



WZK COMPETITIVE SWIMMING



2017 – 2018 SEASON



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Useful information

In this book, you find all kinds of information on WZK competition swimming. Please read it carefully and if you have a question, please ask one of the members of our swimming committee!

Committee competitive swimming WZK

The committee that runs WZK competitive swimming currently has 5 members. The tasks of the committee include: making a swimming calendar, keeping up contacts with other teams and with the Dutch swimming federation, organising home competitions, making the programme, preparing the invitations, sending the invitations, inviting the officials, organising the volunteers, buying medals and cups, updating the club records, tabulating points for the different types of competitions, updating the website, preparing the Who What Where, making certificates, organising the festivities at the opening season and lots more. For the coming season, the swimming committee consists of:



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(secretary)

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Latest news

Everything you need to know about WZK competition swimming can be found on the website <http://www.wzk-zwemmen.nl/wzk-wedstrijdzwemmen> . You can find the latest calendar, all invitations, the competition programs, all results, photos, rules and records.

Each swimmer will receive his or her invitations by email. The list of swimmers invited to each competition will also be posted on the website, along with all the results. The website is updated often with this information.

Your times

Via swim rankings (<https://www.swimrankings.net>) you can find all your times. Not only your personal records but all times from the past years. Select "athletes" in the menu and enter first and last name. Swimtimes.nl (<https://www.swimtimes.nl/>) is another source for your personal times; it also includes statistical information about your performance and "limits".

Absentee list

To track who attends practice, we request that swimmers come to the clubroom before each training session so that the trainers can mark you as present on the attendance list. Please do this fifteen minutes before the session starts. What is the purpose of this attendance list?

- Attendance records for each training session.
- In case of an emergency, knowledge who's in the pool.

- Registration forms for new swimmers.
- Use of attendance list for planning of the competitions.

It is therefore in your and our interest to ensure your attendance is properly noted on the attendance list.

In case your training starts at a time when our coaches are in the pool already with others groups please enter the pool directly and report to the coach.

Practice rules for competitive swimming

In order to optimise our training sessions and ensure safety it is necessary to have and follow rules. Most of the rules are quite straightforward and can be found below:



Training times

- Please be present at least 10 minutes before the training starts and report to the trainers in the clubroom before heading to the changing rooms.
 - Please only enter the pool area to put your belongings on the benches, two minutes before training starts at the earliest. You are not allowed to enter earlier as this may disturb the lessons that take place before our training. An exception to enter earlier can be made by the coach for people that are requested to help prepare the pool.
 - Unfortunately you will not be able to train, if you arrive late
- The warm-up is an important part of the training so make sure that you are there.

Pool etiquettes

- Please all help with the lane ropes, so we can start the training on time.
- The bottom of the pool is movable and may be set higher or lower. It is forbidden to be in the pool when the bottom is moving.
- Pushing and running is dangerous due to the slippery tiles, and is therefore forbidden. Never push people in the water! They could fall on another swimmers or get hurt themselves. So **DON'T PUSH AND DON'T RUN!**
- Only dive when it is safe to do so! You are only allowed to dive when it's deep enough, i.e. 1,4 meters, so check the position of the movable bottom before you dive. Also check if there is enough room for you to dive. This will prevent accidents from happening.

Training exercises

- Take your time to warm-up! This may sound logical but many swimmers start too fast. If you do a proper warm-up, you will prevent injuries and will be able to make it to the end of the training.
- Turns. It is important during training to make turns and practice doing them. When it is crowded in your lane, it is very important to make your turns toward the left side so you do not interfere with the other swimmers in your lane.
- Please listen carefully to the coach! Make sure you understand what you have to do. If you don't understand what's expected, ask the coach.

Lane etiquettes

- Allow some room for each other! Start between 5 and 10 seconds after the person in front of you. This will enable all the swimmers to make proper turns.
- -The order of swimmers in lanes is based on speed. The fastest swimmer starts first, but if another swimmer wants to overtake him/her, then the swimmer in front creates room (after a touch on the foot).



- The second swimmer can then overtake the first swimmer on the left side. If there are issues with the order in a lane please ask the coach for help.
- Stay on the right side of the lane! Swimming in the middle of the lane creates issues for other swimmers and is not very useful.

Communication

- When there is something wrong: tell the coach! If you want to leave during a training, please tell the coach. Be sure to stop by the bathroom before training begins so you don't have to interrupt your training for that.
- There is a special training with flippers in the first week of the month. Please find the schedule on the website.
- If you have a problem (about training, coach, swimmers, lane arrangement) or a question, then speak with one of the coaches!. If we are aware of an issue we can help look for a solution.

This may seem like many rules, however most of them are just common sense, for your own safety and that of your team mates!



Groups

WZK competitive swimming provides training for 5 different groups:

Group E is for swimmers (relatively) new to competitive swimming. A great deal of supervision is essential to developing a good technique. Swimmers are able to swim 1000 meters in one hour and join the so-called Jeugd in Opleiding, Swim kick and Miniorenmeets .Two trainings a week.

Group D is for swimmers that have been swimming before and master a certain level of technique. Still need significant supervision to automate technique. Swimmers are able to swim 1500 meters in an hour and mostly participate in Niveau- and Minioren Circuit competitions. Three trainings a week.

Group C is a bit more advanced than D; swimmers mastered technique further and are able to swim longer distances (about 2000 meters per hour). Mostly participate in Niveau-, Minioren Circuit and Meerkamp competitions. Three trainings a week

Group B: these swimmers are slightly more advanced and can swim longer distances (over 2000 meters per hour). Swimmers mostly participate in Niveauwedstrijden, Meerkamp, Miniorencircuit and Junioren-Jeugd-Seniors meets and some in "Verenigingscompetitie". Three trainings a week.

Group A: the faster and more skilful swimmers. Swim independently. Need to swim a lot and need to do special exercises to keep up and improve their skills. Are able to swim 2500 - 3000 meters in one hour. Need to practice more and longer (Friday 75 minutes, Saturday 1,5 hour by invitation). Swim in meets such as Competitions and Regio-meets, Meerkamp, long distance meets and national championships. Four to five trainings a week.

Equipment needed for competitive swimming

For **training**:

- a pair of jammers/swim trunks or a bathing suit
- a pair of goggles
- a towel
- a cap
- once a month flippers (see website for details)
- optional: kick boards, pull boys, hand paddles and flexi beans
- a waterbottle



This “optional equipment” is available at WZK. However, it’s desirable to have your own, even though it is not essential. It may be a nice present for your birthday or Christmas.

All equipment costs money, so be careful! When you’re not using something, put it in your bag and close the bag, because all too often goggles and other things go missing. Try and put your name on all of your equipment.

For **competitions**

- a Competition Bag
- swimming trunks or costume and a spare
- goggles
- a WZK swimming cap (caps from school teams are NOT allowed)
- a WZK shirt and WZK shorts
- a towel or two
- a drink bottle
- a container with some food
- a plastic bag to put your wet stuff in afterward
- a book or game, if you’re expecting a wait before your swim
- pool shoes/flip-flops

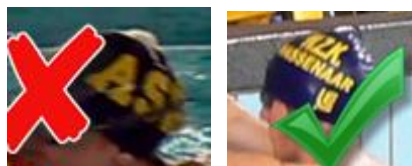
WATCH YOUR BELONGINGS during the competition. Make sure you’ve got everything before you go home. That way you’ll avoid leaving things for the coaches to bring home with them!

Tip: never leave your belongings in the changing room, always take your bag, clothes, shoes etc. with you in the pool.

WZK clothing



To have a professional and uniform appearance, we would like everyone to wear WZK kit during competitions. WZK shorts and shirts are available through LJ Sport in Wassenaar. WZK caps can be purchased through coach Mirjam. During competitions caps for school- or other teams are not allowed.



Do's and Don'ts for Swim meets

On a regular basis, you will receive an invitation for competitions by e-mail. In the invitation you will find exactly what events you'll have to swim. You will also find where you are swimming and the time you must meet up at the pool. In other words, this is an important invitation!

- Make sure that you already know during training what distances you will be swimming at the competition so that you can spend extra time training for them.
- On the day of the competition, check that you have all your gear in your bag.
- Make sure you arrive on time for the competition and check in with the team captain.
- Do the warm-up. A bit of loosening-up, some turns, sprints etc. The team captain will give you a warm-up program. Please don't dive during the warm-up, and never enter the pool from the long side. For the last fifteen minutes of the warm-up, there will be an announcement which lanes can be used for sprints. These lanes are one-way traffic only and you can start with a dive in these lanes. It is forbidden to dive in the other lanes and never jump into the pool from the side.
- Pay attention to where we are in the programme; be at the check-in on time.
- After swimming your event, go to the coach or team captain. He or she can discuss with you how the race went, and what can be improved next time. Please remember we have lots of swimmers so the coach cannot always come to you personally. After your race there might be another WZK swimmer in the pool to be watched.
- We are a team. So cheer each other on.
- If you win a medal, you will have to collect it yourself. Coaches and/or team leaders are not allowed to collect these.
- You are required to be dressed in your team clothing, when collecting your medal



When you have finished swimming, please clear up all your gear and mess. If you try to keep all these things in mind, you'll find everything more relaxed, which makes for better swimming.

Participation in competitions

There are a number of rules for a WZK swimmer who participates in competitions:

1. Before you can compete, you need a starting licence from the K.N.Z.B. A starting licence is valid for one calendar year and payment will be arranged by the membership administration. As soon you have a starting licence for WZK competition swimming, you are not allowed to swim for another team without permission of WZK.
2. When you are chosen for a competition you will receive an official invitation by email about 3 weeks beforehand. You can also find a copy of the invitation in the clubroom and, of course, on our website.
3. In the invitation you will find the name and date of the competition. The invitation also includes the events you will swim. This can be both individual and relay events. On the website via the calendar you can find all the details on time,, location, team captain, officials/volunteers etc.

4. At a competition it is mandatory to wear a W.Z.K. shirt and, if possible, shorts! Take off your jewellery and watch! You **must** wear the special W.Z.K. or neutral swim cap (school caps are not allowed).
5. If you are invited for a competition and are unable to take part, you must cancel two weeks in advance. You can only do this by mail, and it must be done before the date specified in the invitation (mostly SUNDAY evening). The email address for cancelling is afmeldingen@wzk-wedstrijdzwemmen.nl Cancellation via the coach or any other person or other email address is not valid!!! If we receive your cancellation through the proper mail address, we will send you a confirmation that we have received it.
6. Withdrawal from the Verenigingscompetitie is not allowed: your team needs you!!!
7. **Invalid cancellation or late cancellation will result in a fine!!** Not paying your fine means not swimming in competitions until the fine is paid. You cannot cancel your membership or transfer to another team until the fine is paid
8. If you become sick at the last moment, you must still cancel, even if it is the morning before the competition. The team is relying on you! Please contact the person whose name is on the invitation if possible and send an e-mail to the afmeldingen@wzk-wedstrijdzwemmen.nl. If you don't show up without cancelling, there will be a "NG ZA" (Did not swim, without withdrawal) behind your name in the results and this means a huge fine!



If you are part of Competitive Swimming, you are committed to take part in competitions. After all, we are not called "Competitive Swimming" for nothing! It is not mandatory to take part in every competition in the calendar, however if you are invited to the Verenigingscompetitie IT IS MANDATORY. We will sign you up for the competitions which we consider suitable. If you would like to know about the different types of competitions, please ask your coach or read the chapter in this WWW (Who, What, Where).

Home meets

For home meets we have a few different rules then for other meets. Firstly, as the organising team we need to make sure the pool is prepared for the meet. This means we need to put things in the right spot - benches around the pool, competition lane markers in the pool etc. And afterwards we need to put everything back in the correct place and clear up. These things are done by our swimmers. One of our older swimmers will be in charge of the group to coordinate the jobs that need to be done. Other swimmers that are expected at the pool for this preparation will receive an e-mail from us. In this message we will tell you what you are expected to do.

We also need several volunteers for home meets. Tasks are speaker (Dutch) – check in – distribution of medals – ticket runner – false start line – drinks distribution – bartender in the clubhouse - cleaning the clubhouse. Because WZK is a team that exists thanks to volunteers we need parents to help out with these tasks. Before a home meet, parents / swimmers will receive a request from one of the members of the swimming committee with the request to help with one

of the tasks. If you are a volunteer at one of these meets, you are expected to be in time in our clubhouse where tasks are explained to you.



Competition fees

Every swimmer with a start licence will pay a 40 Euro deposit at the beginning of the season. For every competition you take part in, 2 Euro will be deducted from this sum. For competitions where you don't cancel in time the 2 euro will also be deducted. Each swimmer's credit will be kept track of on a digital 'card', and you will be able to check this via Lillian. Once your card is used up, you will be asked to top it up. If you stop swimming with the club (don't!), then any money left on the card will be refunded to you. The 40 Euros per swimmer should be paid to Lillian in cash, and she will give you a receipt. Please do this before the beginning of the new season. Joining meets that are not scheduled in our WZK calendar is possible. However, the fees need to be paid in full by you (or your parents).

Penalties

The Dutch Swim federation KNZB charges penalties for swimmers who are registered for a swim meet but do not swim. These penalties are passed on to the swimmer who didn't swim. The rules for season 2016-2017 are:

- if you don't show up for a swim meet you get a penalty of **€ 15,- FOR EACH PROGRAM**. In the results of the swim meet you will find a NG ZA behind your name.
- if you cancel after the date & time mentioned in the invitation for whatever reason, you pay a penalty of € 3,-. In the results of the swim meet you find a NG or AFG behind your name.

There are better things to spend your money on than a penalty!!!



Officials/volunteers

WZK heavily relies on volunteers. For every competition we have to provide officials and for certain



meets also volunteers. If we do not provide sufficient officials for example our swimmers will be excluded from the race. We therefore ask all parents to contribute! There is always a small group of volunteers who we can count on for every race and/or training however this group is too small! We are counting on

you to help us make our club thrive and ask you to volunteer.

We can always use more (assistant) trainers so please let us know if you have any interest in helping along the side of the pool. If you have some knowledge of Dutch you can also follow a course to become an official. Please e-mail us via officials@wzk-wedstrijdzwemmen.nl to sign up.

Competitions

We are frequently asked about the different competitions that WZK is involved in. Here's what they're all about:

Verenigingscompetitie

The KNZB organises an annual series of competitions for its member teams. For us this means: competitions against teams that are about as fast as we are.

The times of our swimmers will be added and compared to other teams in the Netherlands. There will be three possible results at the end of the season: promotion – staying in the same division – or relegation. Of course this depends on your results.

The league is divided into three district divisions, and four national divisions. WZK swims in the national division. This season there will be 4 league competitions, competing against: SG Albion-d'Elft and SG SCOM-Zeehond,

If you are invited to the Verenigingscompetitie IT IS MANDATORY to attend.

Jeugd in opleiding – Swim kick

Children who are just starting out with competition swimming can swim in the special meets for children with limited experience. There are several competitions for them during the season. The only competitors are children with minimal competition experience. The distances are short-- they swim 25 or 50 meters and there are some relays. All competitors receive a nice memento at the end of the last competition.

Miniorencircuit

These competitions are aimed at swimmers between 6 and 12 years old. Once children have gathered some experience with competitions in the Jeugd in Opleiding – Swim Kick meets, they move onto the Miniorencircuit. 25 – 50 – 100 – 200 and 400m races are swum. At the end of the season, regional finals are organised for the fastest swimmers in each competition throughout the season. The Minioren competitions are organised by Regio West.

Junioren-Jeugd-Senioren

For swimmers 11 years and up, we have Junioren-Jeugd-Senioren meets. During these competitions swimmers need to swim multiple distances and can qualify for a final heat. In these 4 meets we compete against De Watervogels, LinK and Albion/D'elft.



Regiokampioenschappen

Regio West organises Winter Championships. They are held in a 25 meter pool for individual swimmers who qualified in the past year across the whole Region. In May, Summer Championships are held in a 50 meter pool for individual swimmers who qualified in the past year across the whole Region. At these championships the 50, 100, 200, 400, 800 and 1500 meters and relays are on the schedule.

Niveauedstrijden

During the season 5 meets are organised for swimmers who swim slower than the limits for the Regional Championships. 50, 100 and 200m are programmed.

Meerkamp

The Meerkamp is a nice series of meets with medals for the 1st, 2nd, and 3rd placed swimmers in each event. There are 4 Meerkamp competitions each season, with 4 teams competing. These are: DSZ, ZPC Alkemade, SG De Vliet and WZK.

LAC

Or: Long distance meets. Meets where you can swim 400, 800, 1500 and 2000m free style. And for the real die-hards a 400 IM individually. These meets are for all swimmers that are interested.

Wasschende Maen

In the spring we organise a home competition called the "Wasschende Maen". It is a sprint competition, in which 50m distances are swum. This competition is for swimmers from Minioren 6 upwards.

Friendlyes

We regularly receive invitations to friendly competitions organised by other teams. The Competition Commission decides, based on other competitions, and the school holiday situation, whether WZK will take part.



Progress –'Vooruitgangs'- trainings

Six times each year there are WZK progress training sessions for swimmers mostly in the primary school age group. Improvement of times are recorded, and each participant receives a certificate. The three girls and three boys who have improved their times the most are awarded medals. All members

of WZK (so not only competitive swimmers) who have at least 2 diplomas are allowed to take part in these trainings. For those older swimmers who take part in these trainings, we have a special Plus program. These swimmers do longer distances and after completing all events, they receive a nice medal. See the calendar for the dates.

The making of line ups

Next season we managed to organise about 60 competitions for WZK swimmers. This is an explanation of how we choose the line ups for all those competitions.

The "Verenigingscompetitie VC" is the most important set of competitions for us. Therefore we invite the fastest swimmers for our team. For these meets times of an individual swimmer will count in one age group for the total group result. Therefore you will be invited to participate in events in only one age group, which will not necessarily be your own age group or your favourite event. We will enter you in the events in which you will add most to the final group result.

The Meerkamp is a set of competitions for which there are no specific time requirements. These competitions are mostly meant for swimmers in group B and C. Swimmers from other groups who are interested can request to be added to the competition.

Jeugd in opleiding and Swim kick is a set of competitions for young children with minimal competition experience. The coaches decide whether a swimmer is ready to take part or not.

For the Minioren and for the Junioren-Jeugd meets, a swimmer needs to fall in the age-group.

The niveauwedstrijden are for swimmers who swim slower than certain limits. For the Regional Championships, you will be invited if you are among the fastest swimmers of our region.

For the Wasschende Maen, we invite swimmers who have shown a great attitude, are motivated and add something extra to the team.

The competition committee tries to make the best line up for every competition. If you have any questions, please ask one of your coaches. They can give you an explanation if necessary.

All swimmers received before the season started an overview of meets they will be invited for. If you like to swim in other meets as well, please send a message to wies@wzk-wedstrijdzwemmen.nl

Point Cups = Puntenbekers

We keep all times of our swimmers. During the season we check the improvements of every individual swimmer. If you improve your personal best, than you deserve points. At the end of the season we count all the points you have deserved and the swimmer of your age group with the highest amount of points, gets a Puntenbeker. We now know that swimmers who train a lot and often enter into contests, have a better chance to win the cup. So if you want to improve your chances we advise you to come to the swimming pool as often as you can! On our website you find more information on this special prize.





Age groups

In this overview you can see in which age group you swim during the 2017-2018 season. In swim meets you swim in your own age Group. If there's an age group with the words "en later" (and later) in the program, this means that younger swimmers can take part as well.

Age group	Year of birth girls	Year of birth boys	Restrictions
Minioren 1	2012/2011	2012/2011	6 years and older max. 50 meter per events max. 3 events a day incl. relay only allowed to start with minioren 2 and 3
Minioren 2	2010	2010	max. 500 meter a day butterfly max. 100 meter Individual medley max. 200 meter max. 4 events a day incl. relay allowed to start with swimmers up till minioren. 4
Minioren 3	2009	2009	max. 500 meter a day butterfly max. 100 meter Individual medley max. 200 meter max. 4 events a day incl. relay allowed to start with swimmers up till min. 5
Minioren 4	2008	2008	max. 1000 meter a day butterfly max. 100 meter Individual medley max. 200 meter max. 4 numbers a day incl. relay allowed to start with swimmers up till min. 6 boys / jun. 1 girls
Minioren 5	2007	2007	max. 500 meter a day butterfly max. 100 meter Individual medley max. 200 meter max. 4 numbers a day incl. relay allowed to start with swimmers up till jun. 1 boys / jun. 2 girls
Minioren 6		2006	
Junioren 1	2004	2005	
Junioren 2	2005	2004	
Junioren 3	2004	2003	
Junioren 4		2002	
Jeugd 1	2003	2001	
Jeugd 2	2002	2000	
Senioren 1	2001	1999	
Senioren 2	2000	1998	
Open	1999 e.l.	1997 e.l.	

Calendar 2017-2018

Find updated information on our website www.wzk-wedstrijdzwemmen.nl

If you know in advance that you are unable to swim on a particular date, please let the coaches know as soon as possible so they can keep it in mind when creating the line-up.