

The National Aerobic Trophy

The National Aerobic Trophy is offered to encourage all swimmers to improve their fitness and endurance. This competition is an ideal way to compete and gain points for the Club in a non-swim meet environment and is suited to those who find swim meets too stressful or do not have time to attend swim meets, but want to contribute to The Club in some way.

The Committee, and the Coaches, are strongly encouraging all members to participate in the National Aerobic Trophy which is designed to encourage people to compete in distances from 400m to 1 hour duration in the full variety of strokes, including Individual Medley. In the 1990s the Club has been in the top 5 Nationally. In 2005 the Dolphins were 29th based on total points and 43rd on Average Points per member.

AIM:

To promote aerobic fitness by providing an incentive for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming as points are awarded according to relative degrees of fitness.

Dolphins Aerobic Trophy Sub-Committee

At least one of the sub-committee members will be available on the Sunday mornings to help organize the swimming and recording of times. If you swim you are expected to help out with the timing of others. The Sub Committee is as follows and is headed by Robyn Gillespie, who will report to the Committee through either Brian Walsh or Murray Burns

1. Robyn Gillespie – Thursday mornings
2. Alan Gibson - Thursday mornings
3. Frank Godden - Sunday mornings
4. Jane Kinsey - Sunday mornings
5. Brian Walsh – Indoor Saturday morning
6. Recorder – Murray Burns

Recording Sheets

Swimmers will require two documents to record their times on, and an Age Group Point Score Sheet to what points they can earn.

- **Record Sheets:** (Available from Sub-Committee Members, in the Club's Blue folder in the Café or off the Dolphins Website) to be handed into the Sub-Committee members and then onto the Recorder after the 5 (400m and 800m) or the 30, 45 or 60 minute swims have been completed.
- **Aerobic Trophy Summary Sheet** - (Available from Sub-Committee Members, in the Club's Blue folder in the Café or off the Dolphins Website) All participants must keep a record of their own swims (dates/times/distances). (Your Record)
- **National Aerobic Trophy Point Score Sheet for your Age Group** – Available on www.aussiemasters.com.au and follow the link "AEROBICS"

SWIMMING ABILITY:

All Dolphin members have a level of swimming competence that qualifies them to take part for this trophy. The aerobic trophy is designed to assist a swimmer in improving their swimming fitness. An advantage of the A.T. is that your swimming performance is monitored during the year. As a person's level of fitness improves then the time for this distance should improve.

AWARDS:

There are two Awards each year; the **National Aerobic Trophy** and the **National Aerobic Award**.

The National Aerobic Trophy is awarded each year to the Club scoring the highest number of points gained by its members.

The National Aerobic Award is presented to the Club that scores the highest average points per registered member each year.

In 2006 the Doncaster Dolphins had only a 12.36% Participation Rate ie. 11 out of 89 members competed. In 2007 that percentage increased to 24.14%, but the Club feels there is a lot more improvement through participation to be made.

NATIONAL AEROBIC TROPHY RULES:

1. Only registered AUSSI members are eligible to gain points for their Club.
2. Points for the Aerobic Trophy will be scored between 1st Jan. and 31st Dec. of the same year.
3. Swims for the Trophy must;
 - (a) be recorded on the official recording form.
 - (b) be organised by the club, not individuals.
 - (c) have at least ONE (1) sub-committee member or person nominated as an official club representative present to certify correctness of timekeeping and verify swims.

CONDITIONS AND POINTS ALLOCATION:

400m and 800m

1. The time taken is the AVERAGE of five (5) swims. Points are allocated according to sex, age, stroke and average time swum.
2. Five swims of the same stroke and same distance must be completed in order to be eligible to score points. If a person completes more than five swims of the same distance or stroke, any of the five swims may be included in the National Aerobic Trophy.
3. Each of the five swims (of the same stroke and distance) must be performed in a **different month** of the specified aerobic year. These need not be consecutive months.
4. The average of five swims (of the same stroke and distance) will be calculated by the recorder in order to score points.
5. 100m split times for 50 m pools and 50m splits for 25 m pools are to be entered on the forms, except for times swum at State, National and International Meets or sanctioned Swim Meets when such swims will be eligible without splits.

1500M

1. The swim must be NON-STOP and points are allocated according to sex, age, stroke and time swum.
2. Three separate 1500m swims, each in a different stroke, may be completed in any one year, each swim being swum only once. If more than one swim of the same stroke is completed during the year, the swimmer may choose any one of these swims for inclusion in the National Aerobic Trophy.
3. 100m or 50m split times depending on pool length are to be entered on the forms, except for times swum at State, National or International Meets or sanctioned Carnivals when such swims will be eligible without splits.

HALF HOUR, THREE QUARTER HOUR AND ONE HOUR SWIMS

1. Points are scored according to sex, age, stroke and distance swum in the given time.
2. The distance credited is to the nearest completed 25m (i.e. rounded down to the nearest 25m).
3. The object is to cover as much distance as possible by swimming NON-STOP for the specified time.
4. Entries must be on the official form and swum at any time during the specified year.
5. 100m or 50m split times are to be entered on the forms. A final split time and total distance swum is to be entered for the last completed 25m before the specified time elapses.
6. A total of nine different aerobic swims may be completed over the year. These are;
 - three 1/2 hour swims (one each of Freestyle, Backstroke, Breaststroke)
 - three 3/4 hour swims (one each of Freestyle, Backstroke, Breaststroke)
 - three 1 hour swims (one each of Freestyle, Backstroke, Breaststroke).