

Gisborne Thunder



Swimming Club



GISBORNE THUNDER SWIMMING CLUB

HANDBOOK

SWIMMING UP A STORM

Revision: December 2024

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VIC 3437

www.gisbornethunder.org

Thanks to our major sponsor Gisborne Aquatic Centre
and Macedon Ranges Shire Council



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Welcome from the President

Welcome to Gisborne Thunder Swimming Club. GTSC was established in 2005. In 2025 the club will celebrate its 20th year!

We are an affiliated club with Swimming Victoria and Central Victoria Swimming (District 15) and is run by members on a non-profit basis for the benefit of club members and the wider community.

Volunteers are the heart of our club without them we wouldn't be able to offer such a high level of programming. Our passionate volunteer workforce is made up of parents, relatives, families and friends of our swimmers. Volunteers are essential to our club and play a major role in all of the club's operations.

If you are new to the club welcome! I hope you feel like a part of the GTSC family as quickly as my family I did. My family and I have only recently joined the club in 2023. We are now proud ambassadors of this wonderful club.

To our existing members, thank you for creating such an incredible club legacy and culture. It's our members who make GTSC feel like family.

The committee hopes that this comprehensive club handbook will be your 'go to' guide for everything Gisborne Thunder. In this club handbook you will find everything you need to know to navigate your swimming adventure.

If there is anything that this handbook doesn't cover and you have a question, please do not hesitate to seek out anyone of our knowledgeable committee members who will more than happy to help.

De'arne Houston (Dee)
President
Gisborne Thunder Swimming Club

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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 competitive pathways for keen and talented swimmers to progress through to District, State and National level competitions.

History

The current Gisborne Thunder Swimming Club (GTSC) 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 Club Night Swim Meets

GTSC meets on the 2nd Saturday of each month at the Gisborne Aquatic Centre, (please note: club nights do not always fall on the 2nd Saturday of the month due to public and school holidays. Please refer to page 10 for Club Night Dates). Club meets start at 5pm, 6pm during day-light savings time and run for approximately 90 minutes. Please arrive 15 minutes prior to the club night's start time to register for events. Our club nights provide the opportunity for our swimmers to improve their Personal Best (PB) times in organised events and earn points based on improvement. 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, medals are awarded for individual medleys and points are earned over the meet to determine the overall age champions. Trophies for club champions are presented at the club's presentation 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 (CVS). Competitive members may compete in numerous 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 onto District team selection for inter-district competitions (8-11yrs), and ultimately State and National team representation.

GTSC encourages participation in certain targeted meets throughout 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. Please visit cvs.org.au for District 15 target meets, swimcentral.com.au for all other meets and check out our club notice board for all the latest swim meet information.

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 night.

Squad Training/Stroke Correction

All swimmers who wish to improve their performance can attend squad training sessions. There is minimum criteria for each squad group and swimmers will be able to trial before joining. Please be aware that spaces are limited.

Junior Squad

This squad is suitable for those who have an interest in swimming in a competitive environment. This squad currently operates each Wednesday night 7pm to 8:15pm and runs during school terms.

To be able to attend, swimmers must achieve the following:

- 150m freestyle with correct technique
- 150m backstroke with correct technique
- 100m breaststroke with correct technique
- 10m basic butterfly

This criteria forms part of the Lifesaving Victoria Swim and Survive program and is pre-squad (Level 9).

Development Squad

This squad is suitable for those who are interested in competing and becoming more advanced in technique, speed and endurance. The focus is on improving skills and stroke development as well as gaining a better understanding of pace and reaction times. Self motivation and dedication are essential for this program. This squad currently operates each Tuesday and Thursday night from 7pm to 8:15pm and runs during school terms.

Development Squad minimum criteria:

- Near perfect technique
- Must be able to do most turns, starts and finishes
- Drills for all strokes
- Be able to read the clock
- Be able to read all programs
- 100m freestyle should be at 1:45 or less
- 200m freestyle should be at 3:15 or less
- 100m backstroke, breaststroke and butterfly should be at 2:20 or less
- Kick speed should be between 30's - 40's on :30
- Ideally competing with the club

The above criteria are in line with the Pre-advanced Squad operated by Gisborne Aquatic Centre (GAC). Please see page 18 for information in regard to GAC's Pre-advanced and Advanced Squads operated and run by GAC.

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 presentation 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.

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, technically correct, to avoid disqualification. However, to join our squad groups please see page 5 for criteria. 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's Swimming National Integrity Framework which can be found on the Swimming Australia website [here](#). Further details are provided at the end of this handbook. All swimmers and families must 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 Gisborne Thunder's Risk Management Officer: safety@gisbornethunder.org.

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 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 members and families are invited to attend to elect a new committee. The current members of the committee are published on the GTSC website gisbornethunder.org.

Contact information for key club roles are listed below.

Position	Contact Email
President	president@gisbornethunder.org
Secretary	secretary@gisbornethunder.org
Treasurer	treasurer@gisbornethunder.org
Membership	memberships@gisbornethunder.org
Risk Management Officer	safety@gisbornethunder.org
General Enquiries	info@gisbornethunder.org

Membership

Swimming Victoria Membership (SV Membership)

Any swimmer competing at Swimming Victoria (SV) approved swim meets must have a current Swimming Victoria membership. The SV membership includes full insurance covering the swimmer at approved swimming competitions within Australia, including club events. Memberships are renewed at the start of the Swimming Victoria financial year (July). Memberships can be purchased and renewed at the start of the SV financial year (July) online via the Swimming Victoria website www.vic.swimming.org.au (Swim Central 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).
Dry Member	Any member who does not fall into the swimmer, recreational swimmer, qualified official or life member categories e.g. committee members, coaches, parents etc

Any swimmer who intends to represent GTSC at SV approved meets will take up the 'Competitive Swimmer' level. As per SV guidelines, a parent or guardian must sign up as Dry Member.

Club Only Membership

A current Club Only Membership is required to take part in any club activities, to compete at club events, to collect points from club nights, to qualify for end of season awards and trophies or to represent GTSC at approved swim meets.

Please note the SV membership includes the Club Only Membership and is incorporated into the single fee paid through the SV membership process via Swim Central vic.swimming.org.au.

Contact our club memberships officer for further details: memberships@gisbornethunder.org

Masters Swimming

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

Saturday Club Night Meets

The club swimming season runs from May to March. Club meets are held at the Gisborne Aquatic Centre (GAC) on the second Saturday of each month, (please note: club nights do not always fall on the 2nd Saturday of the month due to public and school holidays. Please refer to page 10 for Club Night dates and start times).

Starting Times

The meet begins at 5pm, (6pm during day-light savings time). Please arrive 15 minutes prior to the club night's start time to register for events.

Registration Swimmers & Timekeepers

Swimmers register and pay the small admission fee on arrival at the desk inside the pool building. Once you have registered you will need to go and enter the events you wish to swim in. Each Club Night 25m and 50m of all strokes - freestyle, backstroke, breaststroke and butterfly - are swum. Other events may occur and will be announced on the night.

Timekeepers Each lane requires 2 timekeepers. Volunteers can register to time keep during registration at the door. Time keepers will be provided with a stopwatch, recording sheets and assigned a lane.

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

Marshalling occurs with all swimmers in the medium pool. Based on registrations, heats are set from a swimmer's known time for each stroke. Heats will be called out with up to 5 swimmers in each heat. Lanes are allocated at this time.

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 shortly after the meet. Times from club meets are posted on Team App 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 will be displayed on the club noticeboard shortly after each meet. Points also count toward presentation night.

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 may result children being withdrawn from competition.



Club Nights 2025



Month	Date	Time	Event
FEB	8	5.45 PM - 8 PM	School Swimming Sports focus
MAR	15	5:45PM - 8PM	CLUB CHAMPS
MAY	10	4.45PM-7PM	
JUN	14	4.45PM-7PM	
JUL	19	4.45PM-7PM	
AUG	09	4.45PM-7PM	
SEP	13	4.45PM-7PM	AGM
OCT	11	5.45PM-8PM	"Spooky Swim"
NOV	08	5.45PM-8PM	
DEC	13	5.45PM - 8 PM	"Christmas Party"

Club Events

This section contains a brief overview of club competitions and events that are held throughout the year.

Club Championships

The club championship night is usually held at the March club meet. 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. Ribbons are awarded to placegetters in each event and medals are awarded for the individual medley. (Swimmers must have competed in an individual medley at a club night to be eligible. Note, that while the club championship swimming night is open to all members and visitors, only club members who have swum at least 2 club nights throughout 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 or representing the club at a state event on the same weekend as a club night.

Club Point Score

Point score is run throughout 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 the 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 point awarded for competing per each event.
- 1 point awarded if seed time is 'NT' (+ 1 point 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 night 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.

Christmas Party The GTSC Christmas party is run at the December club night for the enjoyment of all members and their families. This is usually held at the pool and involve aquatic fun activities (e.g. inflatables, novelty relays etc) and Christmas games. Santa can usually find the 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 presentation night for the whole family. Trophies and medals are awarded for the club champions, stroke champions, point score event winners and other encouragement awards are also presented.

Fundraiser BBQ's

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

In the Water

A few of the more important points to know about swimming correctly are included below. Club nights are a great way to gain race experience in a fun and relaxed atmosphere. At club nights we try to ensure that proper racing protocol is followed.

Distances

The 25m is reserved for the less experienced swimmers, (if a swimmer is enrolled in any of the GTSC squads, the distance they swim at is 50m or greater. 25m events must be reserved for those who are definite beginners). For beginner swimmers, a senior buddy swimmer is always available to swim with the younger members for the first few times if needed. Once swimmers are competent at 50m, they are not permitted to swim the 25m events.

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 starting official. 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 (DQ)

Due to the mostly social nature of our club meets, we tend to be relaxed about disqualifying non-competitive 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 competitive swimmers and 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:

Start and Finish	<ul style="list-style-type: none"> • On long whistle, stand on starting block • Remain stationary after "take your marks" • Backstroke and Medley start in water – on long whistle, get in water • DQ – If off blocks before start has been given • DQ – If submerged more than 15m • Wait until official tells you to get out of the water (whistle)
Freestyle	<ul style="list-style-type: none"> • Some part of swimmer must touch the wall (finish) • Take first breath after first three strokes
Backstroke	<ul style="list-style-type: none"> • Both hands on block grips • No feet/toes on gutter or over touchpad • Touch on wall with some part of body • Must touch the wall whilst on back
Breaststroke	<ul style="list-style-type: none"> • Head must break water before hands turn inwards at widest part of 2nd stroke • 1 arm stroke, 1 leg kick in that order, simultaneous arms without alternating movement • No hands beyond hip line • Head breaks water surface each cycle • Feet turned outwards • Touch both hands
Butterfly	<ul style="list-style-type: none"> • Breaststroke kick not allowed • Touch both hands • Hands must clear the water
Individual Medley	<ul style="list-style-type: none"> • Butterfly • Backstroke • Breaststroke • Freestyle
Medley Relay	<ul style="list-style-type: none"> • Backstroke • Breaststroke • Butterfly • Freestyle
Turns for Individual Medley	<ul style="list-style-type: none"> • Fly to Back – 2 hand touch, tuck and push off on back • Back to Breast – 1 hand touch, tuck and push off on side, rolling to front • Breast to Free – 2 hand touch, tuck and push (elbow your brother salute your mother)

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. On this site you will find the SV event calendar and other information about upcoming swim meets, along with results from past meets.

It is here where you will join to become a SV member for the first time and to renew your SV membership each year. This is done via the Swimming Victoria website (Swim Central Portal).

District 15

Our club is part of SV District 15 (Central Victoria Swimming) 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. See 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 out in competitive swimming.

Planning Ahead

The annual swim meets calendar may be found at the Swimming Victoria web site www.vic.swimming.org.au. 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 communicated via Stack Team App. 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.** Visit the CVS website for the latest up to date D15 information cvs.org.au

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). 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.** All entries are completed online and paid directly via the Swim Central portal on the SV website, www.vic.swimming.org.au. 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. As well as competing as individual swimmers, we 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 published in the Stack Team App Events Calendar and displayed on the club's notice board at GAC, 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 in the lead up to an event
- Eat well
- Have fun!

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.

Uniforms

We strongly encourage all swimmers to wear the GTSC club polo (as a minimum), to each swim meet. Families are also encouraged to wear team colours to show their support.

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, via SV's Swim Central, event email or host club's website, 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 have this information with you to the marshals for each of your swims. Tip: pack a permanent marker in your swim bag. A lot of swimmers will write their event details on their arm so they are readily visible.

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. Your coach can provide you with a warm up for race days. Check the meet flyer, available on SV Swim Central, 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.

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. A lot of meets now use Meet Mobile which is an app you pay a yearly fee for and results are uploaded here as events are swum across the day. Most swimming families will purchase Meet Mobile. Results of most meets are also published on the SV website within a few days of the meet.

Swimming Victoria 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 two 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 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. Remember, if we do not have timekeepers our swimmers cannot swim!

Performance Database

GTSC maintains a computer database, using Team Manager, of all swimmers times for both SV meets and club meets. Various reports are available on the club website under club resources - club night meet results. These are very useful to help with direct entries for a SV meet where you need to nominate entry times. All club records are managed via this database.

Other Relevant Information

Pre-advanced and Advanced Squads

Operated by Gisborne Aquatic Centre (GAC) on Monday, Wednesday and Friday mornings from 4:50am to 6:45am. Please contact GAC to enrol. These squads are for those swimmers wishing to take their swimming to the next level. Ideally training should be a minimum of 3 sessions per week plus some gym training. Swimmers must also be looking to qualify in an individual event - Country, State or National Championships. Technique is analysed in more depth with focus on goal setting and achieving a greater understanding of skills and stroke development. Individualised programs are at the discretion of the coaches. Commitment and dedication are essential components of this squad.

Pre-advanced Squad Criteria

- Near perfect technique
- Must know all turns, starts and finishes
- Drills for all strokes
- Be able to read a clock
- Be able to read all programs
- 100m freestyle should be less than 1:45
- 200m freestyle should be less than 3:15
- 100m backstroke, breaststroke and butterfly should be less than 2:00
- Must be able to maintain repeat sets, no one offs
- Kick speed should be between 25s on :30

Advanced Squad Criteria

- Near perfect technique
- Must know all turns, starts and finishes
- Drills for all strokes
- Be able to read a clock
- Be able to read all programs
- 100m freestyle should be less than 1:30
- 200m freestyle should be less than 3:00
- 100m backstroke, breaststroke and butterfly should be less than 2:00
- Must be able to maintain repeat sets, no one offs
- Kick speed should be between 25s on :30

Club Communications

Club communication is conducted via Stack Team App or email. Be sure that the email address entered with the SV/Club membership is the correct. Stack Team App can be downloaded from your App store or can be used on PC www.teamapp.com. Install the app and search for "Gisborne Thunder Swimming Club". You need to request to join and this will then be approved by one of the administrators. You'll then be placed into the relevant access chat groups.

Website

Our club has an online resource at 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 contains all of our club policies, competition results and swimmer performance reports.

Club Noticeboard

GTSC has their own noticeboard at Gisborne Aquatic Centre. Keep an eye on this when you next visit GAC for information on upcoming meets, qualifying times for major competitions, the point score and grading systems, news articles, target meets, club night dates plus much more.

Uniforms

Uniforms can be purchased during our monthly club night events. Uniforms can also be ordered via the Stack Team App GTSC Uniforms chat. Please refer to the GTSC Uniform pricelist on our website.

Equipment

GAC only has small, limited supply of equipment such as fins (flippers), pull buoys and kick boards which can be borrowed from Gisborne Aquatic Centre during squad sessions. If a swimmer would like to invest in their own equipment, kit bags should include the following: goggles, swim cap, fins, pull buoy, hand paddles, and a kickboard. Companies that sell equipment include, Funky/Funkita, Arena, Speedo, Engine as well as swimwear retailers such as Ashlee Grace.

Please see a list of discounts currently available*;

- *Arena* (25%-40% off with email sign up discount)
- *Funky/Funkita* (20% off with SV Membership - see SV Membership welcome email for individual discount code)
- *Speedo* (10% off with email sign up discount)
- *Ashlee Grace* (20% off discount code Gisborne-Thunder + \$20 off first order)
- *Engine* (10% off with email sign up discount)

*Discount codes true and correct as of 11/10/2024

Insurances

The SV Membership covers all insurances for members at club functions and activities, or at any SV sanctioned meets. The Club Only membership covers club swimmers during squads and club functions.

Club Only Membership swimmers cannot participate in any SV organised meet unless specifically specified, such as Encouragement Meets or events such as the All Junior competition.

Parent and 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 so 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
- 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.

Swimming Australia (SA)

Swimming National Integrity Framework

Gisborne Thunder Swimming Club is governed by Swimming Australia's Swimming National Integrity Framework and its related policies. More detailed information regarding the Swimming National Integrity Framework can be viewed on Swimming Australia's website; www.swimming.org.au. 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's Risk Management Officer safety@gisbornethunder.org.

Swimming Australia Swimming National Framework Principles

Swimming Australia's National Integrity Framework applies to all Activities organised or authorised by Swimming Australia or a Member Organisation.

Integrity in sport means that athletes, supporters and fans can participate and celebrate sport, confident in the knowledge that they are part of a safe, ethical and inclusive environment.

Any threats to the integrity of sport (such as competition-manipulation, doping, and behaviours that impact people's positive experience of sport, such as discrimination or abuse) are taken seriously by Swimming Australia.

Commitment statement

Swimming Australia and its Member Organisations remain fully committed to the protection of children, young people and all members in our sport and encourage swimming clubs throughout Australia to familiarise themselves with the policies and to raise the issue of child safety to everyone involved in their club.

We are committed to providing children and young people with positive and nurturing experiences and will strive to ensure that children and young people are protected from harm.

We aim to ensure that swimming is a safe, fair and inclusive environment for all participants.

Gisborne Thunder Swimming Club Policies, Code of Behaviour & Code of Conduct Club Policies

All members and club affiliates are required to familiarise themselves with the Gisborne Thunder Club Policies which are available to read and download on our website gisbornethunder.org/club-resources.

Parent/Guardian Code of Behaviour - Resource Code GTSC-COB

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, 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.
- Support all efforts to remove Bullying, Harassment, gossip, isolation, or any type of abusive behaviour.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for coaches, officials, and administrators. Without them, your child could not participate.
- Please contact coaching staff directly, and immediately should you have any concerns, questions, or queries so that they can be dealt with
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background, or religion

Competitor Code of Behaviour - Resource Code GTSC-COB

- Play by the rules.
- Never argue with an official. Always use the appropriate rules and guidelines to resolve a dispute.
- Control your temper. Verbal abuse of officials and sledging other players, deliberately distracting, or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team.
- Be a good sport. Applaud all good performances whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another person.
- Bullying, Harassment, gossip, isolation, or any type of abusive behaviour is not acceptable and will not be tolerated.
- Cooperate with your coach, teammates, and opponents.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.
- It is NOT OK for anyone to hurt your feelings or your body.
- It is OK for you to say NO if someone asks you to do something that makes you feel unsafe or uncomfortable.

Gisborne Thunder Swimming Club Code of Conduct

Purpose

Gisborne Thunder Swimming Club (GTSC) is committed to fostering a safe, inclusive, and respectful environment for all members, including swimmers, coaches, parents, and volunteers. This Code of Conduct outlines expected behaviours and responsibilities to ensure the club operates with integrity and professionalism. It is expected that all members always adhere to these guidelines.

GTSC confirms that it has adopted the Swimming Australia National Integrity Framework and Codes of Conduct (or their equivalent replacements).

The Swimming Australia National Integrity Framework may be found at:

<https://www.swimming.org.au/integrity-policies-rules/national-integrity-framework>

The Swimming Australia Codes of Conduct may be found at:

<https://www.swimming.org.au/integrity-policies-rules/codes-conduct>.

It is a condition of membership of GTSC that all members abide by the Swimming Australia National Integrity Framework, including the Codes of Conduct and the General Code of Conduct adopted by GTSC.

If anything in the GTSC Code of Conduct is inconsistent with the Swimming Australia National Integrity Framework or the Swimming Australia Codes of Conduct, the Swimming Australia requirements prevail.

Swimmer's Responsibilities

Respect and Sportsmanship: Swimmers are expected to show respect to coaches, teammates, opponents, officials, and all other participants. Bullying, harassment, or any form of disrespect will not be tolerated.

Commitment to Training: Swimmers are expected to attend all scheduled training sessions unless excused due to illness, injury, or other valid reasons. Consistent attendance is crucial for progress.

Discrimination, Harassment, or Bullying:

- **Discrimination or Harassment:** Discrimination or harassment based on race, gender, sexual orientation, disability, or any other characteristic is strictly prohibited. All swimmers must treat each other with equality and dignity.
- **Bullying:** Bullying, including repeated negative behaviours towards another athlete or member, will not be tolerated. This includes physical, verbal, social, or online bullying. All members have a right to feel safe and respected within the club.
- **Sexual Conduct:** Any form of inappropriate sexual behaviour, including unwelcome advances, comments, or gestures either in person or via online formats, is strictly prohibited. All members, including swimmers and coaches, should maintain professional boundaries and report any concerns immediately.
- **Violence:** The club has a zero-tolerance policy for violence or physical assault. Any such behaviour will result in immediate removal from the activity, and further disciplinary action will be taken.

Gisborne Thunder Swimming Club Code of Conduct - Swimmer's Responsibilities Cont.

Training Requirements:

- Attendance and Punctuality: Squad swimmers are expected to arrive on time to training sessions and be prepared with the necessary equipment.
- Respect for Facilities and Equipment: Swimmers must respect all training facilities and equipment. Damage caused by negligence or misconduct will result in disciplinary action and compensation for damages.

Parent/Guardian Responsibilities

Officiating and Volunteering:

- Families are expected to contribute to timekeeping and other duties on competition nights
- All attending members at Swimming Victoria events are expected to contribute to timekeeping duties as assigned by the Meet organisers

Parental Support: Parents are expected to model positive behaviour and support their children in adhering to the Code of Conduct. Parents must engage positively with coaches and club officials to address any behaviour issues.

Coach's Responsibilities

- Abide by the General Codes of Conduct.
- Be responsible for matters concerning the coaching, training and development of members.
- Help each person (athlete, official etc.) reach their potential – respect the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.
- Be honest and do not allow your qualifications to be misrepresented.
- Maintain a 'duty of care' towards others and accountability for matters relating to training and competition.
- Maintain the required standard of accreditation and/or licensing of professional competencies.
- Have a sound working knowledge of Swimming Australia policies, rules and coaching techniques.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development.

Behaviour Management and Consequences

Breaches of the Code of Conduct:

- The club takes breaches of the Code of Conduct seriously. Initial breaches will be addressed by reminding the athlete of their commitment to the club and providing support to correct the behaviour.
- Continued or severe breaches may result in removal from the activity, meetings with coaches and parents, the development of a Behaviour Plan, suspension, or expulsion from the club.
- In cases of violence or other serious misconduct, immediate action will be taken, including potential police involvement.

Reporting and Raising Concerns

Concerns About Behaviour:

- Any athlete or Club Member who experiences or witnesses' behaviour that breaches the Code of Conduct is encouraged to report it to a coach or club official.
- Swimmers can also seek advice and support from the club's Risk Management Officer.
- The club will handle all reports with confidentiality and take appropriate action in line with this Code of Conduct and the Swimming Australia Code of Behaviour.

Social Media and Online Safety Guidelines

Introduction and purpose

These guidelines are effective for Gisborne Thunder Swimming Club Inc (GTSC) to help promote, inform and support the Club and its swimmers to safely use social media and for online safety. Social media and online content includes any form of on-line or web-based publication, forum or presence that allows interactive communication, including, but not limited to, Facebook, Twitter, LinkedIn, Instagram, Snapchat, TikTok, blogs, YouTube, forums, texting/SMS, email, blogs, forums and other social networking tools or content/photo sharing sites used by people to whom these guidelines apply.

Who is bound by these guidelines

People bound by these guidelines include swimmers, coaches, employees, volunteers, their relatives and all others interacting within the GTSC community.

General Guidelines

- Be aware of Swimming Australia's standards, rules and policies. See the Swimming Australia - National Integrity Framework.
- Be aware of GTSC's constitution, bylaws, policies and codes of conduct. See our Rules and Policies published on our website
- Do not take to social media platforms to post remarks that can be deemed as hurtful or derogatory to another member of the Club, its coaches, staff, committee, fellow swimmers, officials and members of the wider swimming community
- Cyber bullying via social media outlets will not be tolerated under any circumstances and any breach will be treated accordingly.
- Respect the rights and opinions of others.

Social Media Use

- Postings (written, photos, videos or audio) should be family-friendly and feature positive Club news and events. Always be aware that content posted may potentially be shared with strangers.
- No personal information about members should be disclosed.
- No statements should be made that are misleading, hurtful, false or likely to injure a person's reputation.
- No statements should be made that might bring the Club or any member into disrepute.
- Abusive, discriminatory, intimidating or offensive statements are not tolerated.
- Before posting photos or videos of another child or teammate, please be sure that you gain permission from the other child's/team mates' parent/guardian prior to uploading or posting.
- Do not post photos of children from other clubs without their parent's/guardian's written consent.
- Always be aware that social media is a legal method of communication which is bound by laws and rules like any other written communication.

Cyberbullying

Cyber bullying is a form of bullying, which takes place online through email, chat rooms, web pages and other online forums. Cyber bullying can occur 24/7 and children can be targeted while at home which makes it invasive and hard to escape. Cyber bullying can involve distressing and harmful material for children as users aren't always aware of the consequences, which makes them behave in more extreme ways. Under certain circumstances, cyber bullying is a criminal offence that can be reported to the police.

There are several things that you can do if you or a child is subject to cyber bullying.

- Discuss the incident and assure your child you are able to help them.
- Encourage your child to disengage from the online forum where the bullying is occurring.
- Report the incident to the Club committee immediately at president@gisbornethunder.org.
- Alternatively, you can report the incident to the Club's Risk Management Officer at safety@gisbornethunder.org.
- Educate your child about cyber safety.
- Work with your child to implement strategies to reduce the risk of online harassment or bullying.
- Remember that all members of Swimming Australia are bound by Swimming Australia's National Integrity Framework and that the law is on your side.

ThinkUKnow is an internet safety program endorsed by the Australian Federal Police. You may wish to visit ThinkUKnow for more information.

Breach of guidelines

All those bound by these guidelines must take responsibility for their own actions online and accept the consequences of breaching these guidelines.

The consequences of breaching these guidelines or other relevant Club policies may include:

- Counselling the individual or group about the expectations of the Club and where they have breached these guidelines.
- Meeting with the swimmer and/or their parents in order to discuss the breach of these guidelines and to prevent recurrences of the behaviour.
- A verbal or written warning.
- Direction that the individual make a verbal or written apology.
- Demotion or transfer to another squad.
- Suspension from the Club.
- Expulsion from the Club.

If at any time you feel that there has been a breach of these guidelines or feel as though content uploaded to any social media or any online use is inappropriate or could cause damage to GTSC or any of its members, please contact:

- the president at president@gisbornethunder.org or confidentially the Risk Management Officer at safety@gisbornethunder.org

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



Club Supporters

Thanks to the following local businesses that provide support or sponsorship to the club.
We greatly appreciate these relationships.



Gisborne