

Birkdale Breakers Swim Club is proudly sponsored by:



Club Handbook Season 2017/2018



About Us

Birkdale Breakers Swim Club is a family oriented Swim Club that operates out of the Birkdale State School pool in Agnes Street, Birkdale.

Breakers is run by a volunteer executive, which is a sub-committee of the Birkdale State School P&C General Committee. The Breakers Executive is assisted by a team of volunteers that take on roles to ensure the smooth operations and safety on Club Swim Nights, at Carnivals and Championship events.

The focus at Breakers is for children to be encouraged to continually improve their swimming by participating in timed events across any or all of the four swimming strokes of freestyle, backstroke, breaststroke and butterfly. We aim to support swimmers of any ability to improve, have fun and make new friends in a great outdoor environment.

Club night is every Tuesday night. (term 4 & term 1). Gates open at 5:30pm, warm up is 5:45pm—6pm with racing starting at 6:15pm sharp.

Breakers Committee

The Birkdale Breakers Swim Club Committee for season 2017/2018 are as follows:

Executive Volunteer Roles:

Co-ordinator: John Gooding

Secretary: Justine Barber

Treasurer: Darryl Hughes

General Volunteer Roles:

The following roles are required for any event to be commenced:

Coach/Lifeguard; Chief Timekeeper; IT; Starter; Marshal; Race Secretary;

Announcer and Timekeepers.

Each club night volunteers are required, to ensure we are all able to contribute to the positive evening of racing for the children, and to enable all children to have their parents support their racing during the season.

Record your times here

100 Free																			
Butterfly	50m																		
	25m																		
Breaststroke	50m																		
	25m																		
Backstroke	50m																		
	25m																		
Freestyle	50m																		
	25m																		
Date																			

Record your times here

100 Free																			
Butterfly	50m																		
	25m																		
Breaststroke	50m																		
	25m																		
Backstroke	50m																		
	25m																		
Freestyle	50m																		
	25m																		
Date																			

Contact Details

Co-ordinator:	John Gooding	0418 738 750
Secretary:	Justine Barber	0417 739 219
Treasurer:	Darryl Hughes	0409 768 861

The Role of the Birkdale Breakers Swim Club Committee

The Committee is responsible to the Birkdale State School P&C Committee to facilitate swimming activities in a safe and supportive environment, reflecting the Birkdale State School motto of 'Always our Best'.

The Committee is also responsible for the following to occur:

- Co-ordinate, plan and implement all Club activities with a focus on children being encouraged and supported to participate in a safe environment;
- Carry out all administrative and financial tasks (including spending) within the requirements of P&C governance and guidelines
- Provide members with clear, concise information in relation to club operations and contributions of members and families
- Ensure all members are aware of information required to make informed decisions, whether it be in relation to sign-on, event management and safety of all participants.

Whilst the Committee exists as a conduit between the Birkdale State School P&C and it's members, all families are welcome, and asked to assist in volunteer roles, decision making processes and by providing ongoing feedback as we strive to make season 2017/2018 a huge success.

Membership at Birkdale Breakers Swim Club

Swimmers can register with Birkdale Breakers as either a Competitive or Recreational swimmer.

A **Recreational Swimmer** is eligible to swim at Birkdale Breakers Club Nights, Championships and local Carnivals.

A **Competitive Swimmer** is eligible to swim at all Swimming Queensland meets, in addition to all Birkdale Breakers Club Nights, Championships and local Carnivals.



Membership Fees 2017/2018

The following fees are applicable to **Recreational Swimmers**:

First Swimmer in a family:	\$110
2nd swimmer in family:	\$90
3 or more swimmers in family:	\$250

This provides swimmers with up to 18 Club Nights (weather permitting); entry to Birkdale Breakers Sprint meet (**Saturday, 11th November 2017**), Club Championship events (Sprints and Distance, March 2018), Christmas Party entry and end of season awards/trophies for each swimmer. We would appreciate fees to be paid by the first club night of the season.

If you are interested in registering a swimmer as a competitive swimmer, please speak with a member of the Executive Committee.

Club Night Program

Date	Order of strokes					
3 Oct	100 Free (special)	Backstroke	Butterfly	Breaststroke	Freestyle	100 IM
10 Oct	-	Freestyle	Backstroke	Butterfly	Breaststroke	100 Back
17 Oct	100 Free	Breaststroke	Freestyle	Backstroke	Butterfly	200 Free
24 Oct	100 Free	Butterfly	Breaststroke	Freestyle	Backstroke	100 Breast
31 Oct	100 Free	Backstroke	Butterfly	Breaststroke	Freestyle	100 IM
7 Nov	100 Free	Freestyle	Backstroke	Butterfly	Breaststroke	100 Back
Saturday 11 Nov	Birkdale Breakers Sprints Carnival (starting at 3pm)					
14 Nov	100 Free	Breaststroke	Freestyle	Backstroke	Butterfly	200 Free
21 Nov	100 Free	Butterfly	Breaststroke	Freestyle	Backstroke	100 Breast
28 Nov	100 Free	Backstroke	Butterfly	Breaststroke	Freestyle	100 IM
Sunday 3 Dec	Wynnum Cup (at Wondall) starting time TBA					
5 Dec	Christmas Party					
2018						
23 Jan	100 Free	Breaststroke	Freestyle	Backstroke	Butterfly	200 Free
30 Jan	100 Free	Butterfly	Breaststroke	Freestyle	Backstroke	100 Breast
6 Feb	100 Free	Backstroke	Butterfly	Breaststroke	Freestyle	100 IM
13 Feb	100 Free	Freestyle	Backstroke	Butterfly	Breaststroke	100 Back
20 Feb	100 Free	Breaststroke	Freestyle	Backstroke	Butterfly	200 Free
27 Feb	100 Free	Butterfly	Breaststroke	Freestyle	Backstroke	100 Breast
6 Mar	100 Free	Backstroke	Butterfly	Breaststroke	Freestyle	100 IM
13 Mar	100 Free	Freestyle	Backstroke	Butterfly	Breaststroke	200 Free
20 Mar	Club Championships (Long Distance only)					
Sunday 25 Mar	Club Championships SPRINTS— SUNDAY 25th March 2017					
27 Mar	Trophy night—venue to be advised					

Rules Tolerance Policy

In relation to the 12.5 and 25 metre development events, the referee will apply a *Rules Tolerance Policy* based on the Junior Policy of Swimming Australia that advocates "Availability of rule tolerances in appropriate circumstances for junior swimming". Please see below the *Rules Tolerance Policy* implemented by Swimming Queensland.

- SQ Referees will not disqualify swimmers aged 7 years and under at any meet under any circumstances.
- At all **non-qualifying meets**, SQ Referees will make every effort to avoid disqualifying swimmers aged 8 and 9 years by applying tolerances to the Swimming Rules. This will also occur at **qualifying meets** if the host club designates certain events where Rule Tolerances are to apply.
- Times recorded in events where Rule Tolerances are applied cannot be used to qualify for meets conducted by SQ, for Championship events run by Regional Associations, or for the Australian Junior Excellence Program (JX).
- Swimmers who participate in events where Rule Tolerances are applied will be given a Stroke Correction Form (see below) when they infringe the rules. This will enable coaches to specifically address problems identified by the Meet Referee with their respective swimmers.

Swimming Stroke Correction Form

This swimmer has been noted by the Referee doing something which, at a meet other than this, would more than likely result in them being disqualified.

- **Start**
 - Started before the starting signal or wasn't still for the start
- **Freestyle**
 - Pulled on the lane ropes
 - Swam underwater during the race
- **Backstroke**
 - Turned over off their back before the finish of the race
 - Pulled on the lane ropes
 - Performed illegal turn
- **Breaststroke**
 - Didn't surface in time after the start
 - Swam with an alternating type of kick
 - Swam with a dolphin kick
- Hands went back past the hips during the race
 - Swam underwater during the race
 - Moved off the breast during the race
- Touched at the turn/finish with two hands
- **Butterfly**
 - Moved off the breast during the race
 - Non synchronous movement of the arms
 - Swam with an alternating type of kick
 - Swam with a breaststroke kick
 - Didn't bring arms forward at the same time
 - Didn't bring arms forward OVER the water
 - Touched at the turn/finish with two hands
- **Other**
 - Didn't finish in the same lane as they started
 - Didn't swim the entire race distance
 - Didn't touch the wall at the turn
 - Swam past the 15m mark underwater

Code of Conduct

(as per signed agreement when registered)

Swimmers Code of Conduct

Swimming is not just about winning but about having fun and being a good sport

- Swim for fun and not just to please your parents or coach
- Swim within the spirit of the rules
- Never argue with an official's decision and let your coach ask any necessary questions. A reasonable question will get a reasonable response.
- Control your temper – don't 'mouth off', throw kickboards or other equipment
- Practice equally hard for yourself and your team—your team's performance will benefit from your own
- Be a good sport and applaud good swims, whether it is your teams or your opponents
- Treat all swimmers as you yourself would like to be treated and don't interfere with, bully or take unfair advantage of another swimmer
- Remember that the goals of the sport are to have fun and improve your skills
- Be kind and courteous to others
- Co-operate with and show respect to your coach, team mates, officials and opponents, for without them you wouldn't have a sport

Parents Code of Conduct

- Remember that children participate in sport for their enjoyment and not yours
- Encourage children to participate and do not force them
- Focus on the child's efforts and performance rather than winning or losing
- Encourage children always to play according to the rules and to settle disagreements without resorting to hostility or violence
- Never ridicule or yell at a child for making a mistake or losing a race
- Remember that children learn best by example. Appreciate good performances by all participants
- Support all efforts to remove verbal and physical abuse from sporting activities
- Respect official's decisions and teach children to do likewise
- Show appreciation for volunteers, without them your child would not have a swimming club
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion

Club Night Pool Rules

- Swimmers must obey the instructions of officials and committee
- Swimmers under the age of 16 must be accompanied by a parent or guardian at all times. Children who attend club nights unaccompanied will not be permitted to swim
- Parents and guardians are responsible for the behaviour of their children and to see that it is appropriate at all times. No misbehaviour, offensive or abusive language will be tolerated
- Swimmers who are unwell or have open cuts/wounds, sores or bandages are not permitted to enter the pool
- No running, jumping, dive bombs or other dangerous activities within the pool enclosure/pool
- Pool equipment is to be treated with care (including lane ropes) and any damage is to be reported to a member of the committee
- All swimmers must wear a swimming cap when in the pool and we ask that hair clips and jewellery be removed prior to entering the pool where possible and appropriate
- It is the responsibility of all members to keep the pool enclosure and change rooms neat and tidy and we ask that rubbish is put into the bins
- As per school rules, there is a no smoking policy that applies to the pool enclosure at all times.

Please note that the Birkdale Breakers Swimming Club and the Birkdale State School is committed to providing an environment where children and adults can be safe and can enjoy themselves.

These rules are important and we know that they are about setting expectations that we all need to meet and respect.

We hope that all club members will comply with these rules and the Code of Conduct. If this does not happen a warning will be given by the club committee

In the event of a second warning being required, exclusion from the club/pool will occur and the matter will be referred to the Birkdale School Principal for further action.

Rules of the Various Strokes, cont...

BUTTERFLY:

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

MEDLEY SWIMMING:

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.2 In medley relay events, swimmers will cover the four swimming strokes in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

SW 9.3 Each section must be finished in accordance with the rule which applies to the stroke concerned.

THE START:

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle from the referee the swimmers shall step onto the starting platform and remain there. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal.

SW 4.2 The start in Backstroke and Medley Relay races shall be from the water. At the referee's first long whistle, the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position. When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

SW 4.4 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

Over the top starts: Swimmers are required to stay in the water in their lane until the next race has begun; as soon as the race has begun swimmers are to exit the pool.

DURING THE START OF THE NEXT RACE, SWIMMERS IN THE POOL ARE NOT TO TALK OR MAKE ANY NOISES OR GESTURES.

1. If the next event is breaststroke, freestyle & butterfly previous swimmers are to hold onto the lane rope as close as possible to the pool end wall.
2. If the next event is a backstroke race the previous swimmers are to hold on to the lane rope 5 meters (white marker) from the pool end wall. Don't hold onto the handles of the start block.

Rules of the Various Strokes

The following are extracts from FINA <http://www.fina.org/H2O/> please see the Coach with your questions about rules for strokes.

FREESTYLE:

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.

SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

BACKSTROKE:

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

BREASTSTROKE:

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first Stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

General Information

When are club nights?

Club nights are held at the Birkdale State School Pool on Tuesday nights. The gates open at 5.30pm, warm up is at 5.45pm and racing commencing at 6.15pm. The first club night for the 2017/2018 season is Tuesday 3rd October 2017.

The dates for all club nights during the season are shown at the back of this booklet.

Family support and volunteering

The success of the club is through all families volunteering to help on club nights and at carnivals. We rely on parents to assist each club night by taking on either a timekeeping or other important volunteer roles.

How to nominate

We prefer all nominations to be done on-line prior to each club night. Nominations will be open via the website until 4pm Monday night through member's log in. This ensures a quicker start to the evening. If you are a new member you will have to register on-line. Details of how to do this will be at the front gate on club night.

Events

Each week will always start with the 100m Freestyle followed by the Little Breakers (12.5m swimmers). All 4 strokes are swum over 25m and 50m each week. (See page 17 for event order) Progression from 25m to 50m events is determined by qualifying times (see page 10 for details). Where time permits on club nights, special events will also be open for nomination.

On the first club night everyone will nominate for 25m events to obtain qualifying times and the following week, nominate for the events based on the qualifying time criteria.

Points

Club nights are for each swimmer to try and swim the best they can and achieve personal best times where possible. It's not about winning the race. Each race groups swimmers based on times previously swum and not based on age or gender. We encourage all swimmers to have fun and try to improve each week. Each race and time posted gives swimmers points (excluding 12.5m races) and these will accumulate through the season. The more club nights attended, races swum and times improved means many points at the end of season. These points go toward awards and recognition at the end of the season club presentation night where trophies and prizes are given to top point scorers and other categories.

Uniforms

Swim caps are compulsory and this season each registered member will receive a Birkdale Breakers swim cap.

Club shirts are available for purchase from the canteen on club nights.

Cancelled

If for some reason club night is to be cancelled because of the weather or pool maintenance a notice will be placed on the Breakers website, on the Breakers facebook page and on the pool gate.

Club Presentation Night

Presentation night is an important and significant event for the club each year. This is where our swimmers and members are recognised for achievements throughout the season. A number of awards and trophies are presented and some of these are based on points from club nights, from Championships as well as awards for sportsmanship and consistency with a strong commitment to training. The following is an overview of these. The committee and coach will be the decision makers in term of recipients at the end of season.

Age Champion and Age Champion Runner up

These awards are based on points received at club championships. Each age group for both male and female will have an Age Champion and Runner Up.

All other competitors from club championships will receive a participation award also.

Points Trophies

These are based on the total points received each club night in the 4 strokes as well as the 100m freestyle event. Trophies are awarded to 1st, 2nd & 3rd highest scores. An overall points trophy will be awarded to the female and male who score the highest overall points throughout the season.

Coach's Achievement Award

This will be given to the swimmer for overall consistency and dedication in training and to carnivals.

Patron's Trophy

Awarded to the club's highest achiever based on overall achievements outside of the club at representative meets including district, regional, state and national competitions.

Encouragement Awards

Awarded to a senior male & female as well as a junior male & female who have shown potential in technique and skill.

All Rounder Award

Awarded to a swimmer based on good participation, behaviour, enthusiasm and sportsmanship

Most Promising Newcomer

Awarded to a new club member with great potential to succeed in swimming

Service Award

Awarded to swimmers with 5 years of service (and membership) to the club

Birkdale Breakers Star

Awarded for setting examples for others and conduct/manners on club nights and carnival days

Club Championships

At the end of each season we hold club championships. To be eligible to swim at club championships, members must have swum at least 7 club nights which equates to 50% of available club nights and competed at one carnival (home or away). For those who join the club on the first night back after the Christmas break they must swim at all remaining club nights to be eligible for club championships.

Medals will be awarded on the day to the first three place getters in each event and if there is more than one heat in any event, finals will not be swum but the three fastest times recorded will be awarded the medals. Where heats are swum, they will be seeded. Swimmers will compete in age groups based on the age they are on the day of the championships and all competitors will receive an award at presentation night. There are 7 events swum at club championships, these are the 4 form strokes, an individual medley and 2 distance freestyle events. There is no 12.5m events swum at championships.

Distance championships

- 5 to 9 years of age 50m and 100m freestyle and 100m IM
- 10 years and over 100m and 200m freestyle and 200m IM

To be eligible to swim the distance events at championships swimmers must have progressed throughout the season:

5 to 9 years must have progressed from 25m to 50m in freestyle

10 years and over must have progressed from 50m to 100m in freestyle.

Sprint championships

- 5 to 9 years of age 25m
- 10 years and over 50m

Please note this is regardless of what distances are being swum on club nights. Where a swimmer turns 10 and is swimming 25m on club nights, to swim at championships they are only eligible/able to compete in the 50m events.

Nominations will be taken over 4 club nights prior to club championships. This event is run like a carnival with volunteers needed.

Points Allocation

Points are allocated based on times swum on club nights.

For each stroke and distance, swimmers will have his/her best time from the previous season as a starting point.

For new swimmers to the club 5 points will be allocated for the first swim in each stroke swum.

Upon progression from 25 to 50m swimmers will also be allocated 5 points.

25m and 50m event points

More than 2.5 secs slower than previous best time (pbt)	2 points
More than 1.6 secs and up to 2.5 secs slower than pbt	3 points
More than 0.5 secs and up to 1.6 sec slower than pbt	4 points
0.5 secs either side of previous best time	5 points
More than 0.5 secs and up to 1.6 secs faster than pbt	6 points
More than 1.6 secs and up to 2.5 secs faster than pbt	7 points
More than 2.5 secs faster than pbt	8 points

100 m event points

More than 4 secs slower than previous best time (pbt)	2 points
More than 2.6 secs and up to 4 secs slower than pbt	3 points
More than 1 sec and up to 2.6 secs slower than pbt	4 points
1 sec either side of pbt	4 points
More than 1 sec and up to 2.6 secs faster than pbt	5 points
More than 2.6 secs and up to 4 secs faster than pbt	6 points
More than 2.6 secs and up to 4 secs faster than pbt	7 points
More than 4 secs faster than pbt	8 points

Qualifying times for Club night events

The following times are listed to inform you of what swimmers need to achieve in each stroke in order to progress to a longer distance.

Once the time is achieved, the swimmer is to advance to the next distance ie 25 to 50m.

Freestyle

- Advance from 25 to 50m when less than 24 seconds achieved
- Advance from 50m to 100m when less than 45 seconds achieved

Backstroke

- Advance from 25 to 50m when less than 28 seconds achieved

Breaststroke

- Advance from 25 to 50m when less than 30 seconds achieved

Butterfly

- Advance from 25 to 50m when less than 26 seconds achieved

Carnivals

The Birkdale Breakers Swimming club holds one home carnival each season before the Christmas break and this is the Sprints Carnival. This season it will be held on Saturday 11th November 2017. Every member is eligible to participate and we strongly encourage all members to be involved. There is a \$5 entry fee per family.

As a club we will also compete at other carnivals each season and we will select swimmers for these carnivals based on times recorded on club nights as well as regular attendance on club nights being taken into consideration.

Members are to wear club swim caps and club shirts where ever possible.

Carnivals require a volunteer group with parents and members assisting on the day with timekeeping and other related roles.

Each season on the first Sunday in December we participate in the Wynnum Cup. This season the Wynnum Cup will be held on Sunday 3rd December 2017. The cup involves 5 clubs. Hosting the carnival is rotated each season, this season Wondall will be hosting the event. Swimmers are selected to swim in this carnival as there is only 1 swimmer per age group . Swimmers may be asked to swim up in age if needed.