

# CHARLESTOWN



# SWIM CLUB



**2017/2018 Season  
Information Booklet**

## The Committee would like to welcome all swimmers and their families to the 2017 – 2018 Season!

### 2017/2018 Fees

Membership fees include Swimming NSW & Swimming Australia affiliation, Insurance, Coast & Valley Affiliation and Club Fees and cover the period of 1 October 2017 to 30 September 2018.

Swimmer	\$110.00
Non-Swimmer/Committee member	\$25.00
2 <sup>nd</sup> Claim swimmer	\$70.00

**Please Note: There will be weekly pool entry costs of \$3.50 per swimmer. There will be no entry fee for spectators.**

### Club Contacts

President	Vacant – Enquiries Welcomed
Vice President	Kellie Wright
Registrar	Emma Walker
Race Secretary	Carmen Cleare
Treasurer	Vacant – Enquiries Welcomed
Secretary	Jayne Day

### A few things to remember for Club nights:

- Swim Club nights will commence on 10 October 2017. All entries are to be submitted via our club website by 8.00pm Friday night for the following Tuesday club events. Go to [www.charlestownswimmingclub.com.au](http://www.charlestownswimmingclub.com.au) and click on the Club Nights tab and then Club Night Entries.
- Select the strokes you wish to swim for that night. You must swim in the grade that you are qualified for in each stroke.
- No late entries will be accepted. If you miss this deadline, then you may still race as long as there is a spare lane in your event. However your times will not be recorded for point score purposes but you will be marked as present for the purposes of attendance to qualify for Club Championships.
- Racing starts at 7pm and swimmers must be assembled in the marshaling area ready to start at 6.50pm.
- This season there will be a weekly roster for time keeping and BBQ. The roster starts blank at the beginning of the season – please see the recording desk on club night to nominate your nights to help. Parents are required to contribute on at least 5 occasions throughout the season. Failure to help on at least 5 occasions will result in your child being disqualified from participating in Club Championships. The club runs via voluntary time contribution. It is expected that all contribute to the successful operation of swim club, and that all parents are given the right to enjoy spectating their child on given nights.
- A BBQ will be available on club nights to purchase sausage sandwiches and other items,

so keep this in mind when planning your Tuesday nights.

- Swimmers are graded per best times swum at club nights. Each stroke is graded separately, with grading's reviewed on a monthly basis. Your children are not permitted to swim in the wrong grades, up or down.
- Each week there are three events:
- First swim is always Freestyle
- Second swim is a Form stroke, either breaststroke, butterfly or backstroke
- Third swim is either a form stroke, freestyle or IM
- Grade Points are awarded for the each swim as per the swim point table detailed in this booklet
- For those swimmers who were members in the previous season, points are awarded to last season's best time.
- New swimmers are allocated a grade on the results of their first swim on club night.
- All swimmers are promoted to their higher grades according to upgrading times, as per grading table in this booklet.
- Swim nights cancelled due to inclement weather are deemed to have been swum for Club Championship qualification purposes only if your child was entered for that night.
- In case of inclement weather, you will be notified via our Facebook Page and our Mobile App. Please check these for any notifications after 5.30pm. As an all weather club, we don't automatically cancel Club nights in light rain.

## Grading Times

Stroke	Grade	Distance	
BACK	A	100	01:25.00
BACK	B	50	00:48.00
BACK	C	25	00:30.00
BACK	D	25	Ability to swim 25m <u>correctly</u>
BACK	Marlins	15	Ability to swim 15m
BREAST	A	100	01:36.00
BREAST	B	50	00:55.00
BREAST	C	25	00:33.00
BREAST	D	25	Ability to swim 25m correctly
BREAST	Marlins	25	Ability to swim 15m
FL	A	100	01:25.00
FL	B	50	00:48.00
FL	C	25	00:30.00
FL	D	25	Ability to swim 25m <u>correctly</u>
FL	Marlins	25	Ability to swim 15m
FREE	A	100	01:15.00
FREE	B	100	01:35.00
FREE	C	50	00:55.00
FREE	D	25	Ability to swim 25m <u>correctly</u>
FREE	Marlins	25	Ability to swim 15m
IM	A	200	03:00.00

IM	B	100	01:45.00
IM	C	50	01:00.00
IM	D	25	Ability to swim 25m <u>free &amp; 25m Breast</u>

\* D grade 50m IM is 25m Freestyle & 25m Breaststroke.

## Marlins

Marlins are for developing swimmers who wish to have a go but are unable to swim 25m. Marlins are able to swim ALL 15m Freestyle or can do 15m form strokes as per the program. During the last four weeks of the season, Marlins will swim 25m races to prepare for Club Championships. If they do not wish to compete in Championships, they may continue to swim 15m.

## Masters

Masters events will be held according to the C grade program and will be swum with C grade unless sufficient Masters entries are received to allow a separate heat. To be eligible to compete in Masters events, swimmers must be over the age of twenty one years. Swimmers over the age of twenty one also have the option of swimming in regular graded competition if they so wish.

## Achievement Certificates

Swimmers will be rewarded for their personal achievements with certificates for those swimmers who have achieved the following throughout the season:

Swimmer who achieves 6 club time PB's	Bronze Certificate
Swimmer who achieves 12 club time PB's	Silver Certificate
Swimmer who achieves 18 club time PB's	Gold Certificate

Personal best times will be measured against Club night times only. Carnival times are not taken into account in any way when determining these awards.

These certificates will be presented monthly at Club to all swimmers who have reached a new certificate level during the previous month. Only one of each certificate may be awarded per swimmer per season.

## Swim Points

Points for each Club night swim are awarded as per the following table. These points determine the Point Score winners for the season.

Point for a swim more than 2 seconds slower than best time:	1
More than 1 and up to and including 2 seconds slower than	1
Points for a swim up to and including 1 second slower than best	2
Points for a swim equal to best time:	3
Points for a swim up to and including 1 second faster than best	4
More than 1 and up to and including 2 seconds faster than best	5
Points for a swim more than 2 seconds faster than best time:	6
Points for a disqualified swim:	0
Points for a swim in the wrong grade:	1

## Summer Club Championships

Club Championships are age-based events, which will be held on Tuesday 13 March 2018

commencing at 6.00pm. Selected long distance events will be held in place of open events in the preceding weeks. Please check our season program for full details. Swimmers age is their age as at 13 March 2018.

#### Eligibility is as follows:

- **Must** be a registered first claim swimmer of Charlestown Swim Club. This is a Coast and Valley requirement.
- **Must** be fully financial and owe no money to the club.
- **Must** have produced a birth certificate to the Club.
- **Must** have competed in the first freestyle event on half of the scheduled Club nights (i.e. Must swim at a minimum of 9 Club nights)
- To swim form strokes in Championships, must have swum in three form stroke events for each stroke on scheduled Club nights.
- To swim IM in the Championships, must have swum in one IM event on scheduled Club nights.
- Qualifying times must have been achieved on Club nights for those races with a qualifying time.
- To be eligible for an Age Trophy it is necessary to swim freestyle and two form strokes in Club Championships.
- To be eligible to receive an Open Trophy it is necessary to have competed in the Age Championships and five open swims in Open Championships.
- Swim nights cancelled due to inclement weather are deemed to have been swum for Club Championship qualification purposes only if you had registered to swim on the night.

#### Permission to Use Photographs of your Children

This year we intend to collect photo's from various nights, special events, target meets and championship meets for the purposes of displaying on our club website, noticeboard and end of season slide show at presentation day. If you have any objections to your child's photo being taken, or photo's uploaded to our website/social media page please email [charlestownswimclub@gmail.com](mailto:charlestownswimclub@gmail.com) and we will remove the photo from our archives and the website/social media page immediately.

#### Communication with Charlestown Swimming Club Committee

If any club member has an issue or problem that needs to be brought to the attention of the committee than all correspondence must be in writing and emailed to the secretary at [charlestownswimclub@gmail.com](mailto:charlestownswimclub@gmail.com) or addressed to PO Box 5225, Kahibah 2290. Verbal communication with a committee member is not acceptable.

## Carnival Entries

Carnivals are run on weekends throughout the year. These carnivals are posted on the notice boards at the Pool for you to look at and obtain all relevant information needed to fill in your entry cards. Please do not remove these programs from the notice boards as others may need to read them too. You can also view all programs on either the Coast & Valley website or NSW Swimming website. If online entries are accepted please enter online via the link provided. If manual entries are required, Carnival Entry Cards can be obtained from the Carnival Race Secretary, Carmen Cleare, or they are located on top of the Club carnival entry box in the foyer of the pool. When entering a carnival the entry cards are PINK for girls and BLUE for boys.

When entering a carnival you need to know:

- The NAME, DATE and START time of the carnival.
- THE EVENT NUMBER, STROKE and AGE GROUP of the events you wish to enter.
- Your PB TIMES for every event you wish to enter.
- The ENTRY FEE, these are charged per event you compete in.
- Type of ENTRY CARD to be used (SINGLE or MULTI entry card)
- Always check the ENTRY CONDITIONS – some carnivals have restrictions eg. Qualifying times have to be achieved not merely estimated.
- Our Club CLOSING DATE, not the carnival's closing date.

The closing date for entries will be hand written on the program. Our closing date is always at least one week earlier than what is printed on the program as our Race Secretary needs time to organise the entries and post them to the Carnival organisers. STRICTLY NO LATE ENTRIES WILL BE ACCEPTED!

Completed entry cards are to be placed in an envelope with correct money (if paying by cheque, the cheque is to be made out to 'Charlestown Swim Club'), with your name and the carnival name written on the front of the envelope and then placed in the Carnival Entry Box in the pool foyer or hand it to the Race Secretary on Club night.

All carnival entries must be submitted through the Club Race Secretary, except where online entries are accepted. Where online entries are accepted, please enter directly online. The link can be found on our website along with the carnival details. Country, State and National swimmers have to achieve the qualifying times at a Carnival, not on Club Night.

## Club Representation

Whenever competing at a carnival or championship event, a competitor must wear a Club Swim Cap and whenever possible wear Club apparel and Club swimwear. Club apparel must be worn at all medal presentation ceremonies, as per Swimming NSW rules. Club coaches have requested that when participating in warm ups facilitated by the coaches that swimmers arrive on time, and wear their Charlestown Swim Caps during the warm ups. This helps identify our swimmers in busy warm up pools, and also identifies us as a team.

## Representative Swimmer of the Year

Representative swimmers will receive points on the following basis:

Represent Club at

- 20 points International meet
- 15 points Summer or Winter Nationals
- 12 points Open State
- 10 points Summer or Winter State Age
- 8 points Summer or Winter Country
- 6 points Summer or Winter Coast & Valley Championships
- 6 points Speedo Sprint Finals
- 5 points Speedo Sprint Series
- 5 points Country Regionals
- 5 points For attending an approved carnival

Bonus Points

Bonus points of 1 – 10 points will be awarded for placing in the top ten as follows:

- Top ten finish for National, State, Country, Coast & Valley Championships, Country Regional and Speedo Sprint Series (graduating from 10 points for 1<sup>st</sup>, 9 points for 2<sup>nd</sup> through to 1 point for 10<sup>th</sup>)

10 Bonus points will also be awarded for records broken in any of these carnivals.

No points are awarded for qualifying only. The swimmer must attend the meet to receive points.

## Relay Team Selection Guidelines for Championship Meets

To be eligible for relay selection the Club Race Secretary will base their decision to select relay team members at Championship Meets (ie. Coast & Valley, Country, State Age, State Open, Australian Age and Australian Open) on the following criteria:

1) The fastest available swimmers available for selection upon closure of single entries for any given meet.

1a) Swimmers from a younger age group may be considered for relay selection in the age group above if the individual's time is faster than existing eligible members in the higher age group, and/or there is a shortage in the upper age group of swimmers.

1b) The Race Secretary will only consider recorded times from swimming club results, and officially recorded results from the NSW Swimming database. School carnival times will not be considered for selection unless recorded on the NSW Swimming database.

2) If a swimmer wishes to be considered for relay selection and is not entered for single events, the swimmer/parents must contact the race secretary prior to closure of the single entries for that competition. Rules 1, 1a and 1b will apply upon determining selection.

2a) The only time an exception will be made is if there is not enough members to fill a team, where the race secretary may advertise for interested members who did not enter single events, or did not qualify for single events but wish to participate in the relay team.

The general philosophy is to enter the fastest available team to maximise the team's ability to both place and achieve the highest accumulation of points possible for the overall swimming team point score. If possible, we may have an opportunity to enter a "b" team to help ensure participation for those who do not qualify for the "a" team. This is determined by interest and available members.

### Club Sponsorship - District, Country & State

Club Members who represent Charlestown Swimming Club at various nominated still water carnivals conducted under the rules of Swimming NSW, at the discretion of the Committee and subject to membership and qualifying requirements, may be provided with Club clothing, which may include Club shirt, swimmers, swim cap or tracksuit or alternatively a Club bag or towel.

In order for members to qualify for the issue of Club apparel the following applies:

- Twelve months continuous first claim membership, and
- Participation in Charlestown Swim Club, Club Championships and any Carnival held by the Club, and
- Participation at Coast & Valley qualifying Carnival.
- Participation in any committee requested fundraising events

### Squad Coaching and Learn to Swim

Charlestown Swim Centre offers training for various ages and abilities, catering for beginners to advanced athletes, and also for adult swimmers.

For swimming lesson and squad enquiries please phone Charlestown Swimming Centre direct on 4943 7159.

## Charlestown Swimming Club Inc

Charlestown Swim Centre

Dickinson Street Charlestown

Website: [www.charlestownswimmingclub.com.au](http://www.charlestownswimmingclub.com.au)

Email: [charlestownswimclub@gmail.com](mailto:charlestownswimclub@gmail.com)

Facebook:

[www.facebook.com/charlestownswimmingclub](https://www.facebook.com/charlestownswimmingclub)

Postal Address: PO Box 5225, Kahibah 2290

Club Committee Meetings are held the 4th Wednesday of the month in the Boardroom at Central Charlestown Leagues Club. All are welcome to attend, but we do encourage parents to become a Club member to gain voting rights. Your input will be appreciated.



