

Genesis Sport & Aquatics Squad Swimming Handbook

GSA Squad Handbook



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Welcome to Squads

Welcome to the swimming squad program at Genesis Sport & Aquatics,

Since its inception in 2012, GSA has encouraged an environment that promotes a family atmosphere that supports every swimmer's journey. The coaching team over the years has mirrored this belief bringing in people who not only adopt this sentiment but who have fostered relationships far in advance of their time at Genesis.

The squad system at GSA is intended to nurture swimmers of all abilities providing opportunities for kids to achieve their goals in a safe and reliable system. Our interest is in a long term development of every swimmer and instil a passion for swimming that can last a lifetime, one built on respect, enjoyment, commitment, integrity, and resilience.

Despite our humble beginnings we have already tasted success at multiple national championships, as well as having a swimmer represent Australia in 2021 at the Tokyo Paralympics. Our coaching staff bring years of experience and knowledge to an ever-adapting sport, staying up to date with the latest in the sport.

Whether you are new to Genesis Sport & Aquatics or joining us from our successful learn-to-swim program, you are taking a great step in continuing your swimming journey with us.

Rick Pendleton OAM PLY
Head Coach

MEET OUR SWIM COACHES



Name: Rick Pendleton OAM PLY

Position: Head Swim Coach

Squads: Senior A & Senior B

About: Rick Competed for Australia for 18 years as part of the Australian Paralympic Swim Team where he attended 4 Paralympic Games. Has been coaching for 10 years working with swimmers across all ages and abilities. Had swimmers compete at nationals and some international events in the pool, surf, triathlon, and pool rescue.

Fun Fact: Paralympic Gold Medalist 2008 200IM



Name: Tony Keogh

Position: Head Junior & Masters Swim Coach

Squads: Skills, Mini, Junior A & Adult

About: Tony Has been coaching for many years, across all levels of swimming. Notably as a coach on the Pan Pacific Swim Team, and Australian global swim teams. Tony has coached winners and place getters at School swimming events and coached FINA Top 10 masters swimmers and relay teams. Tony has been awarded numerous coach of the year awards over his career.

Fun Fact: Tony & his wife, Christine have won events at Australian Roller Skating Championships



Name: Calum Ryan

Position: Assistant Swim Coach

Squads: Skills, Mini, Junior B & Senior B

About: Calum has been in the aquatics industry for over a decade as a learn to swim instructor & coach. Calum enjoys supporting swimmers to achieve their goals and is motivated by their success. He has coached swimmers to medals at junior championships, and a swimmer to achieve a multi-class record.

Fun Fact: Tony was Calums swim coach for a time at Pine Rivers Swim Club



Squad overview

Below is a description of each swimming squad that is offered at Genesis Sport & Aquatics.

Skills

This is the entry level squad at Genesis Sport & Aquatics. The aim is to build confidence and ability in the 25m pool with a strong focus on stroke development and skills. In this squad swimmers are taught the fundamentals of all four strokes and basic skills including underwater, kick, starts, and turns for all strokes and IM's.

Mini

Mini squad will learn how to read a pace clock. Turns will be further improved. Mini squad members develop training foundations of all four strokes. Swimmers will be required to learn the rules of racing and racing skills. Swimmers start to learn basic swim sets.

Junior B

Junior squad caters to both competitive and recreational swimmers where the focus is to build fitness and enjoy the sport. Swimmers will continue to be developed across the 4 strokes and will be given more advanced training sets to challenge them. Whilst competitions are not a requirement of the squad, we always encourage participation in club swimming.

Junior A

Junior A Squad is for younger Swimmers who wish to compete at a more serious level. They will be expected to swim 4 Sessions per week up to Age 10 Years and 5 Sessions per week if older.

Swimmers will be required to be Competitive Members of Genesis Aquatics Swim Club and to compete in Brisbane Swimming Regional Swim Events and Equivalent Levels of Triathlon, Surf or Pool Lifesaving events. A standard of behaviour is expected both in the pool and outside.

Junior A Squad members will learn to train at more advanced levels and will be introduced to a broader range of swim skills and effort

Senior B

Senior B squad is for developing competitors and the swimmers who have shown maturity and the ability to train and work within the training etiquettes of Genesis Sport & Aquatics. You must be a minimum of 12 years old for girls and 13 years old for boys to join the squad. You do not have to be a competitive member or maintain a designated training schedule however we always encourage swimmers to participate within our competitive stream and support consistency. To enter the squad, you must be able to swim 100m freestyle repeats on 1.35.

Senior A

Senior A squad swimmers must be committed to a planned training load and be competing whilst showing progression to state or national level events. The sports that qualify for this squad are pool, surf, pool rescue or triathlon. Swimmers must complete a contract to enter the squad and be a competitive member of Genesis Aquatics and compete for the club at priority meets. A swimmer must be able to swim 10 * 100m freestyle on 1 minute and 25 seconds to be eligible as well as meeting other entry requirements such as behaviour, attitude, and base skill standards.

Helpful Information

This section contains some helpful information.

Contact Information

Coach & Reception Contact Information

Person	Email
Reception Contact	swim@genesis.qld.edu.au
Ricks Email	r.pendleton@genesis.qld.edu.au
Tonys Email	a.keogh@genesis.qld.edu.au
Calum's Email	c.ryan@genesis.qld.edu.au

Timetables

Our Squad timetables are released each term. They can be found on our website (<https://genesissport.com.au/timetables/squad/>). Timetables are also uploaded into the training schedule section on Teamapp.

Price Guide

Our Price guides can be found on our website (<https://genesissport.com.au/timetables/pricing-guide/>).

Teamapp

Stay in the loop
Download our Teamapp

We will communicate all announcements through our team app. Please follow the steps to download team app and stay in the loop!

1. Download the "Stack Team App" application on your iphone or android.
2. Launch Stack Team App and search for "GSA Tennis"
3. Sign up and request to join the group relevant to you



Training

Within this section you will find all the information that you will need for daily training. Please read over it and ensure that you understand it. Understanding this information will not only benefit your swimming but will also allow for a better experience for your squad.

Required Gear & Equipment

Each squad has different equipment requirements. We have prepared a list of all the equipment that you need to swim in squads. [Most equipment is available at the GSA Aquatic Reception.](#)

Below is a list of all squads and the gear we expect all swimmers in squads to have. This to ensure all swimmers receive the same training emphasis and to get the best result from their training. If you wish to purchase items by yourself, please check with coaches first for suitability. Those with gear already need not purchase new gear unless otherwise stated by the coach.

Required Equipment – Skills Squad:

Equipment	Cost	Where to Buy
Medium Kickboard	Approx. \$30.00	GSA Reception
Fins (Long)	Approx. \$40.00	GSA Reception
Water Bottle		

Required Equipment – Mini Squad:

Equipment	Cost	Where to Buy
Kickboard	Approx. \$30.00	GSA Reception
Fins (Long)	Approx. \$40.00	GSA Reception
Net Bag	Approx. \$20.00	GSA Reception
Water Bottle		

Required Equipment – Junior B & Junior A:

Equipment	Cost	Where to Buy
Kickboard	Approx. \$30.00	GSA Reception
Fins	Approx. \$40.00	GSA Reception
Pull Buoy	Approx. \$20.00	GSA Reception
Net Bag	Approx. \$20.00	GSA Reception
Water Bottle		

Required Equipment – Senior B & Senior A

Equipment	Cost	Where to Buy
Kickboard	Approx. \$30.00	GSA Reception
Fins (Short)	Approx. \$40.00	GSA Reception
Pull Buoy	Approx. \$20.00	GSA Reception
Net Bag	Approx. \$20.00	GSA Reception
Ankle Strap (BAND)	Approx. \$15.00	FINIS Australia
Drag & Fly	(Is supplied to older Swimmers)	
Snorkel	Approx. \$45.00	FINIS Australia
Paddles (FINIS Agility)	Approx. \$40.00	FINIS Australia
Tradie Waterproof Notebook	Approx. \$8.00	Officeworks
Water Bottle		

Stretching and activation

Senior athletes should be actively engaged in a pre-activation routine and are expected to be there at least 15 minutes before the start of their session. Any athlete who has been given prescribed exercises from a physio/exercise physiologist should use this time for pre-habilitation. Post session is a preferred time for a stretching routine as it helps to repair and lengthen the muscles.

Training etiquette

Training etiquette is the way in which you should conduct yourself in and around the pool. It is to show respect to you, your team mates and the staff and coaches at GSA. Certain things are expected of you whilst at your sessions, here are a few key points:

- Ensure you are on time for your session. Being on time is being early and being prepared.
- Listen respectfully to your coach.
- Make sure any stretching or warm up exercises (especially any prescribed by physios) are done prior to your session and in a professional manner.
- Do not leave your bags and belongings in the change rooms.
- Don't touch property that doesn't belong to you.
- Keep the pool and surrounding areas clean of rubbish
- If you borrow equipment from GSA, make sure it is put away where it belongs.
- When in the water always swim to the left side of the lane in a circling pattern unless instructed otherwise.
- Keep your head above water whilst coach is talking
- When being overtaken, stay to the left and allow others to pass. *THERE IS RARELY A NEED TO STOP FOR OVERTAKING.*
- If all else fails, please use common sense and courtesy to make good choices.

Swimming Terminology

If you are new to the swimming world you might be a bit overwhelmed with the abbreviations used by coaches in a training environment and officials in a competition environment. Swimming has a lot of abbreviations! GSA has put together a helpful list of what each abbreviation means along with their definitions.

Training Terminology

- **HR** – This is heart rate. Could be displayed as a picture of a heart. We use this to track effort used. It is taken for 10 seconds to get a figure (i.e. 19-35). Heart rates vary between athletes, do not compare yourself to others
- **A2** – This is a comfortable speed used for aerobic training. Heart rate is usually around 19-23
- **A3** – Often called cruise speed. This is our repeat cycle used every week. Aim is to have our heart rate sitting around 23-27 beats/10 seconds
- **AT** – This is threshold training. It is the point where the aerobic system and anaerobic system meet. Heart rate sits around 25-29
- **VO2 MAX** – The maximum volume of oxygen that the body can deliver to working muscles per minute. The hardest level possible whilst remaining in the aerobic system.
- **B.A.** – Using all available energy through the course of the set
- **MAX** – Using all available energy in a single burst
- **SP** – Swimming at fastest speed whilst maintaining great technique
- **HVO** – High velocity overload. Swimming faster than usual for very short periods
- **FAST** – moving arms and legs as fast as possible. Faster than race pace
- **PACE** – referring to a certain speed asked for by the coach over a set distance. It can be anything from 50 pace to 400 pace and performed over any distance
- **HARD** – a controlled effort swim
- **PB+** – this refers to personal best time plus a designated amount of time (i.e. +20 seconds)
- **SC** – Stroke count. Used to improve stroke efficiency
- **SR** – short rest. Aerobic swimming with minimal rest
- **S/R** – stroke rate. How fast your arms are moving through the water
- **DPS** – distance per stroke
- **SE** – minimum strokes for maximum speed. Again a stroke efficiency training method
- **HYP** – refers to control of the breathing system. We use this in swimming strokes and underwater components. It is used to improve athlete lung capacity and is used under strict supervision in senior athletes.
- **CH** – choice. Athlete to select
- **SCULL** – this is an arm training technique where swimmers move through the water using only their hands and forearms for propulsion. There are many variations.

Systems Terminology

Energy systems provide our body with the fuel required to train and race. There are 2 main types, anaerobic and aerobic. One is with oxygen 'Aero', one is without 'anaerobic'. Terminology for these systems can be seen below:

- **Aerobic system** – This is the long, slower energy system and thus is used when we are swimming many laps in a row at easy to medium speeds. It's important to understand that even a 50 freestyle swimmer (roughly 23 seconds for a race) needs aerobic strength.
- **Anaerobic system (lactate)** – This is hard swimming for a moderate duration. In this system you are swimming too fast for your body to keep supplying oxygen so energy is produced without it resulting in lactic acid being produced.
- **ATP/CP system (alactate)** – Used in our speed sessions. This is an anaerobic system too. Although it doesn't have lactate as a by-product. That is because the system only lasts about 10-12 seconds and after which it is depleted unless restored.

- **AEC** – Aerobic capacity. Our aim here is to be able to swim for long periods of time with a low heart rate and little intensity. The fitter you become the further you can swim and the easier it becomes
- **AEP** – Aerobic power. The fastest you can swim whilst still maintaining yourself in the aerobic energy system. This is one of the harder training sessions to do as your body is trying to keep up with oxygen demand. The better this gets the closer to your peak speed you can go without producing lactic acid.
- **ANC** – Anaerobic capacity. Here we are training your top speed. It is the hardest system to improve as it requires complete commitment to get a physiological change
- **ANP** – Anaerobic power. Swimming at or close to top speed for extended periods of time.

Gear & Equipment Terminology

- **PULL** – Pull buoy. A foam device placed between your legs to keep your hips higher in the water and reduced the need for kicking.
- **BAND** – a small rubber ring to put around your feet. To stop you from kicking and to strengthen your upper body.
- **PADS** – paddles. Plastic oval shaped equipment for your hands. Helps to increase load and pressure on the water. (Only used in senior generally).
- **FINS** – rubber foot equipment that helps to increase kick volume and speed. Can be short or long depending on squad.
- **DRAG** – foam bungee or drag+fly. Senior only and is used to increase resistance in the water to develop power.
- **SN** – snorkel. Breathing device used to help keep body position in the water and allow for further focus on strokes. Used in senior only generally.

Drills Terminology

- **L'DOG** – long dog. With head down reaching forward and pulling backwards in a freestyle without lifting your arms out of the water for recovery.
- **D'DOG** – double dog. Like L'DOG in that you have your head down reaching forward keeping your arms underwater, except you do both arms together.
- **BPK** – body position kick. Generally done in a position to simulate key stroke mechanics.
- **BA L-R** – balance kick. Arm outstretched with a pull buoy positioned in the centre of your palm whilst kicking. Must maintain 45° angle in your shoulders and not let your hips go past 30°
- **STREAM** – kicking on the surface in a streamline position
- **S,K,E** – streamline, kick, explode. Pushing off the wall in streamline, wait until you start to deaccelerate then start kicking in streamline and finally explode swimming. Generally performed over 15 meters.
- **X,Y,I** – push to the flags. Form an 'X' with your body (arms and legs outstretched), then close your legs to form a 'Y', then bring your arms in to form an 'I'. Object here is to maintain body position and hold your core strong
- **DIVE+GLIDE** – dive off the block and hold your streamline position for as long as you can. Must maintain body position and core strength
- **6NC** – 6 kick and change. 6 kicks in BPK then 3 strokes done efficiently to the other side and repeat.
- **PHELPS** – Butterfly drill doing a single-arm butterfly stroke followed by a full stroke then completing another single arm stroke with the other arm. Repeat.
- **6NS** – 6 kick switch. In BPK, perform 6 kicks complete 1 stroke to be on the other side. Repeat
- **S/A** – single arm. Can be performed in numerous strokes and in different ways
- **ZOOMIES** – fin partner drill freestyle. The lead swimmer is in streamline whilst the person at the back kicks maximally pushing the lead persons feet. At halfway the kicker pushes the leader forward and they sprint the remainder of the lap.
- **ST. ARM** – straight arm freestyle. Swimming freestyle with straight arms instead of bent arms. Good drill to work core stability

Competition

Within this section, you will see information relating to swimming competitions.

Competition protocol

The following is expected from Genesis Sport & Aquatics swimmers when they complete at competitions.

Arrival

Swimmers are expected to arrive at a competition 90 minutes before their race. This allows time for a stretch and activation then enough time to get in and do their warm-up and get into any racing suit they need.

Warm-up

The warm-up should be done correctly whether a coach is in attendance or not. Swimmers should aim for about an hour before their race begins and that can be personalized for preference as you get more experience with racing.

Below is a template warmup for each squad unless you are instructed otherwise:

Seniors	Juniors	Skills & Mini
300 mix swim 2X150 K/D/S 3X100 A3 2X50 - SP15 Relevant pacing Dive 25 time	300 Slow Swim 4 x 50 Sp15 100 Slow 4 Dives [At least one of each Stroke being Raced]	4 laps swim choice 2 laps kick choice Dive of each stroke being raced

Non-attendance

If you are entered into a meet and are going to be late or are not swimming, then you need to let the coach know as soon as possible. Coaches plan their day based on who is listed to race at a carnival and it could have a negative impact on the coach and the team if they are not properly advised. Please contact your coach if your situation changes.

- Tony – 0404847225
- Calum - 0424218627
- Rick – 0413326502

Nutritional Information

Swimming carnivals can be long days. Swimmers must be ready to go the whole day and thus need to have sufficient food with them. Extra drinks, healthy snacks and light lunch choices are a good option. Lots of sugar and heavy meals like fried food can make you slower in the race environment as they sit in your tummy and don't provide good energy release. See attached a sample PDF that can be used in the training and racing environment to provide sufficient energy.

Meal & Snack Ideas for Swimmers

Competition/Training Days

The morning of competition should be a high carbohydrate meal (2-4hrs before competition or training)

- Wholegrain breakfast cereal with milk + fruit
- Fruit salad with yogurt and nuts
- English muffin with jam or cheese
- Sandwich/roll with salad + lean meat/cheese
- Porridge with banana and cinnamon



A small snack can be eaten 1-2hrs before a race or training to top up energy levels (also good before early morning training)

- Muesli or sports bars
- Fresh fruit
- Rice cakes w/nut butter, honey
- Dried fruit & nut mix



If there is less than 60mins between events/training, keep the snacks light and easy

- Small pieces of fruit
- Dried fruit
- Juice
- Yogurt pouches



Lunch - If more than 1-2hrs between races, a more substantial meal can be eaten to top of energy levels.

- Pasta/noodle based meal
- Sandwich
- Sushi or rice paper rolls



Post-training or race day meal (high protein)

- Ham, cheese and salad roll or wrap
- Dairy-based fruit smoothie
- Omelettes or poached eggs on toast
- Homemade pizzas with chicken, cheese + veggies



Genesis Aquatics Swim Club

GSA is fortunate to be the home of Genesis Aquatics Swim Club. Genesis Aquatics provides great membership options allowing swimmers to race and attend club nights at Genesis Aquatics.

Contact Information

If you would like more information about the Genesis Aquatics Swim Club please email the Genesis Aquatics Committee at swimclubmemberships@genesis.qld.edu.au.

Genesis Aquatics Swim Club



Come Join us

Genesis Aquatics is a Brisbane Premiership Division swim club based in Bray Park QLD.

- Recreational & Competitive Memberships
- Family discounts
- Club nights run September to April catering for all squad swimmers, and learn to swim swimmers in level 5, 6 and transition
- Christmas breakups and awards nights
- Year round competitions for all abilities
- Help to improve your swimming ability and grow confidence with racing in a safe, supportive environment



For more information contact our helpful committee

swimclubmemberships@genesis.qld.edu.au

Genesis Aquatics swimmer numbers

Each swimmer that represents Genesis Aquatics at a Swimming Australia Championships or Trial Event, will be awarded a Genesis Aquatics swimmer number. The events that earn you this award are: National Open Water Championships, National Short Course Championships, National Open Swimming Championships, National Age Swimming Championships, or an Australian Trials event.

Here is a list of our current Genesis Aquatic Swimmer Numbers:

<div>  <h2>Genesis Aquatics National Swimmers</h2> </div>				
Swimmers Number	Swimmers Name	Years Completed	Events	Medals/Finals
1	Matthew Stark	2013-2018	Multi-class	   
2	Finlay Donaghey	2015-2019	National Age	   
3	Kaitlyn Weldon	2015	National Age	
4	Niamh Boden	2016	Open Water	
5	Patrick Clarke	2017	National Age	
6	Sam Altoft	2018-2019	National Age	
7	Riley Bushell	2018-2019	National Age	
8	Hope Ferdinands	2018	National Age	
9	Callum Gannon	2018-2019	National Age	
10	Kirralee Hayes PLY	2018, 2019, 2021	Multi-class	   
11	Sarah McGrath	2018	National Age	
12	Rick Pendelton OAM PLY	2018, 2019, 2021	Multi-class	   
13	Lachlan Gough	2019	National Open	
14	Blayd Brown	2019	National Open	
15	Ellen Gittins	2019, 2021-2022	National Age	
16	Isaac Hartland	2019	National Age	
17	Olivia Gittins	2021-2022	Open Water & National Age	
18	Lauren Whalley	2021-2022	Nationals Age	
19	Margot Dawson	2021-2022	National Age	
20	Kaelah Bourke	2021-2022	National Age	
21	Isabella Young	2021-2022	National Age	
22	Samantha McGrath	2021-2022	National Age	
23	Robert Soltermann	2021	National Age	
24	Sommer Smith	2022	Open Water	
25	Landon Smith	2022	Multi-class	
26	Makenzie Sharpe	2022	National Age	