. This counts as a stop. Always tread water in this situation.*
- *Go to the toilet before you swim.*

## Diet

It is vital that you eat correctly before the swim. Poor diet immediately before a swim can dramatically decrease the chances of completing the distance you have trained for. It is a good idea to practice what you intend to eat before your training sessions as a trial.

### Before the swim

What you eat, before you swim, depends primarily on the time of your swim.

The 'golden rules' are:

- Do not eat anything closer than **2 HRS BEFORE THE SWIM.**
- Don't eat anything too big or heavy as this can hinder your performance.

A light meal is encouraged to settle the stomach and any nerves that you might have. Take into consideration that the meal will have little nutritional benefit other than making you feel less hungry.

Toast or fruit is a good example of a light meal.

If your swim is in the early afternoon, a 'brunch' would be sufficient around 10.00am, for example a sandwich with a drink of water.

### **Foods to Avoid**

The following foods commonly eaten around breakfast time and lunch are considered to be the enemy of the distance swimmer. We strongly suggest you steer clear of the following.

**MILK, CEREAL, PORRIDGE, BACON & EGGS, ROAST MEAL, STEAK, FRIED CHICKEN, HAM BURGERS etc.**

The pre-swim meal can be, and has been in the past, the sole factor in determining whether you complete the swim successfully or not.

### **Drink**

Most swimmers will already be in the habit of bringing a drink bottle to squad training. This way, by the time they are looking at doing a distance swim they will be aware of what works and what doesn't.

Water is the best fluid for all swimmers. If they have trained and drunk one of the many 'sports' drinks on the market, and have managed to get through the training session, then they may be used. Steer clear of the powdered 'sports' drinks, as the mix is hard to get consistently right. Again, no MILK or FIZZY DRINKS!

Ensure the bottle is easy for you to manage, as you must tread water and not touch the sides of the pool when taking a drink.

## **Team Points**

### **1km Times**

Following every 1km swim the top 10 times for each level will be displayed on the squad board. Every swimmer on this board will receive 1 point for their team.

### **Top Gun**

For every swimmer who qualifies for the Top Gun swim off and attends the swim, their squad team will receive 5 points. The winners of the Top Gun swims will receive 10 points for their team.

### **Distance Swims**

For every kilometer swum in the distance swims, the swimmers will receive 2 points. If you therefore do a 4 km swim, you will score 8 points towards your team's points.

If any member of your team beats the best ever time recorded at SSA for a particular distance swim (3km +), then your team will earn a bonus 5 points.

## **Top Gun**

Top Gun is a race over 1km (40 Laps). Swimmers will be grouped according to their level- Junior Squad males & females, Middle Squad males & females, Senior Squad males & females and Elite Squad males & females.

To qualify for Top Gun, the fastest swimmers over 1km (swum during regular squad sessions), are chosen to compete from their squad level. All participants who qualify and attend the Top Gun receive a medallion, while the winner receives a very large trophy (please have a look at the trophy cabinet).

## **Dates**

- |                |   |  |
|----------------|---|--|
| Distance Swims | - | <b>Saturday June 24<sup>th</sup></b> , at 1pm at the Swim and Survival Academy.                          |
| Top Gun        | - | <b>Saturday July 1<sup>st</sup></b> , at 1pm at the Swim and Survival Academy.                           |
| Presentation   | - | <b>Saturday July 1<sup>st</sup></b> , at around 3.00pm (after Top Gun) at the Swim and Survival Academy. |

## **Training Logs**

- The five sessions listed below need to be completed by the swimmer before they are able to complete a distance swim.
- We've included two spare rows for in case you require extra training.
- Do not jump a distance and do not swim any further than the distance swim you are aiming to do, i.e. if you are doing a 3km swim, don't attempt to do a 3km or greater swim prior to the day.
- A parent or guardian needs to sign off the training before it is presented to your squad coach in week 7.
- Below is a lap counting sheet. If you require more, please speak to your squad coach.



# DISTANCE SWIM TRAINING LOG

	Distance Swim to Achieve			
	3km	5km	7km +	
DATE	Training to complete prior to distance swim			Parents Signature and Notes
	1km	1km	1km	
	1.5km	1.5km	2km	
	2km	2km	3km	
	2km	2.5km	3km	
	2.5km	3km	4km	

Name: _____	2	4	6	8	10	12	14	16	18	20	500m
	22	24	26	28	30	32	34	36	38	40	1 km
Age:        yrs        mths	42	44	46	48	50	52	54	56	58	60	1.5 km
Qual. time:	62	64	66	68	70	72	74	76	78	80	2km
Time:       mins       secs	82	84	86	88	90	92	94	96	98	100	2.5km
	102	104	106	108	110	112	114	116	118	120	3km

Name: _____	2	4	6	8	10	12	14	16	18	20	500m
	22	24	26	28	30	32	34	36	38	40	1 km
Age:        yrs        mths	42	44	46	48	50	52	54	56	58	60	1.5km
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Name: _____	2	4	6	8	10	12	14	16	18	20	500m
	22	24	26	28	30	32	34	36	38	40	1 km
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Time:       mins       secs	82	84	86	88	90	92	94	96	98	100	2.5 km
	102	104	106	108	110	112	114	116	118	120	3 km

We hope to see as many swimmers as possible attempting to do their distance swims.  
The Squad Coaching Team