



**Information Booklet
For
Swimmers and their
families**

President's Welcome

To all swimmers and their families,

WELCOME to the new swimming season. I hope you will find it an enjoyable and rewarding one.

The committee has worked incredibly hard in the off season and we have planned a bumper season for you this year. One of our goals for the season is to fundraise for our very own club house. It is essential that we have a strong focus on raising funds in order to meet this challenge. I am very aware of the need and desire to source as many funds as possible independently of our members' hip pocket.

We do encourage our members to support our fortnightly canteen and BBQ dinner on our club nights and the occasional fund raising activities but we are also exploring other opportunities to absorb funds from outside our club.

This season I hope that as parents, you will see your swimmers grow and learn throughout the season ... not just swimming skills, but life skills of dedication, commitment and team spirit.

I am personally looking forward to an exciting new season – I encourage you all to 'get to know your president'. Introduce yourselves and your constructive feedback will warmly be welcome.

See you at the pool...Brent

TURN -N- BURN BULLETS!!

Coach's Message

Success in swimming can be measured in so many ways. For me, seeing a squad of happy swimmers, all trying their best individually as well as encouraging each other, is extremely rewarding. The success of the club and its swimmers is a reflection of those happy faces.

Thank you to the committee, parents and other supporters of the club as without this support, the club could not function. It is clear that our swimmers benefit and learn important life skills when they witness the activities outside of the pool, as well as striving to achieve their best in the water.

This season we welcome Vicky Green to our coaching team. Vicky is a bronze licensed coach, a former UK national swimmer and qualified personal trainer.

To minimise disruption on pool deck, if you have any concerns or feedback, please contact Nat Gibbins (squad coordinator) or Lisa Wright (team manager) and they will liaise with me.

Heidi McMahon
Head Coach

2013-2014 Committee

President	Brent Gibbins btscpresident@gmail.com
Vice President	Di Staats dstaats@bigpond.net.au
Secretary	Sam Skerman skerms1@dodo.com.au Julie Cilliers jcilliers@bigpond.com
Treasurer	Sandra Haigh ss.haigh@westnet.com.au
Squad Coordinator	Nat Gibbins btscsquads@gmail.com
Registrar	Julie Storch cjstorch@bigpond.net.au
Fees	Tracy Nelson btjnelson@gmail.com
Carnival Secretary	Peter Isenbert plbert@bigpond.com
Club Night Coordinator	Anne Inglis btclubnights@gmail.com
Uniform Coordinator	Nat Gibbins gibbo69@bigpond.com
Canteen Convenor	Catherine Devir catherined2009@live.com
Newsletter/ Team Manager	Lisa Wright l.s.wright@bigpond.com

Communication

The club is committed to providing our members with up to date information regarding our club. This is done through:

Email – Please ensure that you have provided current email address

Website - <http://boynetannumbulletsswimmingclub.weebly.com/>

Facebook – Join us on Facebook (Boyne Tannum Swimming Club)

Newsletter – produced several times per season, and emailed to members

Pocket system – check the alphabetically labelled pockets at pool regularly

Meetings – notification of time and venue for meetings is emailed in advance

Messages from coach – coach will communicate with swimmers at training sessions

Registration Information

If you wish to register a new swimmer, please contact the Registrar. New swimmers will need to provide a copy of their birth certificate. Existing swimmers will be notified of process to re-register for next season.

It is compulsory that all swimmers register with Swimming Qld. This ensures that the swimmer is

- a) covered by insurance, and
- b) recognised by the organisation and able to compete in carnivals.

All swimmers with this club must be registered as 'competitive swimmers' with Swimming Qld. If swimmers have not registered and paid, they will not be allowed to train or enter the pool.

Swimmers who wish to transfer to or from another club must contact the Registrar with details of the other club.

Transfers from Boyne Tannum Bullets Swim Club will only be granted if all fees due have been paid in full.

Payment Information

You will be notified (normally by email) of fees that are due. These fees go to pool hire, coaching and provision of equipment. Payment is preferred electronically (Direct Deposit) and instructions and advice of the club's bank account details will be posted with the notification of fees due. Fees are normally split into two payments, one at the start of season, and one in January.

Prompt payment of fees is expected to enable the swimmer to have continuity in training. Those who are overdue in fee payment will be kept out of the pool. Registration with the club is seen as a commitment to payment of fees.

Any difficulties with or queries relating to payment of fees should be directed to the President or Treasurer.

Squad Allocation

You will be notified of the squad allocation and training times for your swimmer as soon as the squads are determined at the start of the season. Swimmers are allocated to their squads according to their ability level. New swimmers will be assessed by the coach to determine appropriate squad allocation.

At times, there may be movement of some swimmers to another squad to better accommodate that swimmer's ability. Going 'up a grade' is not assumed from year to year, nor determined by speed alone, but is also determined by the swimmer's technique, temperament and fit within a squad. This decision is made by the coach.

Swimmers train with their squad at the allocated times for that squad. If there are concerns about squad allocation, or with training times, please contact the squad coordinator at an appropriate time.

Training

At the start of the season, you will be notified of training times for particular squads. Please ensure that all swimmers arrive on time for training and bring all required gear with them (e.g. water bottle, goggles, cap, towel, togs etc.).

No training on public holidays.

During school holidays, training usually ceases for approx. 3 weeks from end of school term to first week in January. Modified training times take place for January holidays. You will be notified of these times before holidays begin.

SUPERVISION

During training sessions, siblings must be kept away from the pool area (including the wading pool) and under parental control.

Once swimmers leave the pool grounds, they are no longer under the care of the swim club. Children are encouraged to stay within the pool area until collected by a parent or carer.

EQUIPMENT

The club has a limited amount of equipment such as kickboards, pool buoys, and fins. If possible, it is best for each swimmer to have their own set of fins for use, and bring them to training when required. Swimmers may leave their equipment at the pool however; ***the club cannot take any responsibility for gear that is left at the pool.***

Additional equipment required by swimmers in the AGE squad includes:

- snorkel (this can be purchased at the kiosk for \$45)
- short fins

Lost and Found

Any gear that is left at the pool is placed on the table / in basket near to girls change rooms. Please be aware that the pool is used by a number

of groups and is owned by the school. It is easiest if all gear is marked with swimmers' names for identification.

Club Nights

The club holds regular club nights. Please refer to the 'Guide to Club Night' booklet to ensure you are aware of the nomination procedure and club night expectations. This information is also available on our website.

Carnivals

Throughout the season there are many swimming carnivals held and we encourage swimmers to participate as they can be quite fun. The carnivals are usually held on weekends and information about venues and dates are distributed during the season. Some carnivals are one-day events whilst others run for a whole weekend.

For new swimmers, a 'novice' carnival can be a good way to start. There are usually at least two of these held in this region during the season.

The nomination process for carnivals has been included at the end of this booklet.

Transport to the carnival is the responsibility of each individual and it is expected that a parent or guardian will attend carnivals with swimmers. Heidi will let you and the swimmers know what time to arrive at the carnival to allow sufficient time to warm up before the events start.

The club has a number of shade shelters that are taken to carnivals and we call for volunteers to assist with transporting these (using the club trailer) to the venue and to also help set and pack these up.

At all carnivals, parents are called upon to assist with timekeeping.

This is an easy activity that gets you right up close to the action and helps you to meet new people. It is a requirement that there are three timekeepers per lane and the carnival organisers determine how many lanes our club needs to assist with timekeeping, based on the number of

swimmers our club has entered. Prior to the commencement of the carnival, a roster is established so that each parent assists with timekeeping for at least one hour.

Catering available at carnivals depends on the resources of the host club and venue. You are welcome to bring eskies etc. into carnivals. The coach may talk with the swimmers during training times about appropriate foods for carnival preparation, or there are many web-based references you may like to check.

AGE OF COMPETITORS AT CARNIVALS

In keeping with Swimming Qld and Swimming Australia guidelines, a swimmer competes according to their age on the first day of that particular event. This means that those who have their birthday during the season will change their competition age mid-season.

For example, if a swimmer is turning 10 on 1 December, then they compete as a 9 year old until 30 November, then as a 10 year old for the rest of the season. However, if there was a carnival that started on 30 November, that swimmer would compete as a 9 year old for that entire carnival.

SHORT COURSE / LONG COURSE TIMES AT CARNIVALS

When attending carnivals, and recording times for events, records will be kept as either short course (SC) or long course (LC). Short course times are those achieved in a 25m pool. Long course times are those recorded in a 50m pool.

Club Championships

Club Championships are held towards the end of the season. This is our own 'mini-carnival' and end of season break up. Planning starts pre-Christmas, and the event runs best when many get involved. Watch your emails to see what you can help with.

This is our only at-home carnival, as the school pool does not meet the standards set by Swimming Qld for larger carnivals.

Awards are given out at Club Championships. These include:

Coach's awards

Age Champions

Club Person of the Year

Club Spirit Award

Excellence Award

To be eligible for awards, a swimmer must have attended a minimum of 60% of club nights and represented the club at four carnivals during the season.

CQ Championships

Qualifying times need to be met to be permitted to compete. Proof of qualifying times may need to be supplied (if not recorded with Swimming Qld). Club night times are not accepted as qualifying times.

This event is held towards the end of the season, and the venue is rotated through the region.

Details of current specific qualifying times, date and venue can be found on the Central Qld Swimming web page.

State Championships

Qualifying times need to be met to be permitted to compete. Only certain carnivals are sanctioned as State Qualifiers. (Club night times are not accepted as qualifying times.) You need to supply proof of qualifying times when nominating. Further information can be found on Swimming Qld web page.

Details of current specific qualifying times, date and venue can be found on the Swimming Qld web page.

Generally, distance events are swum in December, with sprint events in February.

Togs and Uniforms

Suitable attire must be worn to training and swimwear must be in reasonable condition (not ripped or torn, elastic properly functioning etc.).

For females, one-piece togs are to be worn (**this means no bikinis**).

At carnivals, the Swimming Qld Competition By-laws re Swimsuits apply. Officials will disqualify those who do not comply. Full details can be viewed on Swimming Qld web page. In short, these by-laws state:

Swimsuits to be in good moral taste

Swimsuits to be non-transparent

Swimsuits must conform to FINA approved standards (see link below)

No zippers

One swimsuit only

For males

Swimwear may not extend above the navel or below the knee

For females

Swimsuit of open-back or open-shoulder design that may extend to the knee, but not below the knee

The club endeavours to have uniform togs, caps and clothing available for purchase by members. This is subject to availability from suppliers and resources within the committee. It is not necessary to purchase club togs, but club caps are preferred at carnival events.

Sponsors' logos on uniforms or bags needs to comply with Swimming Qld By-laws on advertising.

Link to FINA standards:

http://www.fina.org/project/index.php?option=com_content&task=view&id=2688&Itemid=9

Safety

Swimming Australia's Member and Child Welfare Policies are available to view online at www.swimming.org.au. All members should be aware of their responsibilities as set out in these policies.

All risk management issues must be reported to a member of the committee.

BEHAVIOUR CODE

All participants (e.g. parents, volunteers, club members, coaches and officials) must accept responsibility for the appropriate behaviour at all events related to the swim club to ensure the safety of all persons involved. All children attending events related to the swim club (e.g. club nights, carnivals) must be supervised by an adult.

Swimming Qld rules, conditions and standards shall apply wherever practical. Anyone who disobeys any reasonable instruction given by a coach (or committee member) may be expelled from the pool area on that day of subsequent days until the issue has been resolved by a mediator.

Swimming Qld Code of Ethics can be found on Swimming Qld web page under SQ/SAL Policies, Procedures and Rules.

BLUE CARDS

All of our coaching staff possess current blue cards.

As parents of swimmers, it is not necessary to obtain a blue card if you are helping out on pool deck (e.g. at club nights or carnivals). However, for non-parents, obtaining a blue card is necessary. Application forms can be found at www.bluecard.qld.gov.au.

SUN SAFETY

All members are encouraged to wear sun safe clothing, hats and high protection sun screen at swimming carnivals. The club tent will be available for shade at carnivals and all members are encouraged to sit under the tent when not competing.

How to become involved

Timekeeping

- At club nights and carnivals – gets you right on pool deck in amongst the action!
- Meet new people
- Help always available

Marshalling

- Help out on club nights and get to know all the swimmers

Attending meetings

- Have some say on what goes on, meet new people

Helping with club champs

- Plenty of things to do with helping, including seeking support from community, catering, logistics of setting up the venue, official duties, coordinating the program

Contact Information

As previously mentioned, our committee are more than happy for you to contact them with any enquiries or feedback. Contact details can be found on page 2 of this booklet and on our website

<http://boynetannumbulletsswimmingclub.weebly.com/index.html>

Key Carnival Dates 2013/14 Season

DATE	CARNIVAL	COACH ATTENDING
2013		
OCT 12	WESTS SPRING SPRINT MEET	Y
OCT 18	BEEF CITY (Rockhampton)	
OCT 26	ROCKY CITY NOVICE MEET	
NOV 2	GLADSTONE LIQUID ENERGY	Y
NOV 9	TROPIC OF CAPRICORN	
NOV 15	BILOELA OPEN	Y
NOV 30	EMU PARK NOVICE	Y
DEC 14- 20	McDONALD'S QLD CHAMPIONSHIPS (STATE)	Y
2014		
JAN 18	CQ SPRINT CHAMPIONSHIPS	Y
JAN 24	HARBOUR CITY GLADSTONE	Y
JAN 31	BILOELA SHORT COURSE	Y
FEB 8	McDONALD'S QLD SPRINT CHAMPIONSHIPS (STATE)	Y
FEB 15	ROCKY CITY SUMMER MEET	
MAR 1	CAPRICORN 13 & UNDER MEET	
MAR 7-9	CQ CHAMPS (EMERALD)	
MAR 29	CLUB CHAMPIONSHIPS	

Carnival Nomination Process

- Check the pool notice board (or <http://www.cqswim.org.au>) regularly for any upcoming swim meets.
- All nominations can be submitted into the office 'mail box' prior to the close date.
- Clearly indicate the **swimmers name, DOB, nominated event numbers, your contact phone number and email address** either on the flyer or directly onto the submitting envelope.
- Calculate fees payable (the 'TM entry fee' on the flyer is the fee that needs to be submitted for each event nominated).
- Seal the entry/ fee in an envelope and place it into the 'nominations box' prior to the close date/time. **Please use the correct change**; no change is given except for genuine mistakes.
- You will receive an email confirming your entry within 3 days after the close date. Please review this and flag any errors within 24 hours. I can make mistakes so please check this entry: **the onus is on you to check that it is correct.**
- If you have not received confirmation of your entry within the 3 days after the close date please contact me ASAP.

Note:

- We have an obligation to the host club to supply time keepers to help out on the day & this is generally proportional to the number of swimmers we have attending. All parents/guardians are asked help out with this where possible. It's easy and fun.
- You'll notice that the close date on the flyer has been revised. This is to allow time for your club to collate, submit and confirm our entries with the host club. **No late entries will be accepted after this date.**
- Copies of the carnival flyers can be found in the 'carnival folder' in the office.

Peter Isenbert
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