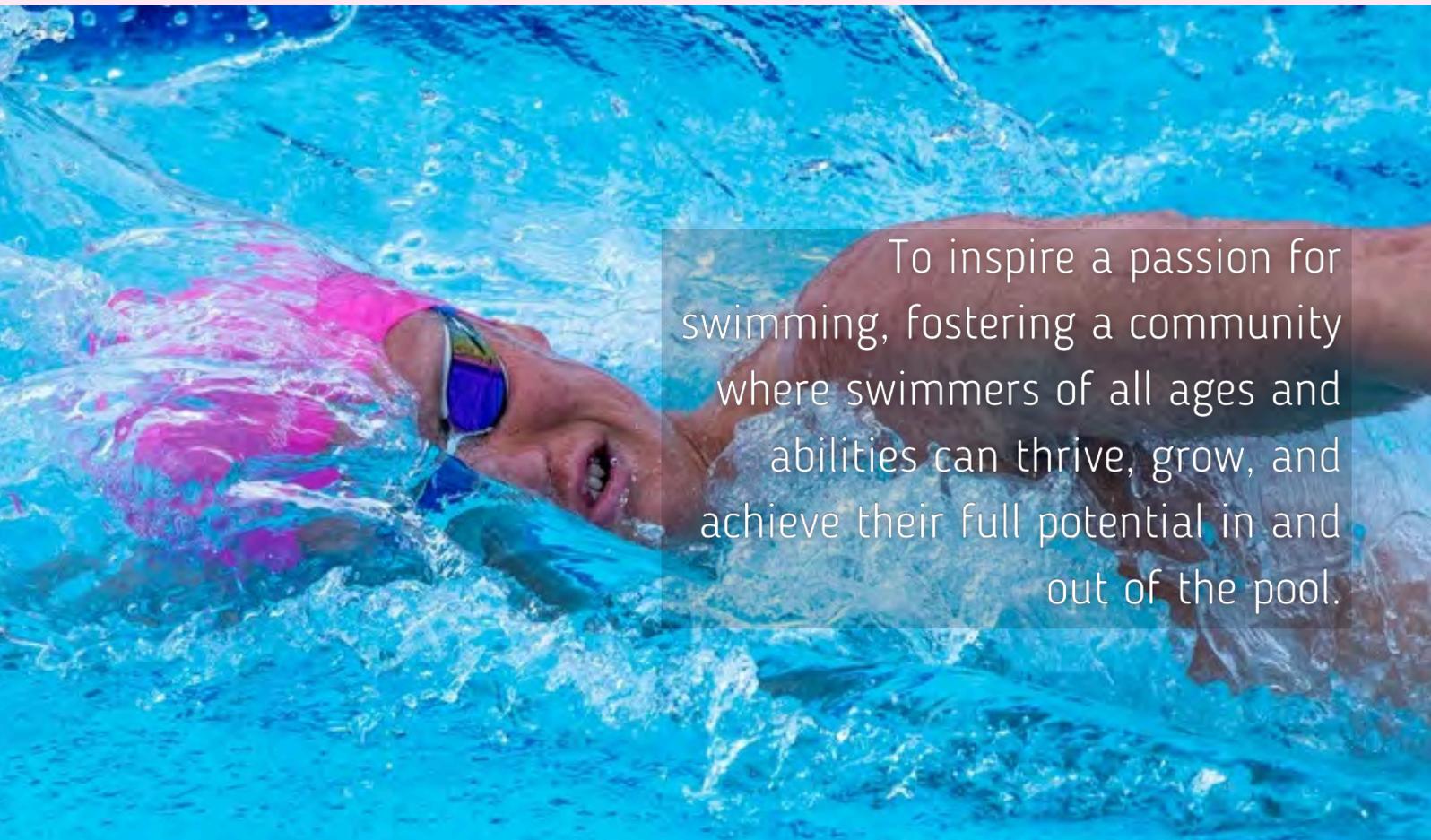




WELCOME TO

WARRINGAH AQUATIC SC

Home of the Piranhas



To inspire a passion for swimming, fostering a community where swimmers of all ages and abilities can thrive, grow, and achieve their full potential in and out of the pool.



Essential Guide for

New Members

About Us

Our Club is based at the Warringah Aquatic Centre and the Club's focus is on competitive swimming as well as catering for surf, open water and school swimming.

Our philosophy embraces swimmers of all ages and abilities and encourages swimmers to achieve the highest goals possible.

We are a coach-led, committee-supported team of friendly parents and swimmers.

For more information on the team, and upcoming events please visit our website: <https://warringahasc.com.au>



Our Coaches

NS Swim School is the provider of coaching and squad training services. Our coaching team is lead by our Head Coach Angelo and ably supported by Cameron and Frank. Contact NS Swim School info@nsswimschool.com.au





Swimming Organisations

Our Club is affiliated with SMNE, the not-for-profit Area organisation which operates in the Metro North East Area of Sydney and consists of around 17 clubs and over 1,000 competitive swimmers. They organise swimming carnivals and development programs, train officials, support coach development, coordinate activities, and invest annually in swimming in our local area. <https://smne.org.au/>



Swimming NSW (SNSW) is the State organisational body which currently maintains a membership of over 32,000 members across 12 affiliated Areas and over 350 Clubs. SNSW operates as the administrative agency of swimming in NSW. <https://nsw.swimming.org.au/>



Swimming Australia is the peak governing body for swimming with nearly 1,000 clubs and 90,000 registered members nationally. Swimming is unique as it is a life-skill, a sport and a recreation. <https://www.swimming.org.au/>





Club Uniforms

Warringah Aquatic Swim Club's colours are Pink and Black. Wearing the Warringah Aquatic Swim Club (WASC) uniform is an important part of being a team member as it connects you to our team and enables us to support each other. When competing at meets or participating in team activities, all members of the WASC are required to wear the team uniform.

Occasionally we will have special team order items for sale but these items do not form the core uniform.

The core uniform items consist of:

- Jacket
- Polo Shirt
- Shorts
- Swimming Cap





Competitions – which ones?

The number of competitions scheduled in the season plan can have a profound effect on the ability of a swimmer to achieve optimum results at the end of the season. Over-racing throughout the year can often lead to a premature elevation in preparedness that in turn leads to less than optimal performances in the major meet at the end of the season. Conversely, under-racing can decrease preparedness and prevent the swimmer from achieving peak performances in the major meet at the end of the season. Therefore, competition planning is a delicate balance between too many, and too few competitions in the calendar.

There are Long Course (LC) 50m meets in the summer and Short Course (SC) 25m meets in the winter. Competitions begin with entry level development and Club meets to Area carnivals through to State, National and International meets. Higher level meets (eg Area, Metro, State, National) will require official qualifying times to enter.

It is the coach's job to construct training to meet the needs of the swimmers they coach. Swimmers should:

- a. Choose events at training with the coach
- b. Enter chosen events at home with parents





Competitions – Entering meets

We encourage all swimmers to use their own initiative and chat to their coaches about Meet entries before entering. Swim Central is the portal for entering all competitions whether it's WASA, Club, Area, State or National Competitions. Some competitions require a minimum official qualifying time to enter, others will allow all entries.

Competitions – Results

Swim Central houses all your swimmer's results. All official times meets will be automatically uploaded to Swim Central within 7 days of the conclusion of the meet and can be found on your profile.

Alternatively check the Results database for official results. <https://results.swimming.org.au>

WASA meets are not official times meets and their results will be located on their website.





At your first meet

The Meet Program and timeline for all meets are normally published on the organiser's website and some organisations send it out to the participants. Make sure you keep an eye on your junk mail folder for all communication.

Arrive 60 - 90 minutes prior to your first event. If you're travelling out to Homebush you may need to allow extra time as traffic can be quite unpredictable.

When you arrive, please look for the area that our Club parents are sitting in. Swimmers should leave their belongings with their parents in the stands and make their way down to pool deck to speak with their coach for warm up instructions.

Please note parents and spectators are not permitted on pool deck but if you have a nervous first timer, we will buddy your swimmer up with a more experienced swimmer.

It's best to try to swim your first competitions at our meets or at WASA meets at the WAC because the rules are a lot more relaxed there and we can allow parents on pool deck occasionally.





Glossary of Terms

LC - Long course 50m pool
 SC - Short course 25m pool
 MC - Multi-class (swimmers with a disability)
 SMNE - Swimming Metro North East
 SNSW - Swimming NSW
 WASA - Warringah Amateur Swim Association
 WASC - Warringah Aquatic Swim Club
 WAC - Warringah Aquatic Centre (the pool)

FR - Freestyle
 BF - Butterfly
 BK - Backstroke
 BR - Breaststroke
 IM - Individual Medley
 Summer Season - 1 Oct - 30 April
 Winter Season - 1 May - 30 Sep

Stay in Touch

We aim to communicate to our swimmers and parents via email, InstaTeam App (2022 WASC Team), Instagram & Facebook (click the links in each icon). Please remember to check your junk mail folders regularly.

 1 Aquatic Drive
 Frenchs Forest NSW 2086
 www.warringahasc.com.au
 admin@warringahasc.com.au

