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# Orientation to Competitive Swimming



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In this slideshow, we will be sharing with you some **introductory information** to help kickstart your competitive swim journey.

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# Part One

What are we here for?



Competitive swimming takes the fundamental skills of swimming and elevates them to a high-performance level. It requires rigorous training, including:

- Extensive pool workouts to build endurance and speed.
- Strength and conditioning exercises to enhance power.
- Flexibility training to improve range of motion.
- Mental training to develop focus and resilience.

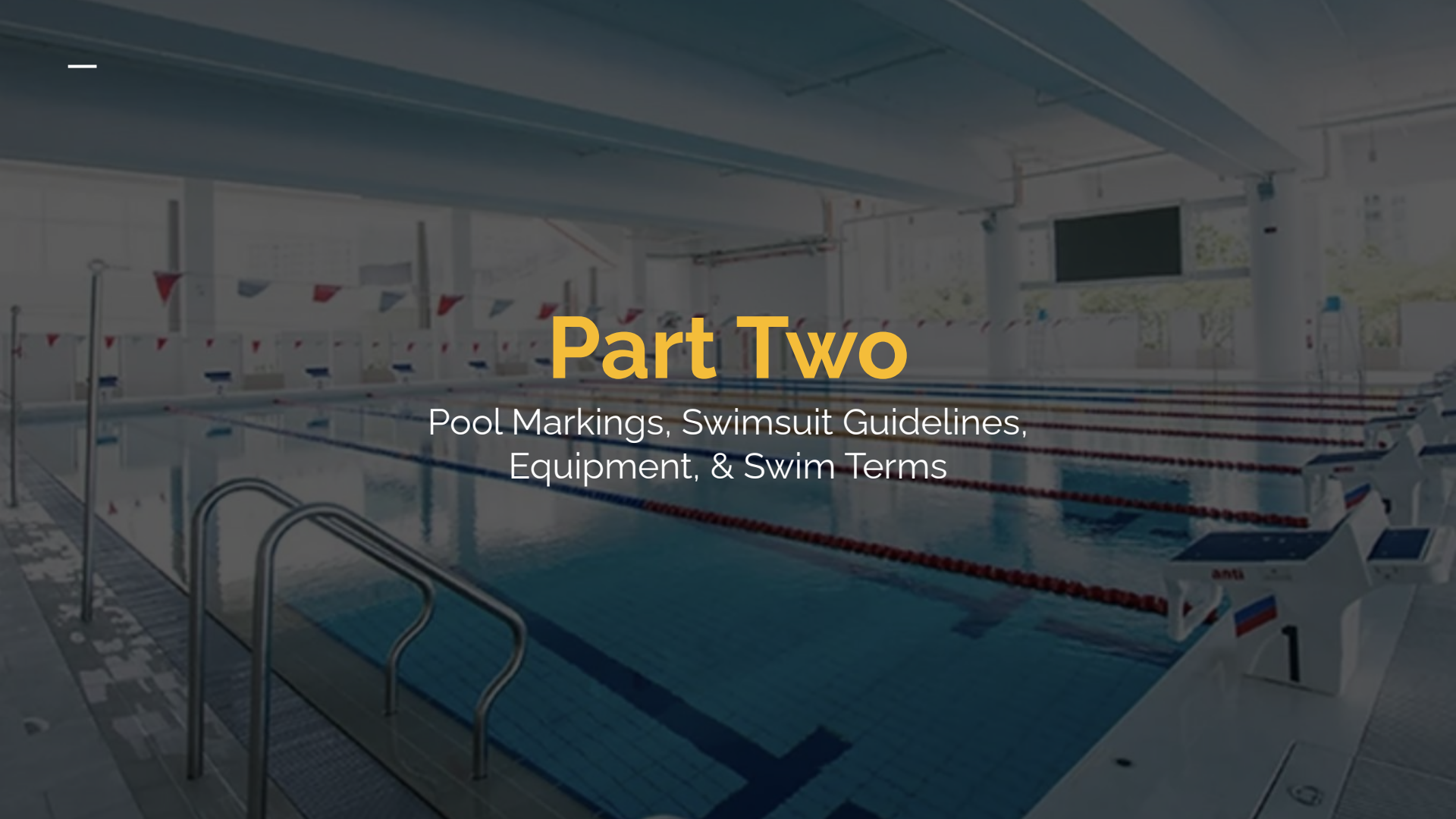
In essence, competitive swimming is a sport that challenges athletes to push their physical and mental limits in pursuit of excellence in and out of the water.



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# Part Two

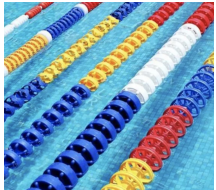
Pool Markings, Swimsuit Guidelines,  
Equipment, & Swim Terms

The background image shows an indoor swimming pool with multiple lanes. The pool is filled with clear blue water, and the lanes are separated by red and blue lane lines. In the foreground, there are white starting blocks with blue tops and red, white, and blue flags. A diving board is visible on the right side. The pool is surrounded by a tiled deck, and there are metal railings on the left side. The ceiling is high with exposed pipes and lights. The overall scene is brightly lit, suggesting a well-maintained facility.

# Pool Markings



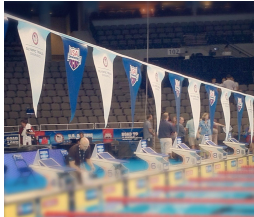
Pace Clock



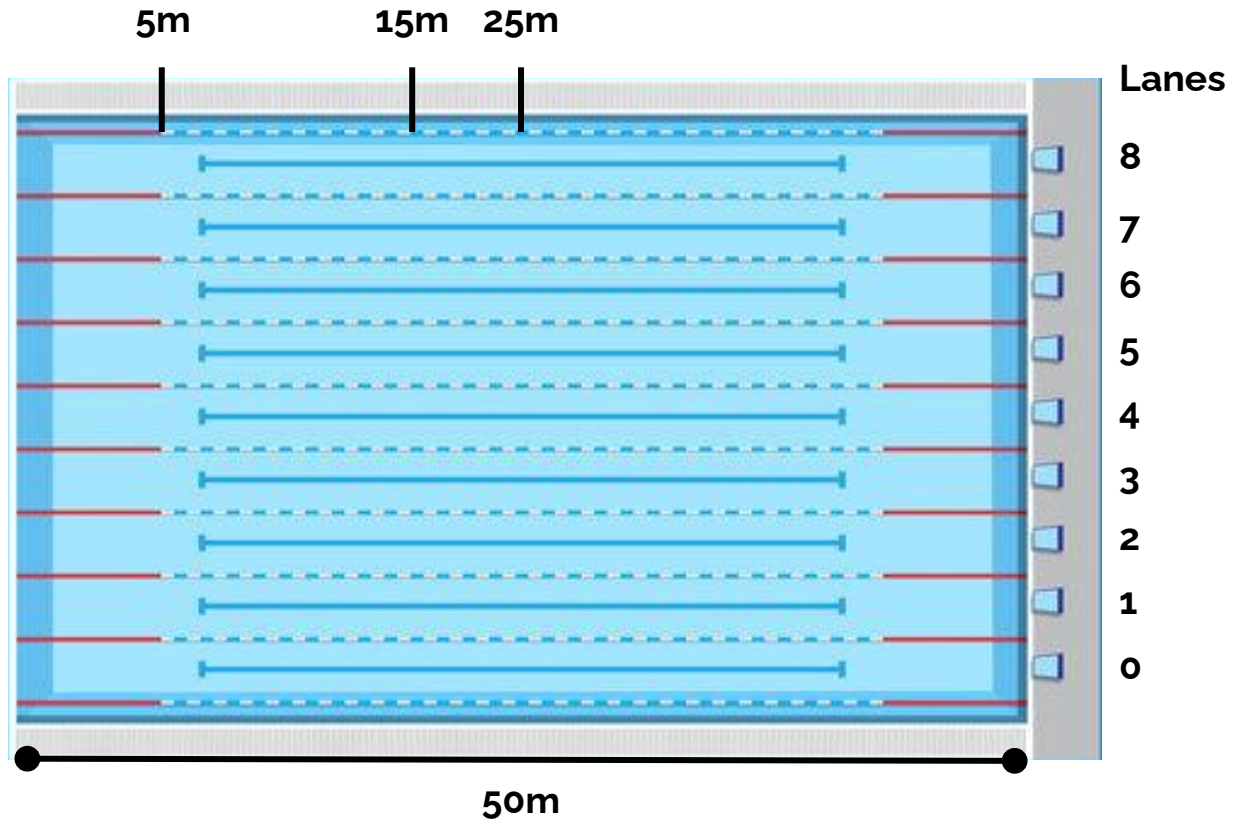
Lane Ropes



Diving Block



Backstroke Flags (5m)



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# Swimsuit Guidelines

**Ever wonder why swimsuits, swim caps and goggles are tight-fitting?**

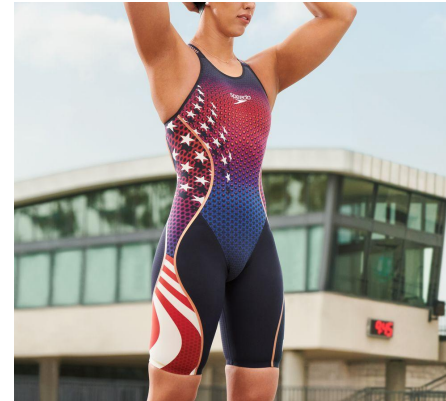
It's because fabric naturally loosens when wet, and creates drag when swimming. Hence, materials like nylon or polyester are used for swimsuits to maintain their compression when worn in water.



*Training (can be worn at competitions as well)*



*Swim caps can be worn over or under goggles.*



*Competitive Tech Suits*

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# Swim wear

(not recommended)



## Board shorts

As board shorts are not skin tight and can create drag in the water while swimming, it's not ideal for competitive training.



## Long sleeve tops/ Skirts

Similarly, long sleeves and skirts create drag in the water, making it much harder to swim over time or swim fast.



Not all available swim wear in the market are suited for competitive swimming.

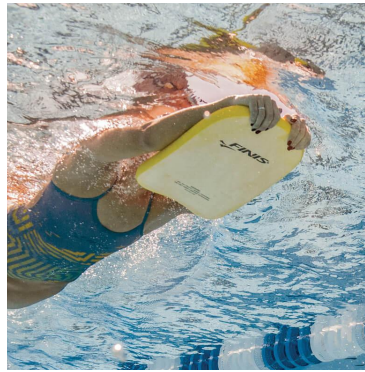
Do refer to the [link](#) provided for equipment we recommend instead.

# Equipment

Here are some basic swim equipment that is used in competitive training. Most of these items can be borrowed poolside except for snorkels and parachutes.

It is not mandatory to purchase your own equipment, but it is recommended.

Here's a [link](#) to all the equipment brands and types we recommend.



**Kickboard**



**Pull Buoy**

**(Short-Bladed) Fins**



**Hand Paddles**  
(10% larger than hands)



**Snorkel**  
(frontal-mount)



**Parachutes**  
(S/G only)

# Equipment (not recommended)

Not all available equipment in the market are suited for children/ swimming.

Do refer to the [link](#) provided for equipment we recommend instead.



## Decathlon Pull/ Kick Board

Can be too large and over buoyant for small kids. Better for older/bigger kids.



## Snorkel (Side-mount)

Snorkels help with body position during training, and front-mounted snorkels are usually the norm used.

## Long Blade Fins/ Scuba Diving Fins/ Hard Plastic Fins

Long-bladed/ Scuba Diving Fins are meant for activities such as scuba diving or snorkeling in the ocean. Fins with hard plastic systems makes it too rigid for fast kicking and may injure the ankles over time.



## Decathlon Hand Paddles

The rigid finger tabs are not the most comfortable over time. The adjustable strap and loop wrist system is tricky for young kids to put on on their own.

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# What is IM?

IM stands for **Individual Medley**. It consists of the four official swim strokes - Butterfly, Backstroke, Breaststroke, and Freestyle (a.k.a as Front Crawl), in that particular order.



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# Swim Terms

Here are some basic swim terms you should know to help you understand better when the coaches are giving instructions.

**IM** = Individual Medley

**FY** = Butterfly

**BK** = Backstroke

**BR** = Breaststroke

**FR** = Freestyle/ Front Crawl

**P** = Pull

**K** = Kick

**SW** = Swim

**STR.** = Streamline

**UW** = Underwater

**PB** = Personal Best

**MTS = Minimum Time Standard** (Can swim in the meet regardless of your time, but if MTS is not met, there will be a \$ fee).

**QTS = Qualifying Time Standard** (Must have QTS in order to participate in the meet).

**Meet = Competition** (Time in which you have to complete a swim or set of repeat distance/times inclusive of rest time.)

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# Part Three

Meets & Milestones

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# What is a Swim Meet?

- Swim meets are where swimmers get to put their hard work from practice to use. Swimming can be a very tiring sport, spending countless hours in the pool can seem quite unrewarding.
- Most new swimmers think that going personal bests at every meet is the only way to know if their hard work has paid off.
- Improvements can come in many different ways. Some examples are:
  - Properly executing a turn
  - Streamlining off every wall
  - Diving properly
  - Completing a new race
  - Making new friends



## Tip

Celebrate the small wins every time. Whether it dropping .01s or 10s. Having a positive attitude helps.

# Milestones (Squads)

This is where it starts – graduating from the Learn-to-Swim programme, swimmers will transition to learn competitive tactics while adapting to the intensity of the training.

**Development**

**Junior/ Bronze**

When ready, swimmers will progress naturally to the J/B squad where training intensity will increase – such as mileage, speed work, intervals, and refining race habits.

At this level of high performance swimming, it's all about pushing through personal boundaries, aiming for bigger goals and working on them with consistent training efforts and determination.

**Silver**

As swimmers grow, mobility, as well as strength & conditioning will be further enhanced to prevent injuries and improve muscular strength that will translate into their swim. Mileage and intervals will be increased as well.

**Gold**

# Some common Q&A's

**What is the timeline for my child in terms of squad promotions?**

It depends entirely on the individual – how quickly they learn, how often and how much effort they put in when they train, and usually by age groups.

**Can my child take part in a swim meet right after joining X Lab?**

Under sufficient training and preparation, coaches will advise whether your child is ready to participate in the next meet, or train for a little longer before participating in a meet.

**How can I support my child with their swim journey?**

Parents/ Guardians are always welcome to watch the training sessions to better understand what it's like to be a competitive swimmer. We encourage having good time management, sleep, nourishments, and enjoying the sport overall with healthy levels of pressure and having S.M.A.R.T goals.



**Good Luck!**

Your journey has just begun :)