

HANDBOOK 2025 / 2026



STANTHORPE AMATEUR SWIMMING AND LIFESAVING CLUB INCORPORATED

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PRESIDENT'S FOREWORD

On behalf of the Stanthorpe Swimming Club I extend a warm welcome to families joining us for the first time and a warm welcome back to returning families!

Your management committee is focused on making season 2025-26 our best yet. We want to continue to grow our club by encouraging more young kids to get involved in swimming and more older kids to keep swimming. To do that we are going to place a big emphasis on fun, inclusion and encouragement. Our club caters to all skill levels from beginners through to elite swimmers, with the improvement and accomplishments of all recognised and celebrated.

This handbook contains a lot of the information swimming families will need as we navigate through the season together. Regular updates will be provided at club nights and via other communication channels. If you are unsure of anything, please reach out to a committee member or another swimming family – we are here to help!

We encourage parents to help out on club nights and other events but realise not everyone can. And that's ok! Timing, set-up and other jobs can seem daunting but for those that can help out, we'll walk you through it.

Thank you for being a part of our swimming family and for helping our club continue to grow in 2025-26 and beyond.

Craig Magnussen
President



2025 / 2026 EXECUTIVE COMMITTEE

The Stanthorpe Swimming Club Management Committee for the 2025-2026 season is:

President: Craig Magnussen

Vice-Presidents: Cameron Gow & Claire John

Secretary: Fiona Magnussen

Treasurer: Willem Linstrom

Club Coach: Gail Smail

Carnival Secretary's: Cathy Halliday & Fiona Magnussen

Canteen Coordinators: Jodie Thorne, Debbie Turner

Public Relations Officers: Craig Magnussen, Claire John & Fiona Magnussen

Referee: Shannon Armbruster

Starter: Michael Smail

Marshall: Damian Anderson & Claire John

Chief Timekeeper: Craig Magnussen

Club Patron: Michael Smail

Timekeepers: Parents

Awards Subcommittee: Gail Smail, Michael Smail, Craig Magnussen, Cathy Halliday, Fiona Magnussen.

Although the Management 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. A monthly meeting is held with dates, times and venues to be advertised on Facebook and email. 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 the canteen on club nights.

2025 / 2026 MEMBERSHIP TYPES AND PRICING

Annual Club Membership fees have been set by the Stanthorpe Swimming Club Committee taking into account increased fees and charges imposed by Darling Downs Regional Swimming Association (DDRSA), Swimming Queensland, Swimming Australia and insurance costs. Stanthorpe Swimming Club will accept Queensland PlayOn! Vouchers for memberships. There are several levels of Club Membership:

JUNIOR SWIMMER: (9 YEARS AND UNDER)

SWIMMER 9 YEARS AND UNDER.
ELIGIBLE TO ATTEND CLUB NIGHTS AND
NOMINATE FOR CLUB CARNIVALS .

\$120.00

COMPETITIVE SWIMMER: (10 YEARS AND OVER)

SWIMMER 10 YEARS AND OVER.
ELIGIBLE TO ATTEND CLUB NIGHTS,
NOMINATE FOR CLUB CARNIVALS,
THROUGH TO NATIONAL CHAMPIONSHIPS
INCLUDING REGIONAL, STATE, AND
INTERSTATE EVENTS.

\$170.00

LATE SEASON SWIMMER: (JOINING AFTER 01/01/22026)

SWIMMER JOINING AFTER 01/01/2026
ELIGIBLE TO ATTEND CLUB NIGHTS,
NOMINATE FOR CLUB CARNIVALS,
THROUGH TO NATIONAL CHAMPIONSHIPS
INCLUDING REGIONAL, STATE, AND
INTERSTATE EVENTS.

\$115.50

PARENT / SUPPORTER: FREE

COACH: THE CLUB COACH ONLY.

**TECHNICAL OFFICIAL: OFFICIALS MUST HOLD AT LEAST 2
CURRENT QUALIFICATIONS.**

**NON-SWIMMER: ALL OTHER MEMBERS NOT ELIGIBLE
FOR PARENT MEMBERSHIP.**

2025 / 2026 CLUB NIGHT PROGRAM

The first club night for the 2025 / 2026 season will be Friday 3rd October 2025. Club nights usually conclude after the Club Championships (proposed date 14th March 2026).

Swimmers must attend half the total of club nights + 1 to compete for age champion at the Club Championships. This figure may change, should there be any changes to the club night program. Check with a member of the committee if you are unsure.

DATES SUBJECT TO CHANGE DUE TO WEATHER EVENTS ETC.

	DATE	EVENTS	SPECIAL EVENT
	03/10/2025	25/50M ALL STROKES	COME & TRY / SIGN ON
#1	10/10/2025	25/50M ALL STROKES	100M FREESTYLE
#2	17/10/2025	25/50M ALL STROKES	100M BREASTSTROKE
#3	24/10/2025	25/50M ALL STROKES	200M FREESTYLE
#4	31/10/2025	25/50M ALL STROKES	100M BACKSTROKE
#5	07/11/2025	25/50M ALL STROKES	100M BUTTERFLY
#6	14/11/2025	25/50M ALL STROKES	100M INDIVIDUAL MEDLEY
#7	21/11/2025	25/50M ALL STROKES	200M INDIVIDUAL MEDLEY
#8	28/11/2025	25/50M ALL STROKES	100M FREESTYLE
#9	05/12/2025	25/50M ALL STROKES	NOVELTY RELAYS
#10	09/01/2026	25/50M ALL STROKES	100M BREASTSTROKE
#11	14/01/2026	25/50M ALL STROKES	200M FREESTYLE
#12	28/01/2026	25/50M ALL STROKES	100M BACKSTROKE
#13	04/02/2026	25/50M ALL STROKES	100M BUTTERFLY
#14	13/02/2026	25/50M ALL STROKES	ELAINE GOEBEL RELAY
#15	20/02/2026	25/50M ALL STROKES	100M INDIVIDUAL MEDLEY
#16	27/02/2026	25/50M ALL STROKES	200M INDIVIDUAL MEDLEY

2025 / 2026 CLUB NIGHT INFORMATION

- Club nights are usually held on a Friday night starting at 6:00pm sharp. Club nights may occasionally be held on a Wednesday night due to carnivals, community events or public holidays.
- Swimmers are required to nominate each week in the events they wish to compete in at each club night.
- Nominations for club nights are done through the Swim Central website. They do not have an app at this stage.
- Nominations will be open until 3pm on the day of each club night (either Wednesday or Friday).
- If club night is postponed / cancelled you will be required to nominate for the new date in chosen events.
- Cancellation of a club night due to weather or any other contributing factors will be decided by 5:30pm by the committee and communicated through Facebook and email.
- The order of events may change due to cancellation / postponement of club night and catch up dates.
- Events are seeded (based on swimmers times) on club nights so swimmers may be swimming against younger or older members.
- Once a swimmer has achieved 30 seconds or under for a 25 metre event, they are automatically eligible to swim 50 metre events. Swimmers are not required to meet this time if they wish to swim 50 metres, however once 30 seconds has been reached, they are no longer able to nominate for 25 metre events in that stroke.
- Points are awarded for improvements and competing in all strokes at club nights.
- Swimmers are to remain in the pool enclosure on club nights.
- We ask that members arrive at 5:30pm to help with the set up so we can start club night at 6pm.
- It gets cold in the stands so bring warm clothing and 2-3 towels per swimmer. A deck parka is a great option.
- A great 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.
- If the canteen is operational on club night (last club night of month), please support this facility if you can.
- Coaches are not to be interrupted during training. Let the coach do the training.

CANCELLATION OF CLUB NIGHTS

Should a club night be cancelled on a Friday night, it will then be rescheduled to another date (usually the following Wednesday) at the same start times. Updates about cancellations will be posted on Facebook and emailed to members.

PARENTAL SUPERVISION

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

2025 / 2026 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 at the end of the season. Point allocation is subject to change if insufficient club nights are held.

2025 / 2026 CANTEEN AND MONTHLY AWARDS

Canteen will be available at the LAST club night of each month. The following extra volunteers will be required for these nights:

- BBQ / Cooking
- Service
- Homebake donations
- Cleanup

Swimmer of the month awards will also be presented at the conclusion of the LAST club night of each month. These awards will be based on PB's, attendance, points to date, outstanding results at carnivals, attitude and upholding the club's reputation.

PRESIDENT'S AWARD

This swimmer should demonstrate behaviour in keeping with our club and Queensland 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.

Volunteers (e.g. timekeepers, marshals, starter) are encouraged to nominate swimmers they see modelling these behaviours. Nominations may be made to a member of the committee at any time through the season.

2025 / 2026 SEASON AWARDS / TROPHIES

There are a number of awards that are presented to eligible recipients at the end of season presentation night. These awards are criteria based and assessed by an awards subcommittee. The awards are as follows:

- Smalls Shield for Swimming Excellence;
- President's Trophy;
- Blue Furness Award;
- Most Improved Junior - Boy and Girl;
- Most Improved Senior - Boy and Girl;
- Encouragement Awards; and
- Highest Points Trophy - Boy and Girl.

2025 / 2026 SSC PRESENTATION NIGHT

The season concludes with the presentation night to celebrate achievements and contributions of swimmers, volunteers and supporters throughout the season. The presentation night will be held on Saturday, 28th March 2026 at the Internation Club. All club members are invited to attend and bring along family and friends. Tickets are sold at a per head basis and are subsidised by the club.



2025 / 2026 IMPORTANT CLUB DATES

DATE	EVENT	COMMENT
18/08/2025	GENERAL COMMITTEE MEETING	STANTHORPE RSL
15/09/2025	GENERAL COMMITTEE MEETING	STANTHORPE RSL
03/10/2025	COME & TRY SIGN ON NIGHT	
27/10/2025	GENERAL COMMITTEE MEETING	STANTHORPE RSL
31/10/2025	CANTEEN AND MONTHLY AWARDS	
17/11/2025	GENERAL COMMITTEE MEETING	STANTHORPE RSL
23/11/2025	STANTHORPE OPEN CARNIVAL	
5/12/2025	CANTEEN, MONTHLY AWARDS AND CHRISTMAS BREAKUP	
15/12/2025	GENERAL COMMITTEE MEETING	STANTHORPE RSL
19/01/2026	GENERAL COMMITTEE MEETING	STANTHORPE RSL
28/01/2026	CANTEEN AND MONTHLY AWARDS	
16/02/2026	GENERAL COMMITTEE MEETING	STANTHORPE RSL
27/02/2026	CANTEEN AND MONTHLY AWARDS	
06/03/2026 - 08/03/2026	APPLE & GRAPE FESTIVAL	CAN BAR FUNDRAISER
14/03/2026	CLUB CHAMPIONSHIPS	
16/03/2026	GENERAL COMMITTEE MEETING	STANTHORPE RSL
21/03/2026	END OF SEASON TRIP - TBC	WET 'N' WILD
28/03/2026	STANTHORPE SWIMMING CLUB - PRESENTATION NIGHT.	INTERNATIONAL CLUB
20/04/2026	GENERAL COMMITTEE MEETING	STANTHORPE RSL

2025 / 2026 CARNIVAL DATES

DATE	EVENT	LOCATION
12/10/2025	RJ McNAMARA SPRINTS	WARWICK
18/10/2025	ALLORA ROTARY OPEN	ALLORA
19/10/2025	TURBO JETS TRANSITION MEET	MILNE BAY TOOWOOMBA
25/10/2025	GATTON MULTI-DISTANCE MEET	GATTON
01/11/2025	TOOWOOMBA OPEN	MILNE BAY TOOWOOMBA
08/11/2025	CHARLEVILLE MEET	CHARLEVILLE
9/11/2025	DALBY OPEN	DALBY
15/11/2025	WP KEMP MEET	GATTON
22/11/2025	ST GEORGE	ST GEORGE
23/11/2025	STANTHORPE OPEN	STANTHORPE
23/11/2025	DDRSA DEVELOPMENT CLINIC AND TEAMS CHALLENGE	TBC
29/11/2025	CHINCHILLA OPEN	CHINCHILLA
6/12/2025	AUGATHELLA AQUA ANTS MEET	AUGATHELLA
7/12/2025	GOONDIWINDI OPEN	GOONDIWINDI
13/12/2025 - 19/12/2025	2025 HANCOCK PROSPECTING QLD CHAMPIONSHIPS	CHANDLER BRISBANE
11/01/2026	INGLEWOOD OPEN	INGLEWOOD
17/01/2026	DDRSA COUNTRY CHAMPIONSHIPS	DALBY
18/01/2026	DDRSA COUNTRY CHAMPIONSHIPS CLINIC	DALBY
24/01/2026 - 26/01/2026	SQ COUNTRY CHAMPIONSHIPS	ROCKHAMPTON
26/01/2026	DDRSA PREP MEET	MILNE BAY TOOWOOMBA
01/02/2026	MILES MEET	MILES
06/02/2026 - 08/02/2026	SQ SPRINT CHAMPIONSHIPS	CHANDLER BRISBANE

2025 / 2026 CARNIVAL DATES CONTINUED

DATE	EVENT	LOCATION
07/02/2026	TEXAS SHORT COURSE MEET	TEXAS
14/02/2026	GATTON 800M CLASSIC	GATTON
15/02/2026	MILMERRAN MEET	MILMERRAN
22/02/2026	PITTSWORTH ANNUAL SWIM MEET	PITTSWORTH
28/02/2026 - 01/03/2026	DDRSA REGIONAL CHAMPIONSHIPS - RESTRICTED PREPARATION MEET	TBC
14/03/2026 - 15/03/2026	2026 SQ SPEEDO NATIONAL PREPARATION MEET AND JESS SCHIPPER CHALLENGE	CHANDLER BRISBANE
APRIL 2026	AUSTRALIAN AGE CHAMPIONSHIPS	CHANDLER BRISBANE
APRIL 2026	AUSTRALIAN CHAMPIONSHIPS	CHANDLER BRISBANE
MAY 2026	DDRSA PRESENTATION NIGHT	TBA

FOR A FULL LIST/CALENDAR OF CARNIVALS AND CLINICS PLEASE VISIT THE SWIMMING QUEENSLAND OR THE DDRSA WEBSITES.



NOTE FOR PARENTS / CARERS 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.

We are a Good Sports club



RESPONSIBILITIES OF PARENTS AND CARERS

Assistance from parents and carers by participating in fundraising activities and assisting on club nights is essential to the running of the club and greatly appreciated. You can help out 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 AND LIFESAVING CLUB INCORPORATED

CODE 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.

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. Our club hosts our own meet during the season as well - the Stanthorpe Open - and we love to see as many of our swimmers as possible competing and representing our club.

STANTHORPE SWIMMING CLUB CHAMPIONSHIPS

All club members are encouraged to attend our Club Championships to be held on 14th March 2025. The following events will be available to nominate for:

- 25M - Freestyle, Butterfly, Breaststroke and Backstroke;
- 50M - Freestyle, Butterfly, Breaststroke and Backstroke;
- 100M - Freestyle;
- 200M - Freestyle;
- 100M - Individual Medley; and
- 200M - Individual Medley.

Age champion awards based on points will be awarded to both a boy and girl in the following age groups:

- 8 Years;
- 9-10 Years;
- 11-12 Years;
- 13-14 Years; and
- 15 Years and over.

Please note swimmer must have completed half total of Club nights plus 1 to be eligible for age champion awards.

COMMUNICATION

Find out information about the club including club nights and carnival dates, links to events, clinics, results and meetings through our Facebook page , website and email updates.

FACEBOOK: Stanthorpe Swimming Club



WEBSITE: www.stanthorpeswimmingclub.org.au



EMAIL: stanthorpeswimmingclub@gmail.com

Complaints are to be made in writing and promptly forwarded to the committee for review and action.

CLUB UNIFORMS

The club uniform currently consists of a polo shirt and swimming cap. New members to the club will be given a club shirt and swimming cap. These items are also available for purchase by talking to Claire John. Items available for purchase are as follows:

Club Shirts

Adult Club Hoodie

Child Club Hoodie

Club Swimming Cap

Club Trucker Caps

Club Jibbitz

Please note that shirts, trucker caps and hoodies are available for parents / carers to purchase.

