



# HANDBOOK

2017 – 2018



**Windsor State School  
Amateur Swimming Club**  
(A subcommittee of the Windsor State School P&C)  
[www.windsorsspandc.com.au/seawolves](http://www.windsorsspandc.com.au/seawolves)

## Committee for 2017-2018 Season

<b>CLUB ROLE</b>	<b>APPOINTEE</b>	<b>CONTACT NO.</b>
PRESIDENT	Hamish Mackley	0427 553 193
VICE PRESIDENT	Crystal Cooke	0405 134 581
GENERAL SECRETARY	Cath Robson	0421 470 780
TREASURER	Emma Luscombe	0409 332 211
NOMINATIONS SECRETARY	Amanda Keane	0413 810 595
TECHNOLOGY	Matthew Vicary	0402 889 396
CHIEF STARTER	Scott Jamieson	0419 704 993
MARSHALLS	Marika Nearhos Honor Mackley	0438 880 510 0411 956 557
REFEREES	Ashley Grohn Mike Powell	0491 217 021 0438 872 057
CANTEEN CONVENOR	Tania Waters	0407 648 059
BBQ CONVENOR	Tanya Toniello (Term 4)	0410 240 460
CARNIVAL CONVENOR & SELECTOR	Rhonda Macpherson	0402 472 125
MERCHANDISE	Lisa Hinchy	0413 130 763
TROPHIES & AWARDS	Amanda Keane	0413 810 595
SWIM COACH	Jo Hodge	0410 685 508



Welcome to the Windsor Seawolves Swimming Club for the 2017-18 season.

The Windsor Seawolves Swimming Club is a sub-committee of the Windsor State School P&C and is organised every year by volunteer parents. We welcome any parents who would like to help with the running of the club. All parents are invited to attend.

## **AIMS OF THE CLUB**

The aims of the Club are to provide:

1. An organised program of events, which will build on each member's swimming capabilities.
2. A safe, fun and challenging environment.

## **MEMBERSHIP**

The Club is open to all members of the community from pre-schoolers to high school siblings. An annual pool use fee is payable at the Club's sign-on or prior to or at commencement of attendance at club nights.

Online registration must be completed for all swimmers.



# **CLUB NIGHTS**

## **DATES AND EVENTS**

Club nights are held every Friday night.

Term 4, 2017	6th October (sign-on) - 1st December
Term 1, 2018	2nd February - 16th March

Club nights will start at 6.00pm commencing with the 15m Tadpoles event followed by 30m Kickboard, the Individual Medley and then 30m and 60m events in the following order: Freestyle, Backstroke, Breaststroke and Butterfly. There will be one long distance 120m event held each night. A schedule of long distance events is listed in the back of this document.

**You must nominate each week** for all events prior to club night (see below for nomination details).

**Tadpoles** - We offer assisted 15m races for swimmers wishing to commence racing. A parent, older sibling or senior club member may accompany tadpole swimmers until they are confident to swim unassisted.

**Kickboard Event** - To encourage our younger swimmers to make the transition from tadpoles to 30m events, we have an event where they are able to use a kickboard and practice their freestyle stroke and kick technique until they build their confidence to take on the 30m event unassisted.



## **NOMINATIONS**

You must nominate for all races you wish to participate in. Nominating ensures that you will be allocated a lane to swim in, that your times will be recorded and points accrued.

Automatic emails requesting nominations via an online system are sent to registered members each week. Nominations via this system must be made by midnight on the night before club night.

If you fail to nominate and still turn up to swim you will swim after programmed events. You will not receive points and times will not be recorded.

## **TIME TRIALS**

Swimmers are time trialled in each stroke, at a distance of 30m. Each club night they try to better their times. Swimmers are awarded points according to how they swim against their own time, therefore they compete against themselves in each swim and not against each other.

Past members will commence the new season with their best times from the previous season.

The 'Meet Mobile' app can be downloaded to your phone and allows you to see swimmers' times in real time on club nights.



Points are allocated each club night as follows:

TIME	POINTS
Time Trial 30m, 60m, 120m	3
2.6 seconds or more slower than best time	1
Between 1.6 and 2.59 seconds slower than best time	2
Between 0.6 and 1.59 seconds slower than best time	3
Between 0.59 seconds slower and equal to best time	4
Between 0.01 and 0.59 seconds faster than best time	5
Between 0.6 and 1.59 seconds faster than best time	6
Between 1.6 and 2.59 seconds faster than best time	7
2.6 or more seconds faster than best time	8

- Heats of events will be swum in the order of swimmers best times without regard to age.
- When a faster time is recorded this becomes the best time for future points
- Swimmers are expected to swim 60m upon achieving the qualifying time (see below)
- To qualify for the Individual Medley swimmers must qualify for 60m in **all** strokes.



## DISTANCE EVENTS

Each club night swimmers who qualify (see below) can choose to swim a 120m event. Each club night a different stroke is scheduled as the distance event (see calendar for distance event schedule).

## QUALIFYING TIMES

Qualifying times to progress to 60m are as follows:

Freestyle	29 seconds
Backstroke	33 seconds
Breaststroke	35 seconds
Butterfly	30 seconds

Qualifying times to progress to 120m are as follows:

Freestyle	58 seconds
Backstroke	66 seconds
Breaststroke	70 seconds

## AWARDS

To qualify for the end of season trophies swimmers must attend and swim at least 8 times for the whole season. If a swimmer is a new member joining after Christmas they must attend and swim a minimum of 4 club nights. At the end of the season at club trophy night, awards are given to recognise swimmers abilities:

- Awards are presented to the highest point scorer in each age group for both boys and girls (**Points Champions**);



- An award will be presented to the highest Medley Scorer. (Note - Medley Races have a separate points ladder);
- A perpetual trophy will be awarded to the highest points scorer overall;
- Club Spirit Awards are awarded to swimmers who have swum well and upheld the spirit of the Swimming Club;
- Participation awards
- **Age Champions** awards are based solely on the Club Age Championships (see below).

## **BAD WEATHER**

The president will decide when a club night should be cancelled due to bad weather. This decision will be made if possible by 5.00pm and members will be notified via the Seawolves page on the P&C website: [www.windsorsspandc.com.au/seawolves](http://www.windsorsspandc.com.au/seawolves).

Please note, if a club night is cancelled due to bad weather then you must **re-nominate** for the following week. Nominations will not be carried over.

## **CANTEEN & BBQ**

Food and drinks are available for sale at the canteen each club night. The BBQ menu varies from night to night, but includes favourites such as steak burgers, sausage sizzle and pizza.

NB: Please be advised that products may contain allergens such as nuts, eggs, gluten and dairy.





## **VOLUNTEERS ROSTER**

Volunteers are vital to the running of the club. Without volunteers, the club cannot function.

A volunteer roster will be created for canteen and BBQ duties throughout the season.

All families will be rostered on and are required to be available for their allocated roster duty. If you cannot perform your rostered task, we ask that you find a replacement to fill that roll.

Volunteer timekeepers are also required each week.

## **CLUB CAPTAINS**

Club Captains for the Seawolves Swimming Club are selected each season. The male and female captains will be required to commit their time for the full season, be actively involved in club nights by assisting with the tadpole and kick board events. Arranging working bees to collect rubbish and clean the pool area each club night. Lead the team at carnivals, support and encourage younger members, and lead by example. Nominations for these roles will be sought by email to the members after sign-on night, and the Committee along with Year 5 and Year 6 Club members, will then select the Captains on the first swimming night of the season.



## **LEARN TO SWIM INFORMATION**

An independent coaching program is run at Windsor State School Swimming Pool. It is a comprehensive program including Learn to Swim, Stroke Correction and Squad Training. Our coach is Jo Hodge who has extensive experience in all aspects of swimming teaching and is a Bronze level coach. Jo can be contacted on 0410 685 508.

## **CARNIVALS**

Windsor Seawolves will be involved in several inter-club carnivals throughout the season. (See calendar of events)

To assist in team selection, swimmers will be asked to nominate their availability for each carnival. Please note that nominating availability for carnivals does not necessarily mean that swimmers will be selected.

We endeavour to balance the need to select competitive teams with giving swimmers the opportunity to represent their club at these events.



## **CLUB AGE CHAMPIONSHIPS**

This year's Club Championships will be held on Saturday 24 March 2018 (to be confirmed), followed by the Club's Trophy Night.

Swimmers will only be able to swim in events for their age group. There are no entry qualifications times, but to be eligible to swim a particular stroke at the Club Championships, swimmers must have completed at least 4 swims over the season in that stroke and have swum at a minimum of 8 club nights. If a swimmer is a new member joining after Christmas they must have swum a minimum of 4 club nights. Only under extenuating circumstances a variation to these requirements will be considered by the executive and their decision will be final.

### **HEATS**

If heats are required (that is, more than 6 swimmers nominate for an event), places will be awarded on times.

### **AWARDS**

*Medals* will be presented on the evening to the first three place getters for each event.

*Age Champion* will be awarded to the swimmer with the most points in each age group at the end of the Championships. Age Champion trophies will be presented to swimmers at trophy night.

The following points will be allocated for each event:

1 <sup>st</sup>	7 points	4 <sup>th</sup>	3 points
2 <sup>nd</sup>	5 points	5 <sup>th</sup>	2 points
3 <sup>rd</sup>	4 points	6 <sup>th</sup>	1 point



## EVENTS

Age Group	Freestyle	Breast Stroke	Back stroke	Butterfly
Girls 6yrs & under	30m	30m	30m	30m
Boys 6yrs & under	30m	30m	30m	30m
Girls 7yrs	30m	30m	30m	30m
Boys 7yrs	30m	30m	30m	30m
Girls 8 yrs	30m	30m	30m	30m
Boys 8 yrs	30m	30m	30m	30m
Girls 9 yrs	30m	30m	30m	30m
Boys 9 yrs	30m	30m	30m	30m
Girls 10 yrs	60m	30m	30m	30m
Boys 10 yrs	60m	30m	30m	30m
Girls 11 yrs	60m	60m	60m	60m
Boys 11 yrs	60m	60m	60m	60m
Girls 12 yrs	60m	60m	60m	60m
Boys 12 yrs	60m	60m	60m	60m
Girls 13 yrs & over	60m	60m	60m	60m
Boys 13 yrs & over	60m	60m	60m	60m

**Age will be determined as of 31 December 2018, i.e. the age that you turn on your birthday in 2018.**



## **CLUB RULES**

1. At all club nights the Referee's decision will be final and binding.
2. Only financial members will be allocated points after 3 November 2017.
3. All swimmers must wear a bathing cap.
4. Swimming aids such as kickboards can only be used in the designated kickboard event.
5. An adult must accompany and supervise all children for the duration of club, as a club night may finish earlier than expected.
6. Swimmers must not dive into the water at any time unless instructed to do so.
7. Swimmers are not to run on the concourse, play in the toilet areas, or run up and down the grandstands during club nights; If swimmers persist in breaking these rules then they may not be allowed to swim in their events.
8. Once the Club night commences Children will not be permitted on the grassed oval area outside of the pool perimeter without parental supervision.
9. Children suffering from diarrhoea or infected open wounds are not permitted to swim.
10. SILENCE IS REQUIRED on the Referee's whistle at the start of each race.
11. There will be no diving from the shallow end of the pool.
12. All 30m races will commence from the deep end. Relays will start from the deep end with the change over being in the water at the shallow end.



13. Smoking is not allowed anywhere on school premises.
14. Alcohol is only permitted on the school grounds with prior permission from the principal. Glassware is not permitted within the pool enclosure.
15. Rubbish must be placed in bins provided around the pool concourse.
16. All areas other than the immediate pool enclosure are out of bounds at all times.

A copy of all stroke rules and the roles of the Referee, Starter and Timekeepers are available at the Nominations desk.

The committee has the right to refuse entry to the Pool area.

The Swimming Club operates with the permission of the school Principal, Mr Grant Baker, and your co-operation is requested in complying with the following Department of Education rule:

**NO SMOKING AT ANY TIME ON THE SCHOOL PREMISES**



# **SEAWOLVES CLUB AWARDS FOR 2016/17 SEASON**

Congratulations to the following club members:

<b>Overall Champions</b>		
<b>Overall Points Champion</b>	Mariah Chaseling	
<b>Individual Medley Champion</b>	Inde Basche	
<b>Rosemann Shield Butterfly Award</b>	Mariah Chaseling	
<b>Club Spirit Awards</b>		
<i>Awarded to club members who consistently have a go, show courtesy to fellow club members and volunteers, and support their team both in and out of the pool.</i>		
<b>Award winners</b>	Mia Agnew	Sophie Dyson
Amelie Grohn	Oliver Heard	Eva Hinchy
Nick Hinchy	Zander Holliday	Oliver Stone
<b>Club Points Champions 2016/17</b>		
<i>Those who accrued the most points for their age group for the season (achieved through regular attendance, improvement of their own time and also general consistency of performance)</i>		
<b>Age group</b>	<b>Girls Champion</b>	<b>Boys Champion</b>
6 yrs & under	Matilda Christian	Max Stone
7 years	Mariah Chaseling	Mackenzie Kumala
8 years	Charlotte Margetts	Callum Jamieson
9 years	Elke Cooper	Oliver Kent
10 years	Mikaela Collins	Jarah Chaseling
11 years	Leila Johnson	Max Mackley
12 years	Reshaei Chaseling	Kalen Mills
13 yrs & over	Misha Smith	Jack Heard



## Club Age Champions 2016/17

*Those who accrued the most points for their age group at the Club Championships held on Saturday 25 March 2017*

<b>Age group</b>	<b>Girls Champion</b>	<b>Boys Champion</b>
6 yrs & under	Matilda Christian & Ruby Roodernys	
7 years	Mariah Chaseling	Oliver Bowater
8 years	Caitlyn Haynes	Charlie Gannon
9 years	Madeline Carr	Cooper Kennedy
10 years	Mikaela Collins	Jarah Chaseling & Joseph Gannon
11 years	Inde Basche	Max Mackley
12 years	Reshaei Chaseling	Harry Steindl
13 yrs & over	Misha Smith	





# CALENDER 2017 / 2018

## TERM 4 2017

Wk	Date	Activity	120m Event
1	6/10/17	Club sign on, free swim and BBQ	
2	13/10/17	Regular club night	Freestyle
3	20/10/17	Regular club night	Breaststroke
4	27/10/17	Regular club night	Backstroke
5	3/11/17	Regular club night	Freestyle
6	10/11/17	Regular club night	Breaststroke
7	17/11/17	Regular club night	Backstroke
8	18/11/17 (Saturday)	<b>Marsden McAllen Shield</b> Carnival against Stafford Stingers and Woolloowin Wobbegongs (at Windsor State School)	
9	24/11/17	Regular club night	Freestyle
10	1/12/17	Freestyle only program	

## TERM 1 2018

Wk	Date	Activity	120m Event
1	2/2/18	Regular club night	Freestyle
2	9/2/18	Regular club night	Breaststroke
3	16/2/18	Regular club night	Backstroke
4	23/2/18	Regular club night	Freestyle
5	2/3/18	Regular club night	Breaststroke
6	3/1/18 (Saturday)	<b>IWO Carnival</b> Against Oakleigh Dolphins and Ithaca Creek (at Windsor State School)	
7	9/3/18	Regular club night	Backstroke
8	16/3/18	Regular club night	Freestyle
9	24/3/18 (Saturday)	<b>Club Championships and Trophy Night</b> (Details to be confirmed)	

