



***Special
Olympics***
Leinster

Aquatics

Training Logbook



Logbook Guidelines

The information below will assist you in maintaining an accurate logbook for athletes training in your club. A logbook is a valuable piece of information for athletes' that are training for competition as it will give you a clear picture of an athlete's performance. An accurate logbook can also help minimise any issues when submitting times for events and thus giving your athletes the best possible chance of competing.

Should you require any assistance in maintaining this logbook or have any general queries regarding athletics please do not hesitate to contact any of the following;

Sports Co-ordinator

Regional Development Officer – Sport

The Sport

Aquatics comprise of a number of different swimming events which include all four swimming strokes; freestyle, backstroke, breaststroke and butterfly. In addition a number of Special Olympics specific events are offered. Competition includes individual events and a number of four person relay events. All events are timed, with the fastest person/team declared the winner.

The Rules

The rules for the sport are set by *The Federation International de Natacion Amateur* (FINA). In addition competition is governed by the Official Special Olympics Summer Sports Rules. FINA rules shall apply except when they are in conflict with the Official Special Olympics Summer Sports Rules. (See Official Special Olympics Summer Sports Rules Article 11- Aquatics). An athlete with Down Syndrome who has been diagnosed with Atlantoaxial Instability may not participate in the butterfly stroke and diving starts.

Competition Venue

All official Special Olympics competitions take place in a 25 metre or 50 metre swimming pool with six to eight swimming lanes.

For more detailed information on Special Olympics Aquatics rules, coaching and divisioning please take a look at the link below;

<http://www.specialolympics.ie/WHATWEDO/SPORTS/AQUATICS.aspx>

