

Parent-Student Interactive Guide to Aquatics & AquaDragons





Introduction to JIS Aquatics & AquaDragons

The JIS Aquatics division of the JIS Athletics Department is charged with the management and oversight of swimming and pool regulations at all JIS pools. Additionally, the competitive, year-round swim club, the AquaDragons (AD), is also part of the JIS Aquatics division under the direct supervision of the JIS Aquatics Coordinator

As a competitive swimming club, the AquaDragons were established in 1986 and open to participants ages 4-18 years. The philosophy of the AquaDragons is to offer a fun yet safe, competitive atmosphere. We want swimmers to enjoy working toward and achieving their goals and for every team member to understand their importance to the team.

The AquaDragons professional coaching staff is solely responsible for all “water-related” issues, including setting training objectives and programs.

This JIS Aquatics & AquaDragons Handbook is a supplement to the main JIS Athletics Handbook that details all school and Athletics Department policies by which all it’s members and participants must abide by. This handbook has been created as an extension of the main JIS Athletics Handbook to serve as a reference guide for additional topics related to Aquatics & AquaDragons. The handbook was written to give everyone a better understanding of the policies and procedures in place, and to help make their experience as efficient and enjoyable as possible.

Discretionary power lies with the school and administrators. This handbook is not intended to be all-inclusive. We acknowledge that there will be situations that may arise that have not been identified in these handbooks, and these situations may be addressed on an individual basis.

Thank you for your support of Jakarta Intercultural School and its Athletics programs

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Vision of Aquatics & AquaDragons at JIS



At JIS we strive to provide an instructional and competitive swim program that runs throughout the school year. We employ a multi-tiered squad system designed to offer a learn to swim program to competitive swimming opportunities for swimmers of different levels and abilities.

We further apply the [Australian Long-Term Athletic Development \(LTAD\) philosophy](#) to our swim training sessions. LTAD encompasses all the aspects of a swimmer's long-term development, including coaching, training, competitive skills, and performance.

We offer a wide range of training opportunities for all squads before and after school. Long-term and short-term goals will be set with every swimmer to ensure ongoing personal motivation and growth. The number of sessions offered and the attendance requirements are based on the swimmer's squad placement. Please visit the JIS AquaDragons website for the current practice schedule and times.

JIS Aquatics Scope Of Work

JIS Swimming Curriculum

Elementary and Middle School follow the AUSTSWIM Teaching Guidelines and Water Safety Guidelines by the Royal Life Saving.

Elementary School Swimming: Water Confidence & Orientation

- Pool and water orientation
- Pool rules and facilities
- Water entries and exits
 - Sitting on the side — washing their hands, head, and so on; ending in kicking, splashing, etc.
 - One hand on the wall, walking, jumping, hopping (forward, backward, sideways)

Middle School Swimming Curriculum: Water Safety & Swim Stroke Development

- A variety of swimming activities and skills to enhance personal water safety and self-preservation.
- Fundamental water skills that enable students to participate in various activities in the water.
- Development of strokes and safe entry into the water.
- Survival strokes: Elementary backstroke and sidestroke instruction
 - Swim 300 meters continuously using: 1) 100m freestyle, 2) 100m survival backstroke, 3) 100m sidestroke, 4) 100m backstroke, and 5) 100m breaststroke.
 - Perform a throw rescue using a weighted rope over a distance of 10m within a time limit of one minute.

High School Swimming Curriculum: Water Safety & Swim Stroke Development

- The focus is on the development of all four strokes and to fine-tune students' technique and skills.
- Emphasis on developing students to become more comfortable in swimming with good stroke development.
- Water safety following the methods of Royal Life Saving.
- 10m swim to determine fitness and confidence; students can choose any four strokes to complete the swim task.

JIS Swim Teams (High School & Middle School)



High School Season Swimming

The Varsity Swimming season begins in the middle of October and runs through to the end of January. Teams are recognized as the school teams competing at the highest level. Coaches are encouraged to play as many players as they can at the Varsity level, but it is recognized that there will be times when this is not possible. This will especially be the case as the season progresses toward the culminating event of the season, the IASAS Championship tournament.

At the Varsity level, one of the team goals is to be competitive and strive toward earning a medal at their season-ending event. While the Varsity and Junior Varsity (JV) teams are separate entities, Coaches and student-athletes are expected to work together in order to build a more cohesive program.

Middle School Season Swimming

The Middle School Swimming season runs from November to the end of February. The program provides meaningful and comprehensive educational experiences for all students wishing to participate in sport. At the end of the season, the Middle School Swim Team will travel overseas to compete or participate in the Jakarta Area Athletics Conference (JAAC) event hosted by British School Jakarta (BSJ).

Swimming Pool Regulations

Pool Safety Rules

1. No food, drink, or gum anywhere on deck.
2. Swimmers must be free of colds and other contagious diseases.
3. No recreational equipment unless authorized by a lifeguard
4. All must shower before using the pool.
5. All students must be accompanied by an adult.
6. No running, pushing, dunking, or rough play in the pool area, showers, or locker rooms.
7. No diving in the shallow end of the pool.
8. Do not stand, play, or jump off ladders or railings.
9. Starting blocks are only used by school athletic teams, they are not for recreational use.
10. Non-swimmers must stay in the bleachers section of the pool area.
11. All must wear a bathing cap if their hair is beyond collar length.

Health Regulations

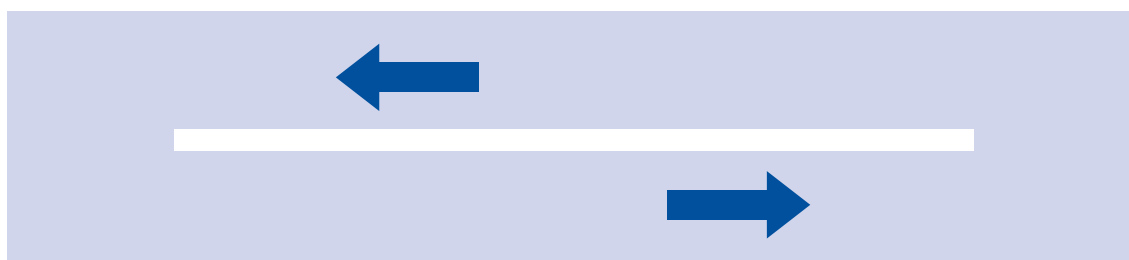
1. Shoes worn outside may not be worn on the pool deck.
2. Shower yourself and your child before using the pool and after using the changerooms
3. Glass containers or breakable objects of any kind are not permitted in the pool area, locker rooms, spectator areas, or outside deck.
4. Patrons must walk in the pool and locker room areas.
5. Food and drink are not permitted on the pool deck and in locker rooms. Water in plastic bottles is allowed.
6. Persons with skin infections, open wounds, and nasal or ear discharges are not permitted in the pool.

7. Spitting, nose-blowing, vomiting, urinating, or defecating into the pool or onto the deck is not permitted.
8. Patrons who have or have had diarrhea in the past two weeks should not use the pools.

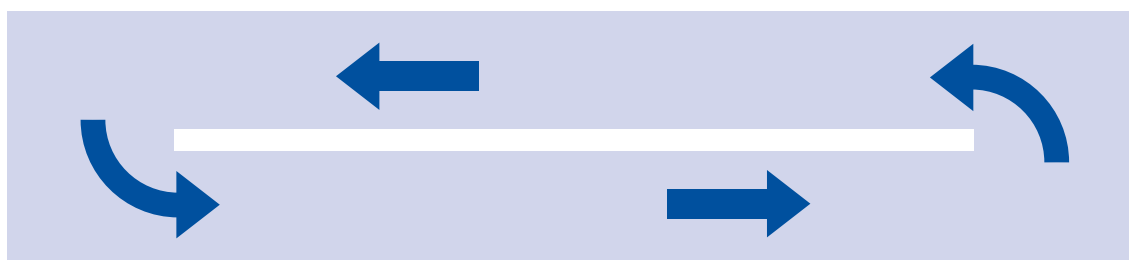
Lap Swimming Rules

1. Select a lane appropriate to your speed— fast, medium, or slow.
2. Prior to joining a lane, be sure to communicate with others in the lane to begin a circular swim.
3. If open, move to another lane if you are too slow or too fast for the lane you are in.
4. When joining a lane, do not dive or jump into a lap swimming lane that contains another swimmer.
5. Stay to one side of the black line.
6. Be aware of other swimmers in the lane. Try to maintain a 3-meter distance between yourself and the swimmer in front of you.
7. Refrain from doing strokes with wide kicks and/or wide arm strokes (Butterfly & Breaststroke).

Two Swimmers Per Lane Lap Swimming



Two or More Swimmers Per Lane Lap Swimming



Rescue Equipment at Each Swim Pool PEL/PIE/CIL

All three campus pools will have rescue equipment for use in an emergency. The rescue equipment will meet the standards in the Royal Life Saving Australia: Guidelines for Safe Pool Operations. Rescue equipment will include the following:

- Reaching pole
- Rescue throw line
- Rescue tube with
- Automated external defibrillator (AED)
- First-aid kit
- Backboard equipped with straps, head immobilizer, and cervical collars
- Emergency supplemental oxygen
- Lifeguard fanny packs containing personal protective equipment
- Pool posters & CPR charts

Water Testing Procedures

Standardized water testing, monitoring, and reporting across each campus on a regular basis will be undertaken no less than four times a day as per the following times.

- 6:30 AM
- 12 midday
- 4:00 PM
- 8:00 PM

Swimming Pool Schedules for PIE, PEL, CIL

Monday to Friday

Swimming Pool Campus	Curriculum Time	AquaDragons Time
PIE	7:30 AM – 2:10 PM	2:10 PM – 5:15 PM
PEL	7:30 AM – 2:10 PM	2:10 PM – 6:10 PM
CIL	7:30 AM – 3:15 PM	3:15 PM – 6:15 PM

Swimming Pool Campus	AquaDragons Time	Days
CIL	6:00 AM – 7:00 AM	Tuesdays Fridays

Saturday

Swim Pool Campus	AquaDragons Time
PIE	8:00 AM – 3:30 PM
CIL	8:00 AM – 4:00 PM

Thank you for choosing to join one of the top swimming programs in Jakarta. Our qualified, professional, and dedicated staff work hard to ensure that your swimmer will have every opportunity to succeed in this sport. We believe that we have an outstanding program that relies on parent volunteers to make it work as well as it does.

The sport of competitive swimming is one of the few sports that can be enjoyed throughout an entire lifetime. Both the athlete and their families can share in this experience when involved in our program. There are as many things going on out of the pool as in it! Without the dedication and commitment of our volunteers, the sport could quite simply not function. We need you!

Parent Handbook

The purpose of this handbook is to ensure all members understand the policies and procedures of the AquaDragon Swim Club. All AquaDragons member information distributed in this handbook, or elsewhere, is for the exclusive use of AquaDragons members only.

Policies and Procedures

The Policies and Procedures in this handbook are updated and accurate as of the date of publication. When updates are made to specific policies, notice will be given when published to the AquaDragons website.

General Information

The JIS AquaDragons Swim Team is open to school-age swimmers ranging in ability from those who do not yet have competitive swimming experience to those who have attained national time standards. Our Otters Learn to Swim Program provides a five-star program that takes non-swimmers to the level of competence when they are able to join with the AquaDragons developmental groups. Masters swimmers are also welcome to make use of our swim coaches to improve upon their swimming skills.

Communication and information updates are provided on a regular basis through email and the [club website](#).

AquaDragons Vision

Our Vision is that athletes can achieve their satisfaction and enjoyment that comes from meeting the challenges and personally defined, difficult, and rewarding long-term goals. We believe that our swimmers learn important life skills at the pool, in addition to learning how to swim fast and making friendships.

Your Role as a Parent

Competitive swimming programs provide many benefits to young athletes. They develop self-discipline, good sportsmanship, and time management skills. Competition allows the swimmer to experience success and to learn how to deal with defeat while becoming healthy and physically fit.

As a parent, your major responsibility is to provide a stable, loving, and supportive environment. This positive environment will encourage your child to continue. Show your interest by ensuring your child's attendance at practices and by coming to meets. Parents are not participants on their child's team but obviously contribute greatly to the success experienced by the child and the team. Parents serve as role models and their children often emulate their attitudes. Be aware of this and strive to be positive models. Most importantly, show good sportsmanship at all times toward coaches, officials, opponents, and teammates.

- **Be Enthusiastic and Supportive**

Remember that your child is the swimmer. Children need to establish their own goals and make their own progress towards them. Be careful not to impose your own standards and goals. Do not overburden your child with winning or achieving best times. The most important part of your child's swimming experience is that they learn about themselves while enjoying the sport. This healthy environment encourages learning and fun, which will develop a positive self-image within your child.

- **Let the Coach coach**

The best way to help a child achieve their goals and reduce the natural fear of failure is through positive reinforcement. No one likes to make mistakes. If your child swims poorly or struggles, remember that they are still learning. Encourage their efforts and point out the positive aspects of their swimming, things they did well. As long as they gave their best effort, you should make them feel like a winner.

Volunteer Opportunities

AquaDragon Swimming needs you! Our Club relies on parents for much more than just bringing their swimmers to training. We need your help in making the entire experience function flawlessly. Your volunteer contribution is a necessity!

As a competitive swim club, we need a certain number of officials at our meets. When you volunteer at a meet, you are not just helping your swimmer, you're helping all swimmers, both directly and indirectly. Directly, the meet happens; without volunteers, meets don't run. With your help, all swimmers have an opportunity to swim fast and achieve their goals. And meets are also a lot of fun — a great way to learn about the sport, meet other parents and be on deck while your child swims.

Communication

Communication is critical to the smooth running of the team and especially important to all families in Aquadragon. The Head Coach is the first point of contact (adheadcoach@jakartaaquadrasons.com). For any other concerns, the Administration team can be contacted directly (admin@jakartaaquadrasons.com). Other means of communication are:

- **Handbook** — The member's Handbook will be distributed at the beginning of the year and given to new swimmers when they start.
- **Notice Board** — The notice board at all pools contains hard copies of recent and relevant information.
- **AquaDragon Website** — The AquaDragon website www.jakartaaquadrasons.com provides the most current information about club activities. The website contains important announcements and notices, regarding club registration, training schedule changes, and event calendar. In addition, meet results, pool and team records, information regarding the team and the Handbook are also available on the website.
- **Email** — AquaDragons maintains electronic mailing lists compiled and maintained by the Communications Office. Email is used to convey notices of cancellations and sudden changes to schedules or other matters that require immediate attention by members.

AquaDragons Code of Conduct

All members of the AquaDragons Swim Team agree to the following code of conduct as written by JIS Athletics.

Foundational rules

- Lying, stealing, and/or vandalism are not tolerated.

- Swimmers may leave practice only with the Coaches' permission.
- Swimmers are expected to follow JIS campus rules, pool rules, and be respectful to the pool staff and facilities.
- Swimmers must adhere to all decisions made by the coaching staff.
- In swim meets, swim in all races in which they are entered.
- Notify coaches of expected prolonged absences.
- Swimmers may only leave practice or during a swim meet with the Coaches' permission.
- Warm-up and sit with the team at meets.
- Swimmers are advised to wear the AquaDragons swimsuit and cap at home and away meets.
- Swimmers should remember that their actions and words reflect on the team and should behave accordingly.

Let your actions reflect the pride you have in the AquaDragon Swim Team.

Parents & spectators code of conduct

- Act as a positive role model, encouraging good sportsmanship at all times.
- Demonstrate respect and courtesy when interacting with coaches, officials, parents, and children.
- Work to become familiar with game rules and policies of the sports league.
- Control emotions and verbal comments and refrain from criticizing coaches, officials, parents, or swimmers; limit your participation to viewing and applauding.
- Actively contribute to a safe environment by offering praise or shaking hands and refraining from touching any coach, official, parent, or swimmer in a threatening or harmful manner.
- Endeavor to make the sport a positive experience for your child by offering assistance whenever you can and by focusing on fun, effort, and skill development without undue pressure or ridicule.
- Discuss any concerns you have in private with the appropriate person and in a courteous and respectful manner.

Swimmers while competing

- Respect the authority of all officials and coaches and, therefore, abide by and respect their decisions and judgments at all times, without dissent, open profanity, or emotional outbursts.
- Respect and swim by the rules of the meet organizers and demonstrate fairness at all times.
- Participate in a safe and considerate manner by displaying good sportsmanship and not abusing, pushing, hitting, or threatening a teammate, another swimmer, official, coach, or parent.

Coaches

- Respect and honor the decisions of officials and demonstrate understanding and support for their role in any game.
- Encourage all swimmers in a fair and sincere manner and refrain from yelling negative comments from the sideline.
- Offer equal opportunities for swimmers to experience success, develop their skills, and experience a sense of belonging within the team.
- Model respect, support, and collegiality with other coaches and strive to maintain focus on positive experiences for children rather than an overemphasis on winning.

Registration

Returning swimmers are guaranteed a position on the team if their early registration is completed. If you have indicated that you will return closer to the registration open date, the admin team will send a

training group confirmation email with a link to make your payment, along with the instructions. At the same time, new swimmers will be invited to try out (assessment) and then complete registration for the available training group.

Information on assessments is published on the [JIS website](#), AquaDragons website, and Community Sports Portal. Assessments are held at the beginning of the semester in August and January for new students to join AquaDragons. During assessments, swimmers are asked to swim short distances to demonstrate their level of skill in different strokes and general swimming ability. Coaches will assign swimmers to a practice group on the basis of their tryout.

Aquadrasons Head Coach and Community Sports will set the fees for each semester. Fees are structured based on:

- JIS fee
- Swim groups
- Total sessions for one semester
- Website and domain (yearly)
- Coaches wage (monthly contract-based)
- Admin wage (monthly contract-based)
- Merchandise (swim cap or string bag)
- Events and swim meet
- Awards and ceremony

It is AquaDragons policy that a late fee may be applied and will be administered at the discretion of the Head Coach. No refunds will be issued after two weeks of practice in a semester.

Swimmers are not allowed to participate in either practices or meets unless the appropriate fees have been paid and the proper forms have been completed.

AquaDragons Training Program

How is my swimmer placed in a practice group?

The Jakarta AquaDragons Swim Team offers training to Beginner, Developmental, and Squad swimmers based on age, ability, and training commitment. Please click [this link](#) to check our swim group structure.

Note: All team assignments are made at the sole discretion of the coaching staff.

Procedures for reassigning swimmers

While every attempt will be made to avoid changes during the session, group reassignments may occur at any time at the discretion of the coaching staff. The two primary reasons that a swimmer may be reassigned to a new practice group are:

- The Coach has decided that the swimmer meets the criteria of another practice group.
- The Coach has decided that the swimmer does not meet the criteria of his/her current practice group.

Once the Coach decides a swimmer is to be reassigned, the following steps will be taken:

- The Coach of the other practice group is informed and an agreement is made.
- The Coach of the other practice group then meets with the swimmer's parents regarding the level

of dedication and commitment, policies, and workload of the practice group.

- Parents must agree that they can meet the financial commitment level of the other practice group before the athlete is reassigned.
- The athlete is given the trial period to assess the reassignment.
- The coach will notify the administration staff. The swimmer's parents are then responsible for paying the new rate of fees.

Aquadragon Observation Policy

In order to avoid distracting either the swimmers or the Coaches during the practice sessions, ALL SPECTATORS MUST REMAIN SEATED QUIETLY IN THE BLEACHERS of the CIL pool, or REMAIN OUTSIDE THE RAILS at the PIE & PEL Pool to NOT interact or interfere with the swimmers or Coaches!

Swimmer Responsibilities at Practice

The AquaDragon Swim Team takes a great deal of pride in the behavior and conduct of its athletes. All swimmers are expected to:

- Arrive at the pool at least 10-15 minutes before the start of practice.
- Be ready to enter the water at the designated start time.
- Listen to Coaches and follow their instructions; no talking when the Coach is talking.
- Maintain a positive attitude at practice sessions and swim meets.
- Respect Coaches, adult volunteers, other swimmers, and JIS property.
- Notify Coaches of expected prolonged absences.
- Swimmers may only leave practice with the coach's permission.
- AquaDragon swimmers are required to bring the following training equipment:
 - Plastic water bottle
 - Kickboard
 - Pull buoy
 - Skipping rope
 - Swimming snorkel
 - Swim fins
 - Paddles
 - Mesh equipment bag
- Aquadragon swimmers are required to wear the following:
 - Cap
 - Goggles
 - Training suit
 - AquaDragons T-shirt, sports shorts, and running shoes for every workout.
 - A spare pair of goggles.
 - A spare cap and a spare suit are also recommended.
- For swim meets, the following is required:
 - AquaDragon yellow swim cap
 - Goggles
 - Aquadragon uniform (Yellow, grey shirt)

*Most of the swimwear and equipment are available through AquaDragons, as well as additional gear such as team bags, track jackets and tracksuits, deck parkas, caps, sweat pants, and more.

Practice Schedule

Membership in AquaDragons does not guarantee a certain number of practices in any given week, month, or session. A published schedule of practice times and meet times for each session is provided as a working guideline for members. This schedule will normally be adhered to. However, there will be occasions when the schedule will deviate or a practice session will be canceled or truncated. You will be notified of any changes via email.

Please note the following items may influence practice schedules:

- Mechanical — Any maintenance issues that occur may affect the practice training times.
- Weather — Lightning, thunderstorms, etc.
- Facility Scheduling — AquaDragons do not own or operate the facilities we train in. There are times when JIS makes changes that will affect the practice schedule.
- Holiday and Term Functions — Check the website for changes to the schedule.
- Security policy at JIS.
- Schedule changes — Platinum, Gold, Silver, and Bronze swimmers are subjected to change during the Varsity season.

All swimmers should come 15 minutes prior to prepare adequately for dry-land training twice a week. The Coaches will notify the swimmers of which day's dry-land training will occur. On these days, swimmers must bring appropriate footwear in order to avoid injuries and bring a water bottle.

Please Note:

- Holidays Program will be run during JIS school holidays with the exception of Indonesian public holidays.
- Practice schedules will be distributed prior to holidays and via the AquaDragons website.

Coach and Swimmer-Parent Interaction

Fairness

- Coaches will deal with each individual fairly, consistently, and directly.
- If swimmers have issues or concerns, they should approach the Head Coach to discuss them.
- In fairness to the Coach and the swimmers, we may request meetings with parents and swimmers to get to the "heart of the matter".
- Coaches will make every attempt to avoid rumors or negativism. We ask that swimmers and parents do the same.

Appropriate times to express concerns

- If a parent has a concern, it must be expressed to the Head Coach. Please do not distract the Coaches with these concerns during a practice on the pool deck.
- In the event that a problem occurs during a swim meet, notify the Coach or the Head Coach. The coaching team will take care of the problem as quickly as possible, given the constraints of managing the team.

Directness

- Coach/swimmer relationships are the concern of the coaching staff and should be dealt with at that level. The Coach will discuss the issue after practice or by appointment. The Coach has to be informed about the discussion and the outcome.
- The next step in resolving Coach/swimmer issues would be to approach the Head Coach with your concern. An appointment may be made and the matter discussed privately.

Team policy

- AquaDragons believe that parents, swimmers, and Coaches are committed to working together to produce the best possible team. Lessons from outside coaches are confusing for swimmers and not healthy for a successful coach/swimmer relationship.

Swim Parent Responsibility

Get your child to meets and practices on time.

As in all sports, there are many events that your child must attend, practices, team meetings, competitions, special events, etc. The Coach wants your child to enjoy the experiences of swimming as much as possible. The Coach also has a responsibility to look after the team as a whole. Start times are very important to get the most use out of pool time, ensure arrival commitments are made, and events generally go as planned. Late members hurt everyone. If your child is going to be late or miss, let someone know.

Become involved

This does not mean you have to run for board president your first year, but try and get involved in some aspect of the club. The easiest starting point is to sign up to be an official at the first swim meet. You get to enjoy the competition, meet other parents, and watch your child participate. Officiating can be fun and you can progress through the levels at a similar rate as your child. Very few other sports provide this opportunity.

In this era of economically trying times, the cost of swimming is becoming progressively more difficult to deal with. It is imperative that parents pitch in to assist the club with all fundraising and cost-effective measures. The phrase “many hands make light the load” is one that truly describes the approach you should have toward the task of running a swim meet.

Swim Meet Information

Background

AquaDragons hosts two Invitational Swim Meets, one in the fall (first semester of a school year), one in spring (third semester of school), and four Intra-Squad Meets (the Dragon Dashes). The team participates in a variety of away meets held by the Local Federation, other local teams, British School Jakarta, and some overseas meets.

Meet entry procedure

Information on upcoming meets is available on the website. Swimmers must sign up online through our website before the deadline. If there's no commitment selected by deadlines, it is assumed the swimmer will not be attending that meet. Teams are rarely selected by the Coaches on the day of the meet.

Swimmers must report to the coaches in charge that they're not available for relays. Failure to report may affect the relay schedule and is inconsiderate to fellow swimmers.

There will be NO meet fee for any HOME and INTERNAL meets for AquaDragons swimmers.

Meet format

Detailed information about the meet format can be found on the TeamUnify website.

Officiating

Consistent and professional officiating is an essential part of a quality competitive swimming program. According to the AquaDragons philosophy of officiating, the officiating positions and procedures followed at competitions, and ways that parents can become involved in this important part of our program are described below.

Officiating philosophy

Swimmers benefit from knowing the rules for competitive swimming and having them enforced in a consistent and fair manner. Swimmers work hard to develop their skills and should feel that the swim meet officials help them by ensuring that everyone has an equal chance to do his/her best.

Although disqualification in a race can be disappointing to a swimmer, experience shows that swimmers learn from being disqualified for legitimate reasons. Working with their coach, swimmers correct stroke and turn mechanics to become stronger and more confident athletes and competitors.

It is AquaDragons policy that swimmers in the 6 and under age group are not disqualified for stroke and turn infractions. Instead, they are advised by a stroke and turn judge if they have committed an infraction to assist in learning the acceptable form for that event.

Officiating positions

Officiating positions and the descriptions can be found by [clicking here](#).

Swimmer Incentives, Awards & Records

AquaDragons recognize the achievements of its swimmers in several ways: the Dragon Dash Awards and Naga Challenge Awards.

Dragon Dash Awards

Gold Awards will be presented if the times for EACH event on the Certificate (25m dash, 50m dash, or 100m dash) are faster than the Gold standard time.

Similarly, the Blue Awards and Yellow Awards will be presented if the times for EACH event on the Certificate (25m dash, 50m dash, or 100m dash) are faster than the set time standards.

Naga Challenge Awards

Swimmers must attain a minimum of 13 of the 18 time standards at either the Yellow, Blue, or Gold level to receive Naga Challenge Awards.

To find details about AquaDragons achievements and awards, [click here](#).

AquaDragons Records

AquaDragons records can only be set at a meet where the swimmer is entered in his/her age group, and the date for determining the swimmer's age is the first date of the meet. For relays, each swimmer must be swimming in his/her age group. To set an Aquadragon record, you must be entered into the meet as an AquaDragon. A swimmer cannot swim under the banner of another team and be eligible to set an AquaDragon record.

Pool records can be set by any competitor in an AquaDragon meet at the JIS Cilandak Pool. The swimmer must be swimming in his/her age group. For relays, all swimmers must be from the same team. A relay team that includes swimmers "swimming-up" is eligible for a relay record in the age group of the oldest swimmer.

A swimmer in an individual event may apply for any record at an intermediate distance if they or their Coach or manager specifically requests the referee that their performance be especially timed or if the time at the intermediate distance is recorded by Automatic Officiating Equipment. The request should be completed in writing (see form below) and handed to the Meet Director by the end of the day's events. Such swimmers must complete the scheduled distance of the event to apply for a record at the intermediate distance, within the rules of the event.

Awards banquet

The Aquadragons Annual Banquet is a special occasion to celebrate the achievements of our students and to encourage and recognize those who have just started swimming. Each year, the Coaches determine several categories of awards swimmers who have achieved times standards and swimmers who have moved up in groups. The Award Banquet is a social event either with snacks or lunch depending on the occasion and time.

JIS Aquatics & Aquadragons are part of JIS Athletics, and you can click [here](#) to view the JIS Athletics Handbook

