



Information and guidance to swimmers 17 and under

You the swimmer are the most important part of any ASA swimming club. Without you there would be no one for the coaches to coach and no junior competitors to compete.

This section of Wavepower has been written for you with the help of the ASA Youth Forum. You also have a section of the ASA website specifically for your age group called Child Power. You are the heart of any club!

How can your club and the ASA achieve that commitment?

We know we cannot make you all into swimming stars who reach the Olympics like Tom Daley or Rebecca Adlington but we can help you to reach your own level of achievement and satisfaction in the sport. The important thing is not to be disappointed by what you don't do but what you can do. Whatever your level of achievement, be it as a good club swimmer, a county finalist or a national champion, you, your family and your club should be proud of your achievements.

Your club officers and coaches are committed to help you be happy and content in your club but we know sometimes swimmers do have problems for a number of reasons. These may be due to:

- Your training regime and / or lack of achievement in competitions.
- How you are being treated by other young people or adults inside or outside of the club.

The ASA commitment to swimmers 17 and under

The ASA and your club are committed to enabling you to:

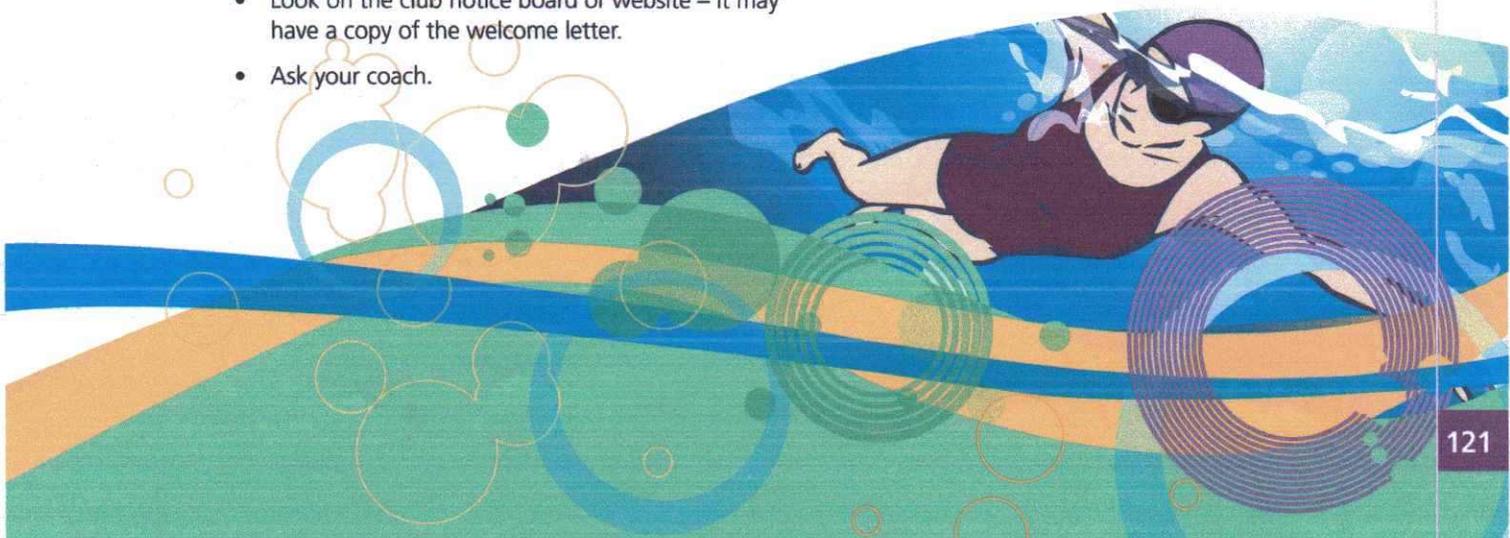
- Get and stay fit.
- Have fun.
- Make new friends.
- Develop skills in the sport that allow you to reach a level of competition that is appropriate to your ability and aspirations.
- To be safe while you are training and competing.

When you became a member of your club you should have received a swimmers pack from the club including a letter from the club Welfare Officer. If you did not receive any information, or you joined so long ago you may have misplaced it or it is out of date, you can:

- Ask your Welfare Officer for a welcome pack.
- Look on the club notice board or website – it may have a copy of the welcome letter.
- Ask your coach.

Training and achievement issues

Even Olympic swimmers do not have a smooth ride in terms achieving best times at every meet they attend. Often minor injuries will cause a period during which you will not improve and sometimes nothing is obviously the cause for not doing as well as you did 6 months ago. Young people grow at different rates and the person you may have been faster than last year may suddenly now be leaving you in their wake. The main thing is don't panic. This happens to everyone at some time. But we know it can be made worse by other swimmers or adults pointing out that you are "not improving".





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