



GUIDE TO CLUB NIGHT

Club nights are designed to cater for all of our swimmers by providing an insight into competitive swimming. Swimmers compete in a friendly, informal environment where the emphasis is on participation, personal improvement and to have some fun with friends.

Our club night offers swimmers:

- a full range of competitive strokes and distances for beginners through to the more experienced
- the chance to compete against their own times and fellow team members
- the opportunity to familiarise themselves with correct race procedures i.e. marshalling, race starts
- practice new race tactics, starts & turns prior to competitions
- the ability to develop skills at their own pace and improve on their best times in each stroke
- the ability to develop and maintain fitness levels and a healthy lifestyle

Club nights are held fortnightly on a Wednesday.

Program:

Gates open at 5.30 pm

Marshalling commences at 5.50 pm

Racing starts at 6 pm sharp

Events & Nominations:

The program of events will be determined in consultation with the Head Coach and are listed on the season program. A program of events for the upcoming club night will be displayed on the club noticeboard, on our website and on our Facebook page.

Nomination forms will be available on pool deck for one week prior to closing date.

Nominations close at 5 pm sharp on the FRIDAY before club night. No late nominations will be accepted.

The closing date for nominations will be clearly displayed on the club notice board. Each swimmer is responsible for ensuring they have completed their nominations however coaches will provide a reminder at training. A reminder will also be posted on our Facebook page.

Getting involved.....

Club nights are run by parent volunteers. We encourage **ALL** families to get involved and have a go at timekeeping or various other duties in order for the club nights to run smoothly and on time.

All duties are very simple and there is always someone around to assist you if you have any questions or if it's your first time.

By getting involved you have the opportunity to see your child/children compete from the pool's edge and it also gives back to the club that is giving your child/children the opportunity to participate in this wonderful sport.

Assistance will be required in the following areas:

Timekeeping – only requires the use of a stopwatch and pencil

Chief Timekeeper – recording the fastest time in each race

Race Starter – requires the use of a whistle and starter's gun

Marshalling – the organisation of a group of children waiting to participate in their selected events

Canteen – help with setting up, cooking and serving

Marshalling

One of the first things people notice about a club is the way it appears to organise itself. If the marshalling works as well as it should, swimmers, parents and officials will all be in the right place at the right time. This not only looks good, it will avoid the disappointment of swimmers missing their races. It also makes the job of Marshall much easier. To assist with the marshalling process we ask swimmers to:

- arrive at the pool no later than 5.30 pm (earlier if you plan on having dinner before you swim)
- be aware of the events that they have nominated for
- stay in the marshalling area before and after their swims
- have fun with your friends but be aware of what is happening around you – don't wait for someone to come looking for you
- make sure you listen for your name to be called. Your name will be called twice. If you miss your final call, you will miss your swim.
- if your name is not called, bring it to the attention of the marshal as soon as possible
- after your race, return to the marshalling area in time for your next race to be marshalled
- ***Above all, enjoy yourself***

Club Expectations

The club sets standards of behaviour so that all members can enjoy the activities provided. Parents are expected to attend club nights with their children, not only to support their sporting aspirations, but also to ensure they follow club rules, particularly with respect to safety and behaviour.

As the club is conducted on the grounds of Tannum Sands State School, the normal rules of the school will apply. The school requires that all swimmers wear a cap in the pool. Swimming caps may be purchased from the Club.

Club Rules

- all swimmers must wear a cap in the pool
- children must be accompanied by an adult to club nights
- swimmers must not run around the pool or play in the change rooms
- children must stay within the confines of the pool area

Cancellation of Club Nights

Club night will only be cancelled in the event of a thunderstorm or similar dangerous conditions. The Executive Committee will make this decision on the night by 6 pm.

Club Championships

At the end of each season (March) a Club Championship will be held and provides the swimmers with a chance to determine the male and female champions in their age divisions.

To be eligible to compete for age champion, members must have competed in a total of 60% of scheduled club nights and represented our club at a total of 4 carnivals.

Age champions are determined from the highest score from relevant age events only.

Canteen

This season, all squads will be asked to provide volunteers twice during the season to set up, prepare, serve and tidy our canteen. Set up time is from 5pm with serving to commence by 5:30pm to allow for our club night to commence on time.

Equipment and food required for each club night will be organised by the canteen coordinator ready for use. The squad roster has been included in the club night program on the following page.

Club Night Dates and Events

Please note: swimmers may enter a maximum of 4 events

Date	Events	Canteen Roster
2013		
OCT 16	25m, 50m, 100m Free 25m, 50m, 100m Breast 100m IM	AGE Squad
OCT 30	25m, 50m, 100m, 200m Back 25m, 50m, 100m Fly	Advanced Squad
NOV 13	25m, 50m, 100m, 200m Free 25m, 50m, 100m Breast	Intermediate Squad
NOV 27	25m Free Dash for Cash Qualifier 25m, 50m, 100m Back 25m, 50m, 100m Fly 100m IM	Juniors Squad
DEC 4	25m, 50m, 100m Free 25m, 50m, 100m, 200m Breast 100m IM	Novice/Fitness Squads
DEC 11	Fun Relay Night – does not count towards attendance requirements for Club Champs	ALL SQUADS

Date	Events	Canteen Roster
2014		
FEB 5	25m, 50m, 100m, 200m Back 25m, 50m, 100m Fly	AGE Squad
FEB 19	25m Free Dash for Cash Qualifier 50m, 100m, 400m Free 25m, 50m, 100m Breast 100m IM	Advanced Squad
MAR 5	25m Free Dash for Cash Qualifier 25m, 50m, 100m, 400m Back 25m, 50m, 100m Fly	Intermediate Squad
MAR 12	25m Free Dash for Cash Qualifier 50m, 100m, Free 25m, 50m, 100m, 200M Breast 100m IM	Juniors Squad
MAR 19	25m, 50m, 100m, 400m Back 25m, 50m, 100m Fly	Novice/Fitness Squads
MAR 29	CLUB CHAMPS	ALL SQUADS

Note: Program is subject to change

The following pages provide you with space to record your swimmer's times for the various events they compete in to allow them to monitor their progress and see any improvements in times.

