



SALE SWIMMING CLUB INC.

Reg no A4484M

INFORMATION BOOKLET 2009/2010



MISSION STATEMENT

Sale Swimming Club Inc. promotes the sport of swimming and provides a safe competitive environment for swimmers of all ages to achieve their full potential as swimmers and members of the community.

The information in this booklet was correct at the time of printing. As a Club, we endeavour to keep you, as the swimmer/parent, up to date with rules etc. If there are any changes made to the information contained herewith, after printing, the monthly Club Newsletter will advise.

SALE SWIMMING CLUB INC. OFFICIALS

| POSITION | OFFICE BEARER | PHONE | EMAIL |
|---------------------------------------|---|------------------------|--|
| PRESIDENT | ALISON McNAIR | 51451020 0411170867 | steeninoz@bigpond.com |
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| LIFE MEMBERS | Carol Barker, Andy Barnes, Max Blakiston, Lloyd Buckton, Sarah Crowe, Ashley Delaney, Leah Dent, Marg Dent, Nic Dent, Stan Doak, Cheryl Duffell, Graeme Duffell, Emma Jackson, Daine Johnston, Chelsea Kent, Brad Leggett, Alysia Lowe, Darren Lowe, Trevor Lowe, Prue May, Rob Moore, Tom Osborne (deceased), Adam Phillips, Des Phillips, Jean Phillips, Elizabeth Rumpff, Peter Silby, Val Silby, Bill Stephens (deceased), Jannah Taborsky, Laura Whelan, Simon Whitford. | | |

WELCOME TO SEASON 2009/2010!

TRAINING

Training sessions are offered within 3 major swimming groups:

| | | |
|----------|---|-------------------------|
| Minnows | - | 9 (+/-1) years & under. |
| Dolphins | - | 11 (+/-2) years. |
| Sharks | - | 12+ years. |

Swimmers may also be invited to become a member of the Target Squad.

Training commences for the 2009/2010 Season on Monday 1st June 2009, and will break once swimmers have completed their school swimming competition commitments.

Refer to the 2009/2010 Training Schedule for the training times and the coaches available for each group. This Schedule can be found on the website. If you are unable to attend the specified training sessions, please discuss alternative options with your coach.

You are encouraged to attend as many training sessions as possible. Training runs through all school holidays, but sessions offered will depend on attendance.

Training sessions are subject to change due to public holidays, school holidays and pool closures.

COMPETITION

Sale Swimming Club Inc. encourages its members to compete at the 12 Gippsland District 21 (GSI) sponsored meets. District 21 incorporates Warragul Water Warriors, Moe Swimming Club, Morwell Swimming Club, Traralgon Swimming Club, South Gippsland Bass, Sale Swimming Club and East Gippsland Water Dragons. We understand that not everyone can compete at every meet. Therefore, our coaches target selected meets, and we ask that you attempt to enter as many of these targeted meets as possible. The targeted meets for this Season are:

- Sunday 8th November 2009 at Leongatha.
- Saturday 12th December 2009 at Sale.
- Saturday 30th January 2010 at Sale.
- Saturday 20th February 2010 at Traralgon.

GSI Meets start in late October and run through until March, culminating with the Gippsland Championships held over the long weekend in March.

Winter Swim Meets (outside the GSI Season Meets) are also run by various Gippsland Swimming Clubs, starting in late July and running through until October.

Swimmers are also encouraged to compete in meets of interest outside District 21, including All Juniors, December Comps, Country Short Course and Long Course Championships, and State Championships.

Sale will host 3 meets during this Season, these being:

- | | |
|--|--|
| Sunday 2 nd August 2009: | Oil City Christopher Hirth Memorial Swim Meet (Winter Meet). |
| Saturday 12 th December 2009: | GSI Meet. |
| Saturday 30 th January 2010: | GSI Meet. |

GSI (GIPPSLAND DISTRICT 21) MEETS

The Gippsland Swimming Inc. Fixture for 2009/2010 will be available to all swimmers by the end of August. This can be found on the Gippsland Swimming Inc. website, and is accompanied by the entire group of Programs for the GSI Swim Meets. However, it should be noted that Sale Swimming Club member entries must be with the Chief Team Manager by the Wednesday prior to the advertised closing date (usually 10 days prior to the Meet date). The Fixture and Programs will also be available in the Club Rooms and on the Sale Swimming Club Inc. website, with the correct closing dates for Sale Swimming Club member entries.

Swim Meet Entries will only be accepted if accompanied by payment. Please use the envelopes available in the Club Rooms to complete the entry details, and seal the accompanying payments inside. GSI Swim Meets are \$7 per Meet, regardless of the number of events entered. Entry costs for Meets outside GSI Swim Meets may be per event amounts, and these entry costs are listed on each Swim Meet's Program.

Points are awarded to swimmers for their club which go towards the presentation of shields at the end of the District Season.

- **Open Meets:** The first eight swimmers overall in each event receive points – 9, 7, 6, 5, 4, 3, 2, 1.
- **Inter Club Meets:** The first swimmer from each club in each event receives points. These points are determined by the number of clubs in the competition. For example; 10 clubs – 1st has 10 points, 2nd has 9 points, 3rd has 8 points and so on. In this same example; a Sale Swimming Club swimmer may be placed 7th and yet be awarded 9 points, because the first six swimmers are from the same club and only the 1st swimmer from that club can obtain points for their club.

Results: Will be displayed in a prominent position at the Meet venue.

Disqualifications: If a swimmer is disqualified in a race, an announcement will be made advising the event number, the heat number and the lane number of the disqualified swimmer, and printed on the results sheets. If the swimmer is going to swim that stroke again that day, they may find out what they were disqualified for through the Coach or the Team Manager. Under no circumstances approach the Recorder.

TYPES OF MEET

OPEN MEETS: 1st, 2nd and 3rd places receive ribbons at these Meets. 12 years and under receive ribbons for places from 1st to 6th.

TIME TRIAL MEETS: Seeded on times not age; awards based on age; choice of which stroke.

10 & UNDER NOVICE MEETS: Open to swimmers 10 years and under; swum on a time trial basis.

GSI SPRINT MEETS: Swum as a time trial; seeded on times not age.

GIPPSLAND CHAMPIONSHIPS: Swimmers must have competed in at least THREE GSI (Gippsland District 21) Meets to qualify for these Championships.

RELAY EVENTS: Where relay events are incorporated within a swim meet, the Chief Team Manager, in conjunction with the coaches, selects the teams.

ALL JUNIOR ELIMINATIONS: This Meet consists of 50 metre events. Swimmers 14 years and under who gain 1st, 2nd, 3rd, 4th or 5th place are eligible to swim in the All Junior Country Semi-finals and Finals in Melbourne. Swimmers who have won individual medals at Country or State Championships are ineligible to enter that stroke at All Junior Competition.

GSI (GIPPSLAND DISTRICT 21) CLUB OFFICIALS TO CLUB COMPETITORS RATIO

At GSI (Gippsland District 21) Meets, Sale Swimming Club Inc., along with all other District 21 Clubs, is required to provide the following number of Club Officials (that's you the parent!) to the number of Club Competitors. If we do not meet this ratio, our Club will be fined.

| CLUB OFFICIALS | CLUB COMPETITORS |
|----------------|------------------|
| 0 | 1 to 5 |
| 1 | 6 |
| 2 | 7 to 9 |
| 3 | 10 to 14 |
| 4 | 15 to 19 |
| 5 | 20 to 24 |
| 6 | 25 to 29 |
| 7 | 30 to 39 |
| 8 | 40 to 49 |
| 9 | 50 to 59 |
| 10 | Over 60 |

Marshals: Call swimmers for their event; instruct on the event to be swum; instruct on lane allocation. Swimmers must report to the marshalling area at least **three** events prior to their event.

Timekeepers: Keep an accurate time of events by starting the stopwatch on the light flash or starting gun, and then stopping the stopwatch when the swimmer TOUCHES the pool wall at the completion of the race. Timekeepers are also required to stop the electronic timing device by depressing the button when the swimmer TOUCHES the pool wall at the completion of the race.

Recorders: Run the Meet from the computers; manage the Meet entries; compile the results of the Meet.

Starter: Instructs swimmers regarding the distance to be swum, the method of recall in the event of a false start, and the rules that apply to breaks and disqualifications.

Referee: Ensures that the rules of swimming are adhered to, and that the Meet runs smoothly and efficiently. **The Referee's decision is final.**

TRAINING/COMPETITION EQUIPMENT AND CLOTHING REQUIREMENTS

- Goggles, swim cap, fins, pull buoy, paddles, training bag, runners, water bottle, (kick boards are available at pool side).
- Sale Swimming Club Inc. swim caps and mesh training bags are available at the Club Rooms.
- Orders for Club shirts and Club long jackets can be placed with our Clothing Officer.
- Club tracksuits are available through Noddy's Menswear.

The colours of Sale Swimming Club Inc. are royal blue and white. All members are encouraged to wear Club colours.

REGISTRATION AND TRAINING FEES SCHEDULE

REGISTRATION FOR SEASON 2009/2010

Registration fees for Season 2009/2010 are:

Competitor: \$100
Non-Competitor: \$50

Register online via the Swimming Victoria Members' Portal and pay by credit card, or register online via the Swimming Victoria Members' Portal and follow up with payment direct to Sale Swimming Club Inc.

Existing and new members are requested to login on the 'Members' Portal'.

For existing members, if you haven't specifically changed your login details, your Username is the first letter of your first name together with your last name, e.g. acastle for Amanda Castle. The Password is: salesc. If you are unsure, click on 'Forgotten Password?' - this will email your details to you.

New members will be issued with a Username and a Password.

| | |
|-----------|--------------------------|
| Username: | <input type="text"/> |
| Password: | <input type="password"/> |

[Login](#)

New Registration

[Click here to complete an online membership application.](#)

Privacy Statement

[Click here to read about your rights to privacy.](#)

Forgotten Password?

[If you have forgotten your password please click here to retrieve it.](#)

Next click on 'Update Details' where you can update your contact, health details etc.

Finally, click on 'Registration Renewal' where you can choose the appropriate registration/membership type, i.e. Competitor or Non-Competitor etc.

N.B. Coaches, Officials and Committee Office Bearers should all reregister, and Sale Swimming Club Inc. will pay the applicable fee.

Registration must be paid before the second swim training session, and no swimmer is permitted to compete unless registered. Registration is to be paid promptly for insurance purposes. Once registered, you are affiliated with Swimming Victoria and Swimming Australia.

Any questions regarding registration can be directed to the Registrar, Amanda Castle, on 51441785, or via email to acastle@netspace.net.au.

TRAINING FEES FOR SEASON 2009/2010

| | Quarterly End Dates | SHARKS | DOLPHINS | MINNOWS | KILLER SHARKS |
|---|---------------------|--------|----------|---------|------------------|
| 1 st Qtr (term 3) | 21/09/2009 | \$160 | \$150 | \$122 | \$10 per session |
| 2 nd Qtr (term 4) | 21/12/2009 | \$160 | \$150 | \$122 | \$10 per session |
| 3 rd Qtr (January) | 31/01/2010 | \$70 | \$70 | \$55 | \$10 per session |
| 4 th Qtr (term 1) | 31/03/2010 | \$160 | \$150 | \$121 | \$10 per session |
| Total | | \$550 | \$520 | \$420 | |
| Annual fee less 5% if paid in full by 30 Sep | | \$520 | \$495 | \$400 | |

*NB: Training fees do **NOT** include pool entry.*

Training fees are **NOT** to be paid to the coaches.

All training fees are payable in advance upon invoice and must be paid promptly. Failure to make training fee payments as arranged could cause swimmer/s to be excluded from training until payment is made.

TRAINING FEE PAYMENTS

The options available for the payment of training fees are as follows:

Cheque: Payable to Sale Swimming Club Inc. & posted to PO Box 1592, SALE. 3850.

EFT Transfer (using your own bank internet access) to:

Reference: 'Member Name'

Bank: Commonwealth Bank, Sale Branch

Account: Sale Swimming Club Inc

BSB: 063 526

Account No: 0080 0268

In Person: To any Commonwealth Bank quoting the above details. Please tell the teller the Reference first.

There is a preference to limit the amount of large cash handling at the pool. If you wish to pay training fees by cash, please take it to the Commonwealth Bank and deposit it into the account listed above.

SWIM MEET ENTRIES

Every Swim Meet Entry must be with the Chief Team Manager by the Sale Swimming Club closing date (which is usually 10 days prior to the Swim Meet date). Swim Meet Entry money must be submitted *with* the Entry, or you will risk not being entered into the Competition. Andy Barnes (the New Parent Officer) will be available at the pool before training sessions to collect these Entries and Entry monies (preferably cash). If you must pay by cheque, it should be made payable to the Club hosting the Event, noting that it will not be presented until after that Event.

GENERAL CLUB INFORMATION

PARENTS

This is your family's Club, and the swimmers need your support in every way if it is operate successfully.

Help us to help your child enjoy their swimming career:

- Attend Swim Meets to encourage your child and other Club members.
- Assist with timekeeping at Swim Meets – our swimmers cannot achieve their personal best times if we have no timekeepers!
- Assist with catering and other odd jobs at Swim Meets being hosted by Sale Swimming Club Inc.
- Talk to your coach if you have any questions or concerns, but do this at a convenient time for the coach – please do not interrupt training sessions.
- The facilities we enjoy as a club are made available to us by Wellington Shire. Consequently, we must, at all times, respect the property and equipment at the Aqua Energy Pool complex.
- Parents will be informed if their child's behaviour is inappropriate. Your child may be asked to leave the Club if inappropriate behaviour continues.
- All swimmers and parents should visit the Club Rooms at least once a week to check for important information.
- Newsletters are emailed monthly. If you do not have email, copies will be available in the Club Rooms.
- Parents are encouraged to attend Committee Meetings, held on the 3rd Tuesday of the month at 7.00pm in the Club Rooms.
- Sale Swimming Club Inc. website: www.saleswimming.org.au – please check regularly.
- Gippsland Swimming Inc. website: www.gippslandswimming.org.au – all results for GSI (Gippsland District 21) Meets are available at this website.
- Swimming Victoria website: www.swimmingvictoria.org.au – for registration, and information regarding out of District Swim Meets.

CLUB NIGHTS

During the season, and particularly before the start of the GSI Swim Meet Season, the Club holds fun training nights. These nights may be Chocky Frog Nights, Pizza Nights etc. Different swimming groups get the opportunity to mix with each other, and have a lot of fun in an informal training environment.

CLINICS

Following on from last season's successful clinics, this season Sale Swimming Club Inc. intends to hold a number of specific clinics run by professionals outside the Club. These events strengthen the abilities of not only our swimmers but also our coaches, and have always been well attended.

CAMP

Last season saw Sale Swimming Club members embark on the inaugural Club Camp. This was a highly successful event, and the Club, therefore, intends to hold another overnight camp this season. This event is designed to strengthen camaraderie within the Club, and does not necessarily concentrate on swimming. The Camp will be open to all competitive swimmers but with places limited to the first to pay their deposit.

SALE SWIMMING CLUB INC. PROFICIENCY AWARDS

Sale Swimming Club Inc. holds a Proficiency Awards Night once a year, and the awards are presented as cloth badges. These awards range from preliminary (which is 50m freestyle and 50m backstroke) to platinum (which covers longer distances and set times).

All awards are swum in conjunction with each other, i.e. if swimming for 3 awards; each swimmer only swims 1 freestyle event, 1 backstroke event, 1 breaststroke event and 1 butterfly event. Times are checked for all distances.

Application forms, with payment, must be handed in one week prior to the Proficiency Awards Night. Failure to achieve an award will result in the refund of event fees.

SWIMMING VICTORIA PROFICIENCY AWARDS

Also held once a year, Swimming Victoria Proficiency Awards are run on the same principle as Sale Swimming Club Inc. Proficiency Awards, but have faster times, set by Swimming Victoria, and are swum at a Gippsland venue.

ANNUAL PRESENTATION NIGHT

The Annual Presentation Night is held in May each year. Major trophies, awards and certificates won during the season are presented at this social event.

WANT SOMETHING EXPLAINED?

For new swimming families, we understand that being part of Sale Swimming Club can be daunting – rules that everyone else seems to know and you don't. If you have any questions, or just want something explained, please feel free to ask, phone or email the New Parent Officer (Andy Barnes) or any of the other Sale Swimming Club Inc. Officials (as listed at the front of this Information Booklet).