



TAKE YOUR MARKS

A new introductory swimming program for clubs

WHAT IS TAKE YOUR MARKS?

Take Your Marks is a new program developed by Swimming NSW aimed at introducing young people (5-12yrs /kindergarten to Yr 6) to the sport of swimming and to help clubs with acquiring new junior members.

WHO CAN TAKE PART IN TAKE YOUR MARKS?

The program is designed for primary school aged children (5-12yrs old/kindergarten to Yr 6). Exceptions can be made and are up to the club's discretion. Children of all abilities are able to participate, including multiclass swimmers, but you may need to adapt some of the games to ensure all abilities are included.

WHO RUNS TAKE YOUR MARKS?

The activities can be run by anyone at the club who is full of enthusiasm! We recommend utilising your senior/teenage swimmers who are responsible young leaders. They do not need to have any specific qualification, however, there must be an adult present at all times to oversee the games sessions and assist with logistics and coordination. Committee members should also be involved in the parent info session.

HOW LONG IS TAKE YOUR MARKS?

Four (4) hours. The four hours can be delivered however the club chooses. For example:

- **One single session:** One four-hour session on a weekend day or school holiday weekday.
- **One weekend session:** Two hours on Saturday and two hours on Sunday.
- **Fortnightly sessions:** Two hours on consecutive Saturdays etc.
- **Weekly sessions:** One hour a day (e.g. Friday afternoon before club night) over four consecutive weeks.
- **Daily sessions:** One hour per day (before or after school) over four consecutive days or in a single week.

The first hour should be focussed on social activities for both swimmers and parents, which can include information about the swimming club and a 'get to know you' activity. The remaining three hours should be water-based activities. See below for a suggested session plan for your Take Your Marks program.

WHAT IS THE COST OF PARTICIPATING IN TAKE YOUR MARKS?

Your club can choose to charge a fee if you wish. SNSW recommends no more than \$20 per person and \$50 for a family or 3 or more children. You can also keep it completely free as an incentive to get more people to come and try swimming. If they choose to join the club after the program, the cost of the Take Your Marks program may be deducted from their membership fees (club's choice).

WHAT DOES THE CLUB NEED TO DO TO RUN A TAKE YOUR MARKS PROGRAM?

1. Let SNSW know that you are keen to run Take Your Marks, and the dates you intend to run it. SNSW will set up an online registration form for you to distribute to interested people.
2. Choose your young leaders to run your kid's activities and who will run the parent info session.
3. Provide the activity presenters with the Take Your Marks Games Manual (provided by SNSW) so they can plan their sessions. You do not need any special equipment, just use whatever you already have at your club.
4. Advertise the Take Your Marks program using the material SNSW have created for you to use as promotion.
5. Consider giving each participant a club swim cap (or similar) as a gift at the end of the Take Your Marks program, which may encourage them to join the club.
6. Present each participant with a Take Your Marks certificate (provided by SNSW). You need to print them yourself or ask your Club Support Officer to print some for you.
7. Follow up participants after the completion of Take Your Marks and do your best to convert them to swimming club members and register using SwimCentral.

SUGGESTED SESSION PLAN

	Time Frame	Activity	Who is involved	Who is organising
First hour	15mins	Welcome and Introduction	Parents and swimmers	A committee member
	45 mins	Fun ice breaker games on dry land	All swimmers	Young leaders
		Information session and ice breaker/get to know you/cup of tea etc	Parents in a separate location (e.g. club house)	A committee member
Second hour	15mins	Divide into groups based on swim ability (as per registration form). Move swimmers if necessary, after brief assessment.	Swimmers	Young leaders with adult supervision.
	15mins	45mins of fun water-based games appropriate to the age and ability of the group. Suggest 15min rotation of activities.	Swimmers	Young leaders
	15mins			
	15mins			
Third hour	15mins	Short break/toilet/drink etc (not needed if splitting the session over separate days. In this case, run a full hour of skill-based activities, as below)	All	
	45mins	Fun swim-specific skill-based activities appropriate to the age and ability of the group. Suggest 15min rotation of activities.	Swimmers	Young leaders
Fourth hour	45mins	Introduction to club night by teaching how to start/dive in/listen for the starter's whistles etc. Fun races & relays e.g. noodle races, kickboard races etc.	Swimmers	Young leaders
	15mins	Wrap up, thank you, present cap & certificate, hand out flyer etc.	Swimmers and parents	Young leaders and committee members



PO Box 571
Sydney Markets NSW 2129
admin@nsw.swimming.org.au
02 9763 5833

www.nsw.swimming.org.au

© 2020 Swimming NSW