

## **Club Supporters**

*Thanks to the following local businesses that provide support or sponsorship to the club in various ways. We greatly value these relationships.*



**McCAMLEY  
FINANCIAL  
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**Gisborne Thunder  
Swimming Club**

**HANDBOOK**

**Gisborne Thunder  
Swimming Club**

PO Box 887  
GISBORNE VIC 3437.

[www.gisbornethunder.org](http://www.gisbornethunder.org)

Revision: May 2019

Thanks to our major sponsor, **Gisborne Aquatic Centre and Macedon Shire Council.**



**Bendigo Bank** has been a generous supporter through the community grants scheme. This scheme helps to fund the club swimming uniforms and coach training.



A big thanks to **Neal Street Medical Clinic** for generously sponsoring our season presentation night.



Thank you for reading through our club handbook.

We sincerely hope your whole family has a great time swimming with Gisborne Thunder!

**Gisborne Thunder Committee**



## 2019-20 Club Meet Program

Month	Date	Notes
May	11	"Dash for Cash" (Freestyle)
June	15	"Swim for a Win" (Backstroke) <i>Note: 3<sup>rd</sup> Saturday due to long weekend</i>
July	6	Relays <i>Note: 1<sup>st</sup> Saturday</i>
August	10	"Dash for Cash" (Breaststroke)
September	14	"Swim for a Win" (Choice of stroke)
October	12	Relays
November	9	"Dash for Cash" (Butterfly)
December	14	Christmas Party – No races
January	11	"Dash for Cash" (Backstroke)
February	8	IM Qualifying for Club Championships
March	tbc	Club Championships
April	tbc	Presentation Night

## Welcome from the President

Welcome to Gisborne Thunder! Gisborne Thunder Swimming Club was established in 2005 and has grown from strength to strength. We are an affiliated club with Swimming Victoria and Central Victoria Swimming (District 15), and completely run by members on a non-profit basis for the benefit of club members and the wider community. The club currently has more than 50 members covering the range of abilities from learn-to-swim through to State and National representatives.

In advance, I would like to thank our many volunteers for supporting both the swimmers and our club. Without this support, we would be unable to offer the level of programming to which we have become accustomed. Volunteers play a major role in all facets of the club's operations. The parents, relatives, families, and friends of our swimmers make up a powerful volunteer workforce.

I would also like to extend a greeting to everyone who is joining our club for the first time. Welcome to our swim family! I hope you will find your experience with the Club as rewarding as I have. I have made some great friends over the last few years and I'm looking forward to getting to know you too. If you have any concerns or suggestions regarding the club please feel free to contact me.

This club handbook is intended as a brief introduction to the workings of the club for new members. The committee hopes you find it useful. Of course, if you are unsure about any aspects, please don't hesitate to ask anyone from the committee who will be very happy to help.

See you at the pool!

**Anne Diver**

**President  
Gisborne Thunder Swimming Club**

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## Behavioural Guidelines

Competitor Guidelines	Parent / Guardian Guidelines	Supporter Guidelines
<ul style="list-style-type: none"> <li>Follow the rules of Swimming Australia at all times.</li> <li>Give your best at all times.</li> <li>Never argue with an official. Use the appropriate rules and guidelines to resolve a dispute.</li> <li>Control your temper. Verbal or physical abuse is not acceptable.</li> <li>Work equally hard for yourself and/or your team.</li> <li>Be a good sport. Applaud good performances whether they are made by your team or the opposition.</li> <li>Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.</li> <li>Cooperate with your coaches, team mates, opponents, management, event staff and officials.</li> <li>Participate for your own enjoyment and benefit, not to satisfy the expectations of others.</li> <li>Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.</li> </ul>	<ul style="list-style-type: none"> <li>Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.</li> <li>Focus on your child's effort and performance, rather than winning or losing.</li> <li>Encourage your child to abide by the rules and accept judgements made by officials.</li> <li>Never ridicule or yell at a child for making a mistake or performing below expectation.</li> <li>Be an example to your child and others. Appreciate good performances by all participants.</li> <li>Support all efforts to remove verbal and physical abuse from the sporting environment.</li> <li>Show appreciation and respect for all people involved in your child's swimming.</li> <li>Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.</li> </ul>	<ul style="list-style-type: none"> <li>Remember that people participate in sport for their enjoyment and benefit, not yours.</li> <li>Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.</li> <li>Respect the decisions of officials, and teach others to do the same.</li> <li>Never ridicule or scold an athlete for making a mistake. Positive comments are motivational.</li> <li>Reject the use of violence in any form, whether it is by spectators, coaches, officials or competitors.</li> <li>Show respect for all athletes. Without them there would be no competition.</li> <li>Encourage competitors to follow the rules and the officials' decisions.</li> <li>Do not use foul language, sledge or harass other competitors, coaches or officials.</li> <li>Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.</li> </ul>

## Swimming Australia Code of Behaviour

The full SAL Code of Behaviour document is available for download from SAL website [www.swimming.org.au](http://www.swimming.org.au) or our own club website.

The following is an extract of the key areas for competitors, parents, family members and supporters to take note of and abide by at all times when involved in the sport. The code of conduct will be applied consistently to ensure the enjoyment of all swimmers is kept as the number one priority. Any questions regarding the code of conduct should be addressed to the club coach or a committee member.

### **Swimming Australia Principles:**

#### Fairness

Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

#### Respect

Recognising the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

#### Responsibility

Taking responsibility for one's actions and being a positive role model at all times.

#### Safety

Encouraging healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

## Introduction

### **Purpose**

Our aim is to provide encouragement to developing swimmers and promote swimming as a fun and healthy sport within the wider community. We look to build confidence in swimmers at all levels – from beginners to experienced representative swimmers. We provide a path for keen and talented swimmers to progress through to District, State and National level competitions.

### **History**

The current Gisborne swimming club was established in 2005 following the development of the new aquatic centre at Gisborne and named Gisborne Thunder Swimming Club (GTSC). It had been many years since an organised swimming club had operated within the Gisborne community so the new club was off and running in no time supported by a band of very enthusiastic parents.

GTSC has continued to grow and is a strong club within the Central Victoria region. We have tasted success having represented at both individual State and National age championships and performed well as a team at inter-club events.

### **What We Provide**

As well as a good social community, GTSC provides a number of core activities as follows:

### **Saturday Night Club Swim Meets**

GTSC meets on the 2<sup>nd</sup> Saturday of each month at the Gisborne Aquatic Centre. Club meets start at regular pool closing time (5pm, 6pm in day-light saving time) and run for approximately 90 minutes. Our club nights provide the opportunity for our swimmers to improve their Personal Best (PB) times in organised events. We swim a range of different events across the club meet season to ensure swimmers get an opportunity to try different strokes and distances. It is also a great opportunity for new swimmers to try out competition swimming in a fun and relaxed environment. Parents and 'Masters' swimmers are welcome to swim as well.

### **Club Championship Night**

The club championships are run at the end of each season. Ribbons are awarded on the night for the individual events and points are earned over the meet to determine the overall age champions. Trophies for club champions are presented at the club presentations night (usually held in April or May).

### **Swimming Victoria Meets**

GTSC is affiliated with Swimming Victoria (SV), as part of District 15 (Central Victoria Swimming). Competitive members may compete in numerous other meets organised by host clubs around Victoria and inter-state. In these events, swimmers may take their swimming to the next level and match up against the best swimmers of their age group. Good performances at SV approved meets can lead on the District team selection for inter-district competitions, and ultimately State and National team representation.

GTSC encourages participation in certain targeted meets through the year, where we can swim as a team and cheer on our friends in their races. Targeted meets are usually District 15 hosted meets and a selection of others. SV also runs several encouragement meets especially targeted at new swimmers each year.

### **Squad Training / Stroke Correction**

All swimmers who wish to improve their performance will progress to squad training sessions. The core Squad training is arranged through Gisborne Aquatic Centre (not managed by GTSC). There are various options available to suit the different swimming levels ranging from junior squad through to State and National squad. From time to time, GTSC separately arranges dedicated coaching sessions with the club coaches or special guest coaches targeting stroke correction, competitive swimming techniques and underwater video analysis.

### **Point Score Competition**

This competition is run over all club meets for the swimming season allowing swimmers to accumulate points for getting close to or beating their own PBs. This enables the club to provide further encouragement and recognition for improving swimmers of all abilities at our annual presentation day.

### **Fun Nights and Other Special Events**

Some of the regular club nights are designated as 'fun nights' where special activities will be organised for the kids to enjoy. Other special events include the Christmas party and presentations night. The club also operates BBQ's regularly during the swimming season and arranges other fundraising activities. We always welcome volunteers to help with the BBQ's and other events. Please contact the committee if you can assist. Keep an eye on our club web site for upcoming events.

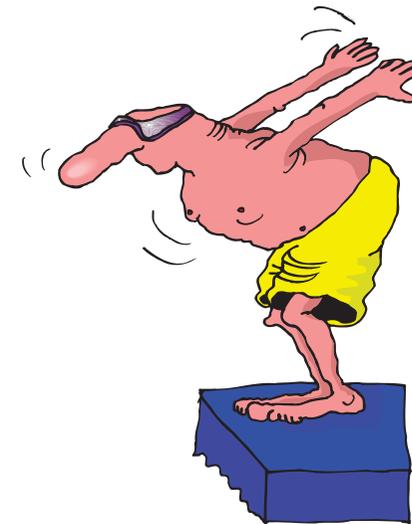
### **Parent & Family Support**

Our club flourishes through the active participation of our parent support group. Participating on the management committee is just one way that parents can get involved with the running of the club. However, that is not for everyone and there are many other small and valuable roles that parents can contribute to ensure we can maintain our growing club.

A few examples are:

- Helping to set up and pack up for club nights
- Getting involved at club nights to help with marshalling or timekeeping
- Putting your masterchef skills to work on the club BBQs
- Timekeeping at competitions and club nights
- Assisting the coach with timing swimmers at competitions
- Writing an article for the newsletter or website
- Volunteering to organise a fundraising initiative.

Above all else, the kids get much more from their swimming club when the whole family is there to join in the fun and cheer them on. We encourage the whole family to be part of the club activities even if not swimming.



## **Other Important Stuff to Know**

### **Coaching / Squad**

All coaching and squad training is arranged directly with Gisborne Aquatic Centre. Payment of squad fees to Gisborne Aquatic Centre does not mean that you are a club member, as club membership is handled separately as described in the previous section.

### **Club Communications**

From time to time, club newsletters will be prepared to update members on club events and activities. Much of the club communication is now conducted via email or an App called *TeamApp*. Be sure that the email address entered with the SV membership is the correct one or you may miss important club emails. The TeamApp can be downloaded for mobile (App Store or Google Play) or can be used on PC [www.teamapp.com](http://www.teamapp.com). Install the app and search for "Gisborne Thunder Swimming Club".

### **Website**

Our club has an on-line resource at [www.gisbornethunder.org](http://www.gisbornethunder.org). There is a lot of information available on our club website and it is an important communication tool for the club, so please familiarise yourself with it and visit often. As well as all of the general information contained in this handbook, the website also has all the latest information on swim meets, up to date meet calendar, club news, upcoming events and activities, competition results and swimmer performance reports.

### **Club Notice Board**

Keep an eye on the notice board at the pool for other notices and general information, club meet results, upcoming meet flyers and team lists.

### **Insurances**

The SV membership covers all insurance for members at club functions and activities, or at any SV sanctioned swim meet. Unregistered swimmers have limited cover at club functions or activities under the SV Personal Accident and Public Liability coverage. **Unregistered swimmers may not participate at any SV organised meet.**

## **Who Can Join**

Our club welcomes all members of the Gisborne and neighbouring communities. Swimmers of all abilities are catered for. A general requirement is to be competent at swimming at least 25m in freestyle plus one other form stroke. Various levels of memberships are available – refer to the membership section later in the handbook. Families of swimmers are particularly welcomed and encouraged to become involved in the activities and running of the club.

## **Code of Behaviour**

GTSC follows the Swimming Australia Code of Behaviour which can be found on the Swimming Australia web site <http://www.swimming.org.au/>. Further details are provided at the end of this handbook.

All swimmers and families should familiarise themselves with the Code of Behaviour document and be sure to conduct themselves in an appropriate manner whenever they are representing GTSC or taking part in club activities. The code of behaviour will be applied consistently to ensure the enjoyment of all swimmers is kept as the number one priority. Any questions regarding the code of behaviour should be addressed to the club coach or a committee member.



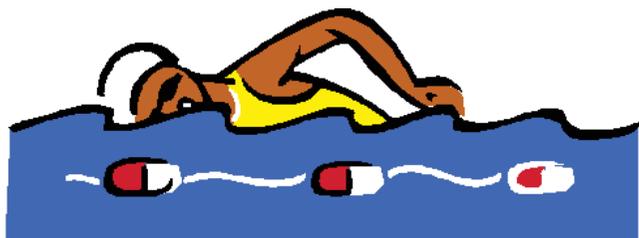
## Club Committee

The club committee, under the direction of the President, take full responsibility of the club. Please feel free to approach any of the committee at club meets to discuss any issues and recommendations you may have or to find out any information regarding the club

Club committee meetings are held monthly through the year. The Annual General Meeting (AGM) is held at the end of the season and all parents are invited to attend to elect a new committee.

The current members of the committee are published on the GTSC website. Contact information for key club roles are listed below.

Position	Contact Email
President	president@gisbornethunder.org
Secretary	secretary@gisbornethunder.org
Treasurer	treasurer@gisbornethunder.org
Registrar/Membership	memberships@gisbornethunder.org
Coaches / Team Coordinators	coach@gisbornethunder.org
Uniforms	uniforms@gisbornethunder.org
Recorder	records@gisbornethunder.org
Website	admin@gisbornethunder.org



## Results

Results are usually posted (printed and placed on the notice board) as the events progress during the meet, typically 5-30 minutes after the event has been completed. Look for a group of people with pens and paper reading results and pointing at a wall somewhere central. Results of most meets are also published on the SV web site within a few days of the meet.

## SV Approved Meets

Most meets will be operated under the rules of SV meaning they will be designated as 'approved meets'. This means that times swum at those meets may be used to qualify for higher level representation.

## Timekeeping

In order to qualify as an approved meet, host clubs require three timekeepers per lane. Often our club will be rostered to perform timekeeping on the day so please step forward and help out in this area if you can. If you haven't done any timekeeping before, there will be plenty of people willing to show you how. Volunteering to be a timekeeper at our club meets is also a great way to learn this role and to get involved.

## Performance Database

GTSC maintains a computer database (*Team Manager*) of all swimmers times for both SV meets and club meets. Various reports are available on the club website. These are very useful to help with direct entries for a SV meet where you need to nominate entry times.



## Where to Sit

We try to sit together on meet days to provide maximum noise and encouragement to our club swimmers. When you arrive, look for the GTSC banner or your team mates.

## Check In

Get hold of the program and check off your events to be sure they are correct as mistakes do happen. If you find a problem, see your coach or the appointed team manager. At local meets, the organisers are usually accommodating and where possible will fix problems. Be sure to take note of the events numbers / heat / lane for your swims on the day and take that information with you to the marshals for each of your swims.

## Warm Up

All meets will have time designated prior to the official starting time for warm up and you are strongly encouraged to take advantage of this time to swim a few laps. This helps your body stretch out and get ready to race as well as giving you a 'feel' for the pool and helping to settle nerves. Check the meet flyer for the warm up time.

## Marshal

At swim meets there are usually two race boards set up. One will show the current event/heat (usually near the starter) and the other will show the event that is being marshalled (usually near the marshal's tent). Be sure to keep an eye on the marshal's board and know which events you are swimming so that you report to the marshal on time. When you arrive at the marshal's tent, wait for your event to be called and clearly indicate your presence. Listen carefully for the marshal's instructions and be respectful to the marshal and mindful that marshalling can be a difficult job at the best of times. Excessive noise or non-attentiveness from the competitors can only add to that difficulty. If you wish to take your towel / shirt / jacket with you to marshalling, these may be left at the end of the pool. Be sure to collect your gear after your swim.

## Swim

This is where all the training kicks in. If you have prepared well you should feel confident in yourself and give it your best shot. When you have finished your swim, remain in your lane until you are asked to exit the pool by the marshal. Always exit the pool by swimming under the lane ropes to the nearest side.

## Membership

### SV Membership

Any swimmer competing at club events or SV approved swim meets must have a current membership of Swimming Victoria. The SV membership includes full insurance covering the swimmer at approved swimming competitions within Australia, including club events. All swimmers must re-register each year in order to have current membership coverage.

Memberships are renewed at the start of the SV financial year (July) and are now fully processed online via the Swimming Victoria website (Members Portal). There are several levels of SV membership available. The membership levels relevant for our club are as follows:

Membership Status	Description
Competitive Swimmer	Any member who competes in organised competition within or outside club (e.g. interclub, district, state, national competitions).
Non-Swimmer	Any member who does not fall into the swimmer, recreational swimmer, qualified official or life member categories e.g. committee members, coaches, etc.

Any swimmer who intends to represent GTSC at SV approved swim meets will take up 'Competitive Swimmer' member level.

To register for the first time with Swimming Victoria, go to [www.vic.swimming.org.au](http://www.vic.swimming.org.au) home page and follow the instructions to "Join Now" under the Swim Central page .



## **Club Membership**

A current club membership is required to compete at club events, qualify for end of season awards and trophies, or represent GTSC at approved swim meets.

For full SV members, the club membership fee is incorporated into the single fee paid through the SV membership process.

For swimmers that wish to only compete within the club (club nights only), we provide a discounted "Club Swimmer" membership. This membership is processed separately within the club using a special membership form which may be collected at club nights or requested by emailing [memberships@gisbornethunder.org](mailto:memberships@gisbornethunder.org). Further information is available on our club web site.

As an introductory offer, GTSC invites new swimmers to swim at club meets as a guest up to three times to experience club swimming. After that, a club membership is required to continue to take part in any club activities, and to collect points from club nights.

Contact our club memberships officer for further details.

## **Masters Swimming**

GTSC is also affiliated with Masters Swimming Victoria. For membership information relating to Masters swimming, contact our memberships officer [memberships@gisbornethunder.org](mailto:memberships@gisbornethunder.org).



## **Enter**

The first step is to get hold of a copy of the meet flyer published by the host club. Again, these may be downloaded from the SV website (Event Calendar) or there are usually copies of upcoming meet flyers posted on the club notice board. This contains all the information you need to enter the meet. You should take particular note of the meet closing date and be sure to get your entries in early. Now, most entries are completed online and paid directly via the SV website. Occasionally, manual entry forms may be required – the meet flyer will explain further if this process is to be followed.

## **Club Target Meets**

These are the short-listed meets that we as a club plan to target for the current season where we aim to get maximum representation from our competition swimmers. Then, as well as competing as individual swimmers, we can also compete as a club against other clubs in the region. This really fosters team spirit and encourages club swimmers to strive for their best. Most of these meets are within District 15 or hosted by clubs close by. The club 'target meets' are clearly shown on the club swim meet calendar so please plan ahead and make an effort to represent your club at these meets.

## **Get Yourself Ready**

Many believe a holistic approach is required to do well in sport. This involves not only getting your body ready but also getting your mind ready.

Providing your body with the right fuel (food & drink), committing yourself to the right level of training and planning your race are key. Prior to racing, mental preparation can involve visualising you achieving your goal, thinking positive thoughts and remaining calm and focused before & during the race.

In summary;

- Discuss race strategy with your coach
- Get a good night's sleep
- Eat well
- Be happy and relaxed.

## **What to Take**

Be sure to have a checklist of all the gear you need so that you won't turn up without important items like bathers or goggles. Pack plenty of towels and plan for gear failure (spare caps and goggles). Often folding chairs will be required. For summer outdoor meets consider shelter such as a beach tent or umbrella and be sure to pack your sunscreen and hat.

Plan your food intake through the day and try to follow that plan rather than gulp it all down after your first race! Leave with plenty of time to get there and warm up. A good warm up will go a long way towards settling down those race-day nerves.

## **Swimming Victoria Meets**

There are a large number of swimming competitions which take place throughout the year hosted by swimming clubs affiliated with Swimming Victoria (SV). These meets present an opportunity for swimmers to put all that training into action and test themselves against swimmers from other clubs and also to enjoy being part of a team representing their own club. Most of these meets are 'SV approved' meaning that the competition is operated according to SV rules and the times may be used as official qualifying times for higher level meets (e.g. District or State representative meets). The following is a brief outline of how these competitive meets are run. They can be a little daunting at first for new swimmers but knowing the basic process and main rules will help you know what to expect and how to go about taking this next step in your swimming development.

### **Swimming Victoria Resources and Website**

A very good source of information on everything swimming is the SV web site found at [www.vic.swimming.org.au](http://www.vic.swimming.org.au). On that site you will find SV event calendar and other information about upcoming swim meets, along with results from past meets. Other resources such as the SV meet entry forms may be downloaded from here.

### **District 15**

Our club is part of SV District 15 (Central Victoria) and we make an effort to support the meets held by the other clubs in our district. The district runs championships (usually in March) and swimmers have the opportunity to represent District 15 at the Victorian Inter-district Championships which leads on to State team selection. See [www.cvs.org.au](http://www.cvs.org.au) for more information.

### **Swim Meets – Step by Step**

The following outline is provided as a guide for new swimmers and parents starting competitive swimming.

#### **Planning Ahead**

The annual swim meets calendar may be found at the SV web site. GTSC also publishes a list of upcoming meets targeted by our club (meets in our region or other specific meets that we wish to target as a club). This will be displayed on our club notice board and on the club website. Keep an eye out for what's coming up and make sure you give yourself plenty of time to get your entries in as the closing dates tend to sneak up quicker than you expect.

## **Saturday Night Club Meets**

The club swimming season runs from May to March (no meet in April). Club meets are held at the Gisborne Aquatic Centre on the second Saturday of each month.

### **Starting Times**

The meet begins at the normal pool closing time (5pm or 6pm during summer day-light saving time).

### **Register**

Be sure to register and pay the small admission fee on arrival at the desk inside the pool building. Other information such as club newsletters, membership forms etc. will be available as well for you to pick up.

### **Meet Program**

There is no need to nominate for specific events to swim on the night. A standard event program has been developed to rotate events over the year and ensure swimmers get an opportunity to swim different strokes/distances. Be ready for marshalling if you wish to swim a particular event.

### **Warm-up**

On arriving at the pool, you may enter the pool for a warm-up. The coach or an alternate will be available to muster the swimmers and run some warm-up drills at the start of the night. Senior club swimmers also assist the coach during the warm-up.

### **Marshalling**

Be sure you report to the marshal with plenty of time to be placed into your races. The marshalling is done prior to the start of the night to group swimmers of similar ability. If you are not listed with the marshal, you will be placed into races on an ad-hoc basis.

### **Swim**

When directed, stand behind the timekeeper in your allocated lane. You will need to provide your name to the timekeeper prior to swimming. Follow the starters instructions and step up onto the block on the whistle or when directed. The starter waits for all swimmers to be still before saying "Take Your Marks" and sounding the starting signal, so the gap varies sometimes depending on the swimmers. When you hear the starting signal.. GO!

### **Times**

Times from club meets are recorded and will be available within a few days after the meet. Times from club meets are posted on the club notice board and on the club website. Swimmers are encouraged to check their times to measure their progress. The points for the point score competition will also be tallied and the progressive scores shown after each meet.

### **Cheer Squad**

Don't forget to encourage your team mates when they are swimming. We like lots of cheering especially for younger swimmers. 25m can be a very long way when you are small and encouragement really does help you swim faster.

### **Parental Supervision at Club Nights**

We require all children under 16 years of age to be accompanied by a parent or guardian at club nights. As a parent, if you cannot attend on the night, you must assign a guardian for your child who will have responsibility for your child at all times whilst inside the Gisborne Aquatic Centre. Failure to adhere to this requirement will result in parents being phoned and/or children being withdrawn from competition.



<b>Stroke</b>	<b>Things to watch out for to avoid disqualification</b>
Butterfly	Bring both arms forward together over the water. All up & down movements of the legs must be simultaneous. At turns & the finish the touch must be made with both hands simultaneously.
Breaststroke	All movements of the legs must be simultaneous & on the same horizontal plan. At turns & the finish the touch must be made with both hands simultaneously.
Backstroke	Remain on your back for the whole race, including when you are touching the wall. You must not be completely submerged when touching the wall.
Freestyle	Do whatever stroke you like! It's a free style!
Individual Medley	Correct sequence – Fly, Back, Breast, Free.
IM Relays	Correct sequence – Back, Breast, Fly, Free.
Relays	Don't leave the block before your team mate touches the wall.
Starts	Don't move on the blocks or go before the starting signal.



## In the Water

A few of the more important points to know about swimming correctly are included below.

### Distances

The 25m is reserved for the less experienced swimmers. Once swimmers are competent at 50m, they are not permitted to swim the 25m events. For beginner swimmers, a senior buddy swimmer is always available to swim with the younger members for the first few times if needed.

Most events at club meets will be over 50m. The program also includes some longer distance swims to provide an opportunity for the more experienced swimmers to race over different distances. Before entering 100m or longer swims, swimmers should already be very competent at the 50m events.

### Exiting The Pool

Wait in the water until you are directed to leave by the marshal. When asked to leave the pool, swim under the lane ropes to the side and exit from the side ladder. Do not climb directly out from the end. Once you have left the pool, leave the area immediately in an ordered way and walk back to your club seating area. Take care not to walk across in front of timekeepers or judges as you move around.

### Disqualifications

Due to the mostly social nature of our club meets, we tend to be relaxed about disqualifying swimmers however the coach or starter will point out technical errors in start/finish or strokes where appropriate to ensure swimmers are aware of the correct techniques. We apply stricter disqualification rules for the club championships.

At SV meets, the swimming rules are rigidly enforced by experienced referees and it is quite normal for new swimmers to be disqualified a number of times early on in their swimming career, particularly for the form strokes of breaststroke and butterfly. So don't be discouraged if this occurs. Enquire at the recording area as to the reason why the disqualification occurred – the reason will have been recorded on your timecard by the referee. Discuss this with your coach who can provide the best advice on techniques and practice during your training sessions.

Below are some common faults which can result in disqualification **but this isn't a full list**:

## Club Competitions

This section contains a brief overview of club competitions that are held through the year.

### Club Championships

The club championship night is held at the March club meet. At this night, swimmers will be able to swim off to decide the champion in each stroke for their age groups. Points are awarded for each swim for the six fastest swimmers in each event. Points are tallied to determine the male and female age group champions. Note that while the club championship swimming night is open to all members and visitors, only club members who have swum at least 3 club nights through the season will be eligible for the awards. A review process is used for members who do not meet this qualification requirement in case there are special circumstances for consideration such as joining the club late in the year.

### Club Point Score

Point score is run through the whole season. Swimmers compete within grades and points are awarded for improvement against personal best times (50m events only – all strokes). As PBs are swum, the benchmark is raised for the next swim. There is an opportunity to move up the grades during the year.

### Points System

The following basis is used to determine the improvement points from each swim.

Range (Improvement on PB)	Pts
< -1s	0
-1s > -0.5s	1
-0.5s > 0	2
0 > 0.5s	3
> 0.5s	4

- 1 pt awarded for competing per each event.
- 1 pt awarded if seed time is 'NT' (+ 1 pt for competing).

Seed time is based on the best time as recorded at a GTSC club meet from the beginning of the prior swimming season. As times are improved, the new time will become the benchmark to beat. For new club swimmers, their first swim at club will determine their base time for the following meet. Only times from GTSC club meets are used within the point score competition.

### Grading

Final grades will be determined part-way through the season (usually after the September club meet) using times from the current season to that point. Once the grades are fixed, the swimmer will remain in that grade for the remainder of the season even if improved times subsequently qualify them for a higher grade. Grades will be based on the following time categories.

Stroke	'D' Grade 25m	'D' Grade	'C' Grade	'B' Grade	'A' Grade
Free 50m	> 23	> 56	56 > 43	43 > 35	< 35
Back 50m	> 33	> 66	66 > 50	50 > 42	< 42
Breast 50m	> 35	> 70	70 > 55	55 > 45	< 45
Fly 50m	> 35	> 66	66 > 50	50 > 38	< 38

'D' swimmers may elect to swim either 25m or 50m in a stroke – not both. Once swimmers have progressed to regularly swim 50m, they cannot revert to 25m races.

### Season Awards

Scores achieved at each meet and cumulative scores for each grade/stroke will be available throughout the season so swimmers can track progress

Medals will be presented for winners in each grade/stroke (16 medals in total). The overall point score winner ('Aggregate' champion) wins the major perpetual trophy.

### Qualification Requirements

All swimmers (club members + guest swimmers) may earn points but only club members qualify for the end of season awards. Points earned as a guest swimmer are still recorded and will count if swimmer subsequently joins the club during the season.

## Club Events

### Special Club Nights

Club fun nights are held throughout the year for the enjoyment of all members and their families. These are usually held at the pool and involve aquatic fun activities (e.g. inflatables, novelty relays etc) although from time to time the club may host special events away from the pool.

A Christmas party is run at the December club night and Santa can usually find time out of his busy schedule to visit the kids on the night.

### Presentation Night

At the end of the season the club hosts a presentations night for the whole family. Trophies and medals will be awarded for the club champions, point score event winners and other encouragement awards will also be presented.

### Fundraiser BBQs

As a fundraising activity, GTSC will host BBQs at the pool from time to time (usually at our club nights). We need plenty at our club nights, so please be prepared to lend a hand where possible.

### Club Weekend Trips

A club weekend away is arranged to coincide with a targeted meet once per year. These weekends away will be advertised well in advance. This is a great opportunity for some 'team-building' activities.

