



**2018/19
SEASON**

HANDBOOK


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Home of Western Aquatics

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PRESIDENT'S WELCOME

On behalf of the Executive Committee I'd like to extend a warm welcome to you and your family. All parents/guardians/care givers deserve to be congratulated! If you've never been in the Top 1% of something before you are now! You are among the 1% of Australian parents who are actively seeking fun opportunities to improve the health and wellbeing of your child/ren. Western Aquatics can certainly help with this.

Since our inauguration in 2013/14 our Club has moved forward with new infrastructure, building of a cohesive swimming community who have plenty of fun and we have welcomed many new faces. We're thrilled to have you and your family involved in celebrating yet another season of fun, family and swimming!

Western Aquatics Club Nights are primarily about creating an environment where every child has an opportunity to build their confidence through doing their best. It is great that the children are having fun whilst being involved in an activity that promotes health and wellbeing, whilst parents get an opportunity to relax and enjoy themselves. Creating a positive team atmosphere amongst the children and the parents is also important. Like most clubs, Western Aquatics is run on a volunteer basis, therefore we encourage all members to get in and lend a helping hand. This will not only ensure the successful and efficient operation of Friday Club nights, it will also help in developing unity and a positive atmosphere.

The vision of Western Aquatics Inc is to be the Ipswich regions' premier swimming club; by priding it's self on instilling a lifelong love of swimming.

The outcomes we seek from the activities in which Western Aquatics facilitate include:

- ☆ Further develop the involvement of the local community in club swimming
- ☆ Create an atmosphere of team spirit, unity and support and contribute to a positive attitude
- ☆ Encourage our members to continue their participation in physical activity and realize the immense benefits

Western Aquatics is fortunate enough to be operating from great facilities, have great coaching staff and very supportive families. Let's have a season filled with plenty of fun and laughter; we look forward to celebrating all of the children's successes throughout the season.

In order to stay informed throughout the season, please make sure you have requested access to the Western Aquatics Players and Officials group on Team App. This is where you will receive all communications.

Let's go Eagles!

On behalf of the Leadership Group

Melissa Pedersen



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OUR VISION

The Ipswich region premier swimming club, which prides its self on instilling a lifelong love of swimming

Our Mission

- ☆ Create an environment where children learn to be healthy, confident and feel good about themselves
- ☆ Provide an atmosphere of fun and engagement
- ☆ Instil a life-long love of swimming through inclusive activities and create a sense of accomplishment for all abilities and ages
- ☆ Encourage and support all swimmers to achieve their own goals in swimming through self-discipline, self-motivation and self-confidence
- ☆ Foster strong channels of communication throughout the club so all feel valued and welcome
- ☆ Create an environment where all members have the same opportunities to become involved in the successful operation of the club through volunteering


Western Aquatics Committee

President president@westernaquatics.com.au	Melissa Pedersen	0423 232 033
Vice President vicepresident@westernaquatics.com.au	Shellie McGuinness	0410 305 315
Secretary / Uniform Coordinator secretary@westernaquatics.com.au	Sonja Chardon	0488 582 141
Treasurer treasurer@westernaquatics.com.au	Julie Sartor	0409 052 780
Registrar registrar@westernaquatics.com.au	Health Ramsay	0407 798 527
Race Secretary racesecretary@westernaquatics.com.au	Susie Gorroick	0408 637 528



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OUR CLUB....

Western Aquatics Inc would like to welcome you to the 2018/9 season.

This season the Committee is focused on developing our team's success, our team spirit and promoting teamwork and community.

We aim to cater for everyone by providing our members with the opportunity to compete at levels within their ability, with meets ranging from regular club nights to local competitions and for those swimmers who qualify; Regional, State, National Championships.

The Club is committed to providing swimmers with the best opportunity to achieve their goals in a structured, positive and disciplined environment.

MEMBERSHIP INFORMATION

Club Membership fees comprise of Swimming Australia, Swimming Queensland and Brisbane Swimming Association registration fees, as well as Swimming Queensland arranged insurance charges and GST. In order to ensure all of our Club members are protected by insurance cover, all membership fees must be paid at the commencement of the Season.

Parents are encouraged to join the club – your membership is free. If you are helping out at Club Night and at our Meets, then you MUST be a member as membership covers insurance for volunteers.

If a registered financial swimmer transfers from another Club to Western Aquatics during the season the Swimming Queensland, Swimming Australia Limited and Brisbane Swimming Association fees will be deducted from the membership fee. A Swimming Queensland transfer fee of \$10 will apply.

Membership Fees for the 2018/19 season for Swimmers 9yrs & Over – Age as at 01/07/18

1st Swimmer \$140.00

2nd Swimmer \$140.00

3rd Swimmer \$120.00

4th Swimmer \$120.00

Dolphin Swimmers – Age is as at 01/07/18

8 years old - \$110.00

7 years & under - \$70.00


For any assistance with your membership please contact our Club Registrar, Heath Ramsay at registrar@westernaquatics.com.au.



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Where do our Swimmers fees go?

Category		Total	SAL Fee	SQ Fee	BSA Fee
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Swimmer 9 years +	Swimmer 1&2 from one family	\$78.00	27.00	43.00	8.00
	Swimmer 3 from one family	\$52.50	27.00	21.50	4.00
	Swimmer 4+ from one family	\$27.00	27.00	0.00	0.00

Swimmer 8 years old 1/2 price membership	Swimmer 1&2 from one family	\$39.00	13.50	21.50	4.00
	Swimmer 3 from one family	\$26.25	13.50	10.75	2.00
	Swimmer 4+ from one family	\$13.50	13.50	0.00	0.00
Junior Dolphin	Free 7/u program	\$0.00	0.00	0.00	0.00
Non Swimmer		\$13.50	0.00	13.50	0.00
Coach		\$13.50	0.00	13.50	0.00
Parent		\$0.00	0.00	0.00	0.00
Accredited Technical Official		\$0.00	0.00	0.00	0.00
Life Member		\$0.00	0.00	0.00	0.00

Please note in all the categories above Western Aquatics chooses to charge a small fee to cover activities and differing initiatives our Club provides our swimmers. We do our very best to keep this fee as low as possible

As a financial member of Western Aquatics you will receive a Club shirt for free (value of \$35.00) and the club looks forward to subsidising events throughout the season including a Social Event to start the season, club trip away to Bundaberg and end of season Presentation Night.

Western Aquatics Inc is a registered “Get Started” club. Get Started is one of the 3 funding programs that comprise the Qld governments Get in the Game initiative to support sport and recreation at the grassroots level.


Get Started assists children and young people who can least afford or may otherwise benefit from joining a sport or recreation club. If you are keen for further information visit the following website for further assistance.

<http://www.nprsr.qld.gov.au/funding/getinthegame/parents-carers.html>



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CLUB NIGHT INFORMATION

Club nights are held on a Friday Night from October through to March of each year with a start time of 5:45pm for the children's fun activity and a race start time of 6:15pm. Swimmers take part in races with their mates, their times are recorded and points are awarded. If you are keen to keep a record of your swimmer's personal best times please refer to the last couple of pages of this booklet for the PERSONAL BEST record sheets.

Club night is a great opportunity for swimmers to meet and socialize with other members and also to learn to practice the correct race procedure, which is required at carnivals. The main aim of these races is for all swimmers to assess their overall progress and to try new events.

All financial members can attend club nights. If you would like to try club night you can come along and enjoy a trial club night (1/person).

Nominating for Club Night:

All nominations are to be received via the online tool by Thursday 9am (the day prior to that Club Night)

Click on the **CLUB NIGHT NOMINATION** tab on our website and fill in the form with the required information. If you have any questions regarding this tool please contact our Race Secretary Heath Ramsay via raceseecretary@westernaquatics.com.au

If you forget or are late (after 9am Thursday) in this nomination process you will be able to nominate for Club Night at the actual event by 6pm. However your swimmer will only be able to be placed in their chosen event if there is a lane space available and the swimmer will receive a time but no points will be earned towards the end of season trophies. We will be sending out automatic notifications through TEAM APP (download from the App Store) as a reminder to nominate. We appreciate your co-operation and support.

Western Aquatics is run by volunteers for the benefit of the children. Parents are strongly encouraged to help our club nights run smoothly by assisting with the following jobs


- Time keeping x 8
- Canteen & BBQ x 8
- Marshalling x 2
- Starter x 1
- Pack up at the end of the night – Everyone

To share the workload we have implemented a volunteer roster which is available at the clubhouse, on the website and emailed to members for the canteen. We also ask for volunteers on a weekly basis to fill the other roles and appreciate your assistance in getting club nights started on time. We appreciate your support and so do the swimmers!



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CLUB UNIFORMS

Wearing the club uniform gives all swimmers a sense of pride and team unity. It is compulsory that all Western Aquatics members wear the club cap and shirt at all swim meets. We encourage parents to purchase a team shirt, which will cost \$35.

The Western Aquatics shirts will be provided to all financial members at no expense to the member. Therefore if a swimmer chooses not to wear the club shirt to a swimming meet the parents will be asked to cover the cost of the shirt, payable to the club.

Uniform items for purchase:

- Club Swim Cap - \$15
- Jackets - \$100
- Hoodies - \$50
- Boys Jammers and Girls Togs are \$55 – these prices are MEMBERS ONLY (minimum numbers required to order so we will not always have the correct sizes in stock).
- Hats - \$15

For all uniform, requirements please contact our Uniform Co-Ordinator Sonja Chardon - 0439 759 493 – secretary@westernaquatics.com.au.

CLUB PHOTOGRAPHY AND ELECTRONIC MEDIA

Please be mindful when you are taking photos during our Western Aquatics events – ensure you are taking photos of your child only. We'd love to be able to place photos on our website and use these photos on our website, face book page and possibly use these in marketing opportunities for the Club. If you are happy to supply us with photos please let us know. When filling out your registration form, you will also be provided with a Photo Disclaimer form. Please ensure you fill this out.

On some occasions we assign a Club Photographer to take photos of our swimmers – please notify us if this is against your wishes.

POINTS SYSTEM FOR CLUB NIGHTS....how our swimmers are rewarded

The points system is used to allocate swimmers points each time they swim in an event at club night. Even if your child does not swim a 'personal best', or sometimes you may hear this being referred to as a PB, they still receive a point for swimming if their time is 1-5seconds slower than their PB. The more they improve their own time, the more points they earn!


At the end of the season children are rewarded with trophies, and the like, according to the points they have earned throughout the season. Every financial member will receive a trophy at our Club Points presentation evening being held April/May each season. More details about this event will be made available through the season.



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Points will be awarded to swimmers on the following basis:

Swim faster than registered time:

2 or more seconds faster than registered time 5 points

1-2 seconds faster than registered time 4 points

0-1 seconds faster than registered time 3 points

Swim slower than registered time:

0-1 seconds slower than registered time 2 points

1-5 seconds slower than registered time 1 point

5 or more seconds slower than registered time 0 points

Age Groups for Points trophies:

First, Second and Third placing will be awarded a trophy in the following age groups:


6 & under	7 years	8 years
9 years	10 years	11 years
12 years	13 years & over	

Please note that these trophies are based on the points accumulated at club night only and through the points system above. Boys and girls are separated; however the distance a child swims is not taken into consideration. For example: a 6yr old who swims 25m Vs 6yr old who swims 12.5m – these swimmers still accumulate points based on improving their personal times over these distances

Perpetual Points Trophies:

10yrs & under	BOY & GIRL Junior Points Trophy
11yrs & over	BOY & GIRL Senior Points Trophy
ALL AGES	BOY & GIRL Distance Point Trophy



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All children who have not received a trophy will be individually recognised with a Club Points Trophy. If you have any questions regarding the above information please direct them to Heath Ramsay.

CLUB MEETINGS – GENERAL

Decisions concerning the operation of the club are made at these meetings and are a great place to voice your ideas, make suggestions, offer support and assistance to progress the development of club activities. Any financial member may attend and vote at General meetings. All members are encouraged to attend and contribute to these meetings and support the running of the club.

CARNIVALS....

There are varying levels of competition available to our young swimmers, if you choose to explore this avenue a bit further. Here is some information that will help...

COMPETITION CALENDAR & MEET STRUCTURE

At the beginning of every season, a Competition Calendar will be scheduled by the Western Aquatics Coach to outline the key “focal” meets of the season. This calendar will outline the meets required from the three core swimming associations (BSA, QSL, SAL)

In addition to the Competition Calendar, Club night and the local Club vs Club hit outs, are designed as a gentle entry into the arena of competitive swimming. Club night is open to all club members and is a key team building activity


1. Club Nights—Open to all club members.
2. “A” and “B” Grade Meets—Used for qualifications or opportunities to swim for swimmers to qualify for BSA, QSL and SAL meets.
3. Brisbane Swimming Association (BSA) - Brisbane Championships are held and qualifying times must be achieved by attending an A or B grade meet prior to these championships
4. Swimming Queensland (QSL) - State Championships are held and qualifying times must be achieved by attending an A or B grade meet prior to these championships
5. Swimming Australia (SAL) - Open & Age National Championships.

For any assistance in understanding this information please speak with your swimmer’s coach or contact our Race Secretary at racesecretary@westernaquatics.com.au.



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SWIM CARNIVAL NOMINATIONS

This process is managed by Swimming Queensland and the Swimming Club whom is host the event. Our Race Secretary has provided carnival information on our website , and updates this regularly. To understand the nomination process for any given carnival please click on Meet Info.

Western Aquatics Leadership group meets regularly to discuss the opportunity for our club to cover the nomination fees for selected swimming carnivals. A Notification will be sent via an email by the Club Race Secretary to communicate the selected meets.

SWIM CARNIVAL COMMITMENT FOR SWIMMERS

- ☆ Wear club cap and shirt - compulsory
- ☆ Be enthusiastic and encouraging of all swimmers – cheering is the best way to do this
- ☆ Be respectful of others
- ☆ Pack plenty of nutritious food and water

SWIM CARNIVAL COMMITMENT FOR PARENTS

At most of the carnivals we attend as a team, the hosting club will request assistance with time keeping throughout the day. To ensure we are sharing the workload amongst those people attending the carnival, you may be asked to assist with this job. To assist in negating the need for individuals to do long shifts, we will evenly distribute the workload between the parents who are attending. In the instance you are unable to assist we'd ask that you find a replacement amongst the other Western Aquatics' parents.

COACHING AND SQUADS


We are honoured to appoint Heath Ramsay, Olympian Sydney 2000, as the Western Aquatics Head Coach. Heath began sharing his knowledge and passion for swimming amongst the Ipswich community in 2003, not long after he chose to retire from competitive swimming. Heath's loyalty to the region is built on a goal to continue developing a quality swimming program to meet the needs of all levels of swimmer; so they don't have to go to Brisbane to make a National or Olympic team.

For further information about the Learn to Swim and Squad programs please email info@heathramswimcentre.com.au or call 0407 798 527.



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POLICIES AND PROCEDURES....

CODE OF CONDUCT

All parents and swimmers must follow the following standard of behaviour

- Respect the rights and dignity and worth of others
- Be considerate , fair and honest when dealing with others
- Be professional and accept responsibility for your actions
- Be aware of Swimming Australia's standards rules and policies
- Understand the possible consequences of Swimming Australia Member Welfare and Child Welfare Policies.
- Refrain from any form of abuse, harassment, discrimination and victimization towards others.
- Provide a safe environment for the conduct of activities in accordance with any relevant swimming authorities.
- Be a positive role model

SAFE SPORT FRAMEWORK

Western Aquatics endeavours to create a safe and friendly environment for all members. Unethical behaviour, violence or harassment in any form will not be tolerated. For further information please refer to the website below:

<https://www.swimming.org.au/Assets/Safe-Sport-Framework/Safe-Sport-Framework-ALL.aspx>

SWIMMING RULES

Please click on the link below – Australian Swimming

<http://assets.imgstg.com/assets/console/document/documents/SAL%20Swimming%20Rules%20@r%20JAN%202012.pdf>.


COMPLAINTS

All complaint please address the matter personally with or put the matter in writing to the President for resolution. All matters will be dealt with in accordance with the Queensland Swimming Policies and Procedures.



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CLUB CHAMPIONSHIPS....

This event will be held at the WestMAC Pool during Term 1 each season – dates TBA.

Your age for this event is determined by the age you are on the first day of the swim meet

Age Groups for Club Championship trophies:

ONLY BOY & GIRL AGE CHAMPION will receive a trophy:

6 & under	7 years	8 years
9 years	10 years	11 years
12 years	13 years & over	

Perpetual Club Championship Trophies:

12yrs & under	BOY & GIRL	Junior Club Champion
13yrs & over	BOY & GIRL	Senior Club Champion

Events at Club Championships:

6yrs & under	12.5m	ALL STROKES	
7yrs & 8yrs	25m	ALL STROKES	
9yrs	}		
10yrs			
11yrs		50m	ALL STROKES
12yrs			
13yrs & over			
12yrs & under	100m	ALL STROKES	
13yrs & over			
12yrs & under	200m	FRESSTYLE	
13yrs & over			



**12yrs & under
13yrs & over**

200m

INDIVIDUAL MEDLAY

**12yrs & under
13yrs & over**

400m

FREESTYLE

Please note: In the instance that your child is not yet swimming the distance for the age group above there will be an all age 12.5m and 25m race for all 4 strokes. These events will not be used to determine age champion.

If you have any questions regarding the above information please direct these to Heath Ramsay.

CLUB CALENDAR & ORDER OF EVENTS FOR CLUB NIGHTS 2017-18

- Please see the website for the season's calendar

WESTERN AQUATICS CONTACT DETAILS AND MAP

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