

HOW DO I ACHIEVE A BADGE?

We'll be keeping track of your XLR8 points too, and as you accumulate the relevant number of points to get you into our **XLR8 Achievers Club** We'll acknowledge your success on our website and ensure that you receive one of our **XLR8 Achievers Club** badges.

For more information on the XLR8 programme, visit www.swimming.org.nz, and search for 'XLR8'.

So what are you waiting for? Talk to your Coach about what you need to do to be part of the

XLR8 Achievers Club



XLR8 Achievers Club



Contact Us:

Private Bag 3091, Waikato Mail Centre, Hamilton 3240
E cherie@swimmingwaikato.co.nz T 07 834 4289
www.swimmingwaikato.co.nz

Swimming Waikato is excited to launch
XLR8 Achievers Club
a Club specifically designed to get our
Junior swimmers on the XLR8 pathway.

WHAT IS XLR8?

XLR8 is a motivational programme developed by Swimming New Zealand where swimmers score points across a combination of events and are ranked nationally on their performances. The programme recognises versatility and all-round ability, rewarding correct application of the processes necessary for long term athlete development.

Swimming New Zealand awards the top XLR8 swimmers bi-monthly in the following age categories: 10 & Under, 11 years, 12 years, 13 years and 14 years. These athletes receive a personalised XLR8 certificate (AQUABLACK teams) and XLR8 cap.

THE XLR8 Achievers Club

At Swimming Waikato – we want to take the XLR8 programme one step further.

The **XLR8 Achievers Club** is a club for our **Junior competitive & club swimmers (aged 12 years and under)**. It's all about providing these young swimmers with training and competitive opportunities designed to keep them in the sport longer and develop all the skills they need to become a great swimmer.

The **XLR8 Achievers Club** will encourage these **swimmers** to focus on acquiring skills across all the competitive strokes and distances which will provide the best possible foundation for these young athletes as they grow.

The **XLR8 Achievers Club** rewards these **competitive & club swimmers** who will be presented with XLR8 badges as they accumulate points.

1.5K Club	1,500 + XLR8 Points
2K Club	2,000 + XLR8 Points
2.5K Club	2,500 + XLR8 Points

11 & 12-Year-Old swimmers who qualify for the **2.5K XLR8 Achievers Club** will have the opportunity to attend annual Stroke Clinics lead by the Swimming Waikato Hub Head Coach. Swimmers already on Swimming Waikato Pathway, Potential and TAPs Squads will not qualify for these stroke clinics.

Stroke Clinic Dates & Location: TBC

HOW DO I GET MYSELF ON THE XLR8 PROGRAMME?

1. Ensure you are a registered, competitive or club swimmer with a SNZ registered swimming club.
2. Swim at any of the meets in the four event combination required for an XLR8 score (see below). These events can be swum over a number of meets.

	Distance Event	Individual Medley	200m Form Event	Next Highest Scoring Event (can be a 50m event)
10/U	200m or 400m Freestyle	200m	200m (either back/breast/fly)	Your next best event
11 years	200m or 400m Freestyle	200m or 400m	200m (either back/breast/fly)	Your next best event
12 years	200m or 400m Freestyle	200m or 400m	200m (either back/breast/fly)	Your next best event
13/14 years*	400m, 800m 1500m Freestyle	200m or 400m	200m (either back/breast/fly)	Your next best event

**Note: This age group is not included in our XLR8 Achievers Club*

3. After the swim meet, the meet administrator will send the meet results to Take Your Marks to be loaded into the NZ meet results database. XLR8 points are calculated and rankings are compiled. 25m performances are converted to 50m using standard SNZ conversion factors.
4. Check www.takeyourmarks.com to see all XLR8 rankings and track your progress.

WHERE DO I ACCUMULATE XLR8 POINTS?

You can accumulate XLR8 points by competing at any official swim meet outside the Waikato Region. And in the Waikato, we're making that easy for you. Our meets are designed to provide the competitive opportunities our swimmers need to accumulate XLR8 points.

So check out our competitive calendar, put the meet dates in your diary, and talk to your Coach to plan the events you should enter at each of our meets.