

**STANTHORPE AMATEUR  
SWIMMING  
AND  
LIFESAVING CLUB INC**



**HANDBOOK  
2023-2024**

We are a Good Sports club



**GOOD  
SPORTS**

## President's Foreword

Welcome to the 2023 - 2024 swimming season!

The Stanthorpe Amateur Swimming and Lifesaving Club Executive Committee would like to extend a warm welcome to all new and returning members of the club. We take pride in assisting in the development of each and every swimmer, be it on a social or competitive basis.

The contents of this book will assist parents and swimmers to understand how the club operates and any suggestions, questions or concerns will gladly be attended to by any of the Committee members.

Physical activity is an integral part of your child's physical and emotional development, and the Swimming Club encourages all spectators and participants to follow the sporting Code of Conduct.

We hope that this season is once again as prosperous as last season, with swimmers representing at State and Regional levels, and many new personal best times being set at a multitude of state and regional carnivals and club nights.

Our club aims for all members and swimmers to enjoy swimming and be an active participant in club activities and events.

See you on the pool deck!

Amy Hill

President

## Executive Committee

The Swimming Club Executive Committee for the 2023 - 2024 season is:

**President:** Amy Hill

**Vice-Presidents:** Josh Cavallaro

**Secretary:** Cathy Halliday

**Treasurer:** Toni Jackson

**Club Coach:** Gail Smail (Silver Licence)

**Carnival Secretary:** Cathy Halliday & Catherine Taylor

**Canteen Coordinator:** Deb McGlashan

**Public Relations Officer:** Peta Gow

**Referee:** Shannon Armbruster

**Starter:** Michael Smail

**Marshall:** Damian Anderson & Claire John

**Chief Timekeeper:** Mal Jackson

**Timekeepers:** Parent helpers

Although the Executive Committee is the decision-making body of the club, please remember that this is your club and all members are encouraged to involve themselves in club activities.

Meetings are held once a month on a Wednesday. Dates, times and venues are flexible and will be advertised on Facebook.

It is fantastic for children to see their parents taking an active role in their sport. Please take the time to participate as a pool official or in canteen on club nights.

## Membership Fees

All members are to be registered as Competitive Swimmers which enables them to compete in carnivals.

The first club night for the 2023-2024 season will be Friday October 6<sup>th</sup> 2023. Club nights usually conclude at the end of the season after completion of the Club Championships (proposed date Saturday 16th March 2024).

Swimmers must attend half the total of club nights + 1 to compete for age championships in the Club Championships. Due to changes in the timetable, this figure may change, so check with a member of the committee if you are unsure.

Presentation day will follow, with the proposed date Saturday 23rd March 2024, time and venue to be advised. The Christmas break up will be on December 1<sup>st</sup> 2023, and will resume on January 12th, 2024.

Membership fees include insurance and capitation fees as required by Swimming Queensland and the Darling Downs Regional Swimming Association.

### **Fees for 2023 – 2024:**

- **8 years & Under \$104**
- **9 years & Over \$145**

# 2023-2024 Club Night Program

*Dates are Subject to Change*

## 2023

DATE	EVENTS
<b>October</b>	
#1 Friday 6 <sup>th</sup>	Sign on & 25/50m all strokes
#2 Friday 13 <sup>th</sup>	25m/50m all strokes & 100m Freestyle
#3 Friday 20 <sup>th</sup>	25m/50m all strokes & 100m Breaststroke
#4 Friday 27 <sup>th</sup>	25m/50m all strokes & 200m Freestyle
<b>November</b>	
#5 Friday 3 <sup>rd</sup>	25m/50m all strokes & 100m Backstroke
#6 Friday 10 <sup>th</sup>	25m/50m all strokes & 100m Butterfly
#7 Friday 17 <sup>th</sup>	25m/50m all strokes & 100m Individual Medley
#8 Friday 24 <sup>th</sup>	25m/50m all strokes & 200m Individual Medley
<b>December</b>	
Friday 1 <sup>st</sup>	<i>Christmas break up</i>

## 2024

DATE	EVENTS
<b>January</b>	
#9 Friday 12 <sup>th</sup>	25m/50m all strokes & 100m Freestyle
#10 Wed 17 <sup>th</sup>	25m/50m all strokes & 100m Breaststroke
Sat/Sun 20/21 <sup>st</sup>	<b>DDRSA Country Champs</b>
#11 Wed 24 <sup>th</sup>	25m/50m all strokes & 200m Freestyle
Sunday 28 <sup>th</sup>	Stanthorpe Open
#12 Wed 31 <sup>st</sup>	25m/50m all strokes & 100m Backstroke
<b>February</b>	
#13 Wed 7 <sup>th</sup>	25m/50m all strokes & 100m Butterfly
Sat/Sun 10/11 <sup>th</sup>	<b>QLD SPRINT CHAMPIONSHIPS</b> (Brisbane)
#14 Friday 16 <sup>th</sup>	25m/50m all strokes & Elaine Goebel Relay
Sat/Sun 24/25 <sup>th</sup>	DDRSA Regional Champs

## March

#15 Friday 1 <sup>st</sup>	25m/50m all strokes & 100m Breaststroke
#16 Friday 8 <sup>th</sup>	25m/50m all strokes & 100 Freestyle
TBC	<i>DDRSA Presentation night</i>
Saturday 16 <sup>th</sup>	Club Champs
Saturday 23 <sup>rd</sup>	Club Presentations

---

## CLUB CHAMPIONSHIPS

Saturday 16 <sup>th</sup> March	200m Freestyle
	100m Freestyle
	50m Free, Fly, Breast, Back
	25m Free, Fly, Breast, Back
	200m Individual Medley
	100m Individual Medley

### Please note:

- **Dates are Subject to Change**
- The order of events may change due to cancellations of club nights and catch-up dates.
- Events are age specific.

## Club Nights

Swimmers can nominate in any event prior to club nights.

Nominations for club nights are done through Swim Central.

Once a swimmer has achieved 30sec or under for a 25m event, they are automatically eligible to swim 50m. They are not required to meet this time if they wish to swim 50m, but once 30 seconds has been reached, they are no longer able to nominate for 25m in that stroke.

Points are awarded for improvements and competing in all strokes.

**Please have nominations in on Thursday by 5pm before club on Friday night or Tuesday 5pm for Wednesday club night. If club is postponed, all nominations roll over to the following Wednesday.**

## **Points for Swimmers**

At each club night, swimmers can work towards incentive points medals. These points are awarded for participation and individual swimmers time improvements. These are as follows:

**BRONZE: 80 Points**

**SILVER: 120 Points**

**GOLD: 200 Points**

Highest points are awarded to a Boy and a Girl.

Point allocation is subject to change if insufficient club nights are held.

## **Presidents Award:**

This award is for a club swimmer and they can be nominated at any time through the season. Each week parent helpers will be asked to nominate a swimmer.

This swimmer should demonstrate behavior in keeping with our club and QLD swimming code of conduct; they should demonstrate improvement across all strokes; show a commitment to training and club nights and represent our club with pride.

## Club Nights Procedures

1. Swimmers are to remain in the pool enclosure on club nights.
2. Coaches are not to be interrupted during training. Let the coach do the training.
3. Nominations for club nights close 5pm on the night before.
4. We ask that members arrive at 5.30pm to help with the set up so we can start club night at 6pm. The program for club nights is enclosed but may be subject to change.
5. It gets cold in the stands so bring warm clothing and 2-3 towels per swimmer. A dressing gown or swim jacket is also recommended.
6. The best way to involve yourself at a club night is to time-keep. There are plenty of people to assist you if you have never timed a race before.
7. Do not ask timekeepers or any other officials for times, they have enough to do & being asked could lead to mistakes. This can also lead to disqualification at carnivals.
8. Cancellation of club nights due to weather will be decided by 5.30pm by the committee.
9. If the canteen is operational on club night, please support this facility if you can.
10. Any complaints from parents / swimmers are to be in writing to the committee and be forwarded no later than 24 hours prior to a scheduled club meeting.



## Cancellation of Club Nights

Should a club night be cancelled on a Friday night, it will then occur the FOLLOWING WEDNESDAY at the same start times as a Friday night. Updates about cancellations will be posted on Facebook.

## Parental Supervision

Swimmers must be supervised by their parents at club nights. Due to duty of care and legal implications, swimmers are not to be left at club unsupervised by a parent.

## Notes for Parents of Swimmers

The role of a parent in any sporting club or association should be one of support and encouragement. Children look up to their parents for advice and encouragement, even if they fail to meet their own expectations of achievement.

We ask that you support your child as a developing athlete and promote participation and fun and avoid negative and 'win at all costs' conversations.

The children may have had a great time at a meet or club night, but the thing they remember most is what is said in the car on the way home.

Consistent, responsible and sporting conduct at all times in all situations, is expected of each parent. It shall be the parent's responsibility to become familiar with, and to adhere to, all basic rules of the Stanthorpe Swimming Club.

Any discrepancies at a meet (club night/carnival) please take this up with the meet referee.

The Stanthorpe Swimming Club is a not-for-profit organisation. The club exists only because of the contributions and efforts of parents. Many hours of help are required to successfully run a club.

Parents should encourage their swimmer to listen to the coach. You should not give any advice which may conflict with what the coach is saying as this only confuses the swimmer. Your support of the coach and your child will show we are working as a team to help every swimmer achieve their goals and will be more rewarding for all concerned.

Breaches of our expectations by any club Member, Parent or Official may result in temporary suspension from the club, or membership to be terminated after investigation and consultations with the Executive Committee and Swimming Queensland.

## Responsibilities of Parents and Carers

- Your assistance is essential each week by participating in fundraising activities and assisting each club night by:
  - ⇒ Putting in and taking out of lane ropes
  - ⇒ Setting up starting blocks
  - ⇒ Time keeping
  - ⇒ Pulling on pool covers once club night has finished
  - ⇒ Cooking on the BBQ's and helping in the canteen
  - ⇒ General running of the clubhouse and cleaning
- Remember that children participate in sport for their enjoyment, not yours. Your child cannot relive your sporting career!
- 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 compete according to the rules and to settle disagreements without resorting to hostility or violence.
- 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 skill 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.
- Supervise your child(ren) at club night.



## **Stanthorpe Amateur Swimming & Lifesaving Club Codes of Conduct**

The purpose of this document is to ensure all Club members, including Athletes, Officials and Volunteers, have a clear understanding of expected behaviour and to make it clearly understood that breaches of these codes will result in disciplinary action.

COACHES are required to:

- Abide by Swimming Australia's code of conduct;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion;
- Support, encourage and involve all athletes regardless of their talent level;
- Never ridicule or yell at athletes for errors or poor performance;
- Always consider the wellbeing and safety of participants before performance and results;
- Encourage participants to value their performances and not just results;
- Encourage and guide participants to accept responsibility for their own performance and behaviour both on and off the field/pool;
- Maintain respectful and appropriate relationships with all participants;
- Ensure all activities are appropriate to the age, ability and experience of participants;
- Promote the positive aspects of the sport (e.g. fair play);
- Respect the official's decision and support them to carry out their role;

- Display consistently high standards of good sporting behaviour and appearance;
- Follow all guidelines laid down by the National Governing Body and the Club;
- Hold appropriate valid qualifications before commencing to coach;
- Never condone rule violations, unfair or unduly rough play or the use of prohibited substances;
- Never smoke or drink alcohol whilst in an official capacity;
- Never use offensive language or behaviour;
- To act as a role model at all time

ATHLETES are required to:

- Abide by Swimming Australia's code of conduct;
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion;
- Play by the rules and respect the official's decisions;
- Display good sporting behaviour at all times;
- Never use offensive language or behaviour towards anyone or engage in sledging or bullying of any person;
- Co-operate with the coach;
- Adhere to club policies including smoke-free areas and liquor license requirements;
- Never behave in a manner that would damage the reputation of the club.

VOLUNTEERS, PARENTS and SPECTATORS are required to:

- Abide by Swimming Australia's code of conduct;
- Act as good role models and ambassadors for the club at all times;
- Always welcome visitors, spectators, officials etc. to the club;
- Never use offensive language or behaviour;
- Treat everyone with respect regardless of their gender, ability, cultural background or religion;

- Display consistently high standards of good sporting behaviour including respecting the official's decisions;
- Adhere to the smoke-free policies of the club;
- Not to consume alcohol in any place other than where the club allows;
- Adhere to and support the club policies;
- Be trustworthy.

I have read and agree to abide by the Codes of Conduct and understand that if I breach any of the codes, disciplinary action will result.

Athlete's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Parent/Carers signature to accompany where the participant is under 18

Parent/Carers Name: \_\_\_\_\_

Date: \_\_\_\_\_

Signature: \_\_\_\_\_

## Carnival Participation

During the season, there are many carnivals that swimmers can attend. The Club's priorities are that our swimmers attend approved DDRSA swim meets, we accumulate points for our club and compete for an end of season trophy.

Due to changes in nomination systems, it is unrealistic to expect or ask that swimmers compete outside of our meet program (listed below).

## Nominating for Carnivals

Swimmers are able and encouraged to attend carnivals run by other clubs. There are nomination fees per event for carnivals. It is important that there are open lines of communication between the coach/swimmer/parent when nominating for carnivals.

Please discuss with Gail which events your child would be most suitable for PRIOR to nominating, as it is important that we develop the total swimmer, not just a stroke they are interested in. A complete list of carnivals can be found below and on our website.

Nominations for carnivals is done online through **Swim Central**. You must pay for your events at the time of registering for the carnival.



## 2023/2024 DDRSA Carnival Program

**NOMINATIONS ARE DONE THROUGH SWIM CENTRAL ONLY!**

<b>DATE</b>	<b>MEET</b>	<b>VENUE - HOST CLUB</b>
8 Oct 23	R.J. McNamara Memorial Meet	Warwick SC
21 Oct 23	Concordia Turbo Jets Spring Meet	Turbo Jets SC - Milne Bay TWBA
4 Nov 23	Toowoomba Open	DDRSA - Milne Bay TWBA
12 Nov 23	Dalby Open	Dalby & District SC
19 Nov 23	Gatton Multi Distance Meet	Gatton SC
25 Nov 23	Roma Transition Meet	Roma SC
26 Nov 23	DDRSA Development Clinic and Teams Challenge	Roma SC
3 Dec 23	DDRSA Development Clinic 13- 17yrs	TGSC
9-15 Dec 23	Hancock Prospecting Queensland Championships	Swim Qld - Chandler
13 Jan 24	WP Kemp Memorial Swim Meet	Gatton SC
14 Jan 24	Inglewood Open	Inglewood SC
20 Jan 24	DDRSA Country Championships	Stanthorpe SC
26 Jan 24	Australia Day Classic	Gatton SC
28 Jan 24	Stanthorpe Open	Stanthorpe SC
4 Feb 24	Goondiwindi Open	Goondiwindi
10/11 Feb 24	Hancock Prospecting Queensland Sprint Championships	Swim Qld - Chandler
18 Feb 24	Pittsworth Long Course Meet	Pittsworth ASC
24/25 Feb 24	DDRSA Regional Championships	DDRSA – Milne Bay TWBA

NB: For admin purposes, we support Swimming Qld, DDRSA carnivals and their respective clubs throughout the season. The full list of carnivals can be found on the DDRSA website under events:

<https://www.ddrsaswimming.org/events>



## Communication

Find out information about the club including club night and carnival dates and links to events and results through our Facebook page and our NEW website.

**Facebook:** Stanthorpe Swimming Club



**Website:** [www.stanthorpeswimmingclub.org.au](http://www.stanthorpeswimmingclub.org.au)



## Uniforms

Uniforms can be ordered through our uniform co-ordinator Amy Hill. Watch our Facebook page for correspondence.