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# HANDBOOK

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REDLANDS SWIM CLUB INC.





One Team - One Dream

### Mission Statement

To provide swimmers with the opportunity to improve, strive to excel, enjoy the sport of swimming, and pursue their dreams.

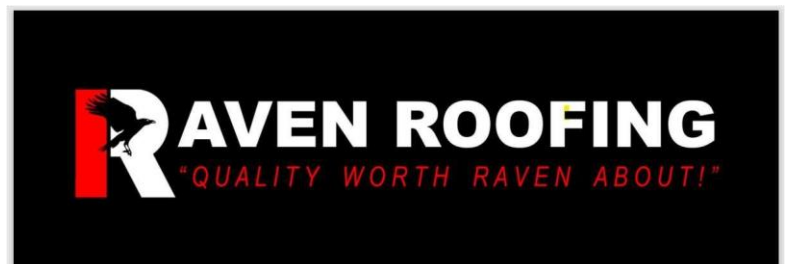
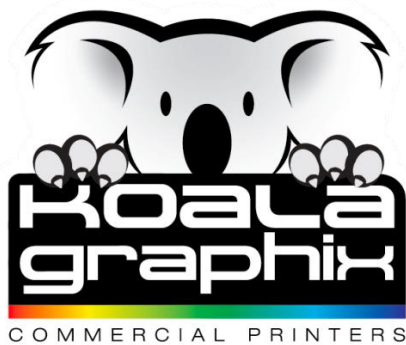
### Goal

To produce top class citizens, whilst creating top class swimmers.

Desire – Dedication – Discipline - Respect



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## Table of Contents

<b>Our Club</b>	5
<b>Presidents Message</b>	5
<b>Committee Members</b>	6
<b>Information regarding the Club</b>	6
<b>Fundraising</b>	6
<b>Meetings</b>	6
General Meetings	6
Management Committee Meetings	6
Executive Committee Meetings	7
<b>Club Uniform</b>	7
Club Uniform Items	7
<b>Communications</b>	7
<b>Club Nights</b>	8
Advice regarding cancellation of Club Night	9
Club Night Points	9
<b>Club Championships</b>	10
<b>Competitive Meets</b>	10
<b>Online Nominations – Competitive Meets</b>	11
<b>Which events and distances should my child compete in?</b>	11
<b>Results and performance data</b>	12
<b>Timekeeping at outside meets</b>	12
<b>Variation to Club Handbook</b>	12
<b>Important Dates</b>	12
<b>Privacy</b>	12

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## Our Club

Redlands Swim Club competes as a member of the Brisbane Swimming Association, Swimming Queensland, and Swimming Australia.

The Club provides its members with the opportunity to compete at levels that are within their ability with meets available ranging from regular club nights, local carnivals during the competition season, and for those swimmers who qualify; Regional, State, National and international level Championships.

Our members train at the Cleveland Aquatic Centre in either the 25m or 50m pool squads as part of an individual commercial arrangement by the swimmer for coaching with Belgravia Leisure, the lessees of the pool.

For all training enquiries, please contact our Head Coach, Jo Collins on 0450 047 886, [jcollins@belgravialeisure.com.au](mailto:jcollins@belgravialeisure.com.au)

The Club provides swimmers with the opportunity to improve, strive to excel, enjoy the sport of swimming, and pursue their dreams. Our swimmers are grouped by ability to ensure each swimmer receives the highest quality support.

We stress desire, dedication, discipline, and respect. Our goal is to produce top class citizens as well as top class swimmers.

## Presidents Message

On behalf of the Redlands Swim Club Committee, I'm delighted to welcome all new and returning members of our club. At the Redlands Swim Club, we aim to provide our members with the best coaching and equipment possible to create an enjoyable and competitive environment where everyone is welcome and supported. We are passionate about our sport and our community, and we value team spirit, respect to culture and commitment to the sport.

*Jan Pieterse*

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## Committee Members

President	Jan Pieterse	<a href="mailto:president@redlandsswimming.com.au">president@redlandsswimming.com.au</a>
Vice President	Stuart Palfrey & Lauren Smith	
Secretary	Estelle Pieterse	<a href="mailto:info@redlandsswimming.com.au">info@redlandsswimming.com.au</a>
Treasurer	Yan Chen	<a href="mailto:redlandsswimtreasurer@gmail.com">redlandsswimtreasurer@gmail.com</a>
Registrar	Jo Collins	<a href="mailto:redlandsswimregistrar@gmail.com">redlandsswimregistrar@gmail.com</a>
Race Secretary	Oliver Collins	<a href="mailto:redlandsswimracing@gmail.com">redlandsswimracing@gmail.com</a>
Club Coach	Jo Collins	<a href="mailto:jcollins@belgravialeisure.com">jcollins@belgravialeisure.com</a>
BBQ Supervisor	Deb Eglington	
Uniform Convenor	Kev Hopkins	<a href="mailto:uniforms@redlandsswimming.com.au">uniforms@redlandsswimming.com.au</a>

## Information regarding the Club

Information will be distributed regularly via email during the season and will contain important information on upcoming meets, results from previous meets, details on fundraising efforts as well as general information and reminders. This information is also regularly uploaded to Stack Team App, and social media platforms. Further information can be obtained directly from our committee members.

## Fundraising

Fundraising is an essential part of the club's finances. Your assistance with fundraising and application for grants benefits our swimmers directly. Throughout the season there will be many opportunities to assist. If you have any suggestions for fundraising or have any special skills, PLEASE let us know.

## Meetings

### General Meetings

General Meetings will be held quarterly at the Clubhouse and will be communicated to all members via email and social media platform. Any financial member may attend and vote at general meetings, and all members are encouraged to attend.

### Management Committee Meetings

Management Committee Meetings will be held on the first Thursday of every month. These meetings will help to co- ordinate the effective running of the Club and ensure that all information and opportunities for the Club are examined and shared with the wider membership if the Committee regards them to be beneficial or necessary for the Club.

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### Executive Committee Meetings

Executive Committee Meetings, comprising the President, Vice-President, Secretary and Treasurer will be held when necessary. These meetings are open to Executive Committee Members only. However, any written submissions will be considered when making any decisions.

Please make every effort possible to have your say at general meetings or through phone, email or personal contact to convey your thoughts to Management Committee members on any matter involving the Club.

The Management Committee has an open-door policy, so please feel free to contact any of them should you have a question, suggestion, or concern.

### Club Uniform

The Club provides a facility for members to purchase items of Club uniform and other merchandise through the uniform convener. Club colours are red, white and blue. We expect all Redlands Swim Club competitors to wear a club cap and shirt at all swim meets. Please remember that while you may race alone, you are still part of the Redlands Swim Club Team.

#### Club Uniform Items

Club Silicone Caps

Club Polo shirt

Club Hoodie

Please note that uniform items may vary during the season at the discretion of the Management Committee with special uniforms potentially produced on an event specific basis. Please refer to Stack Team App for available items.

### Communications

In the fast-moving world we live in, we often find ourselves with not enough hours in the day. For this reason, the Management Committee uses our website – [www.redlandsswimming.com.au](http://www.redlandsswimming.com.au), emails/Facebook/ and the Stack Team App to keep everyone up to date with what's happening in the Club. General information, meeting notices and carnival information sent to members via email as appropriate. Also, please regularly check the Swimming Queensland and Brisbane Swimming website or social media pages to keep yourself informed of upcoming events and requirements.

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## Club Nights

Club Nights at Redlands Swim Club are generally held every second Wednesday afternoon during Terms 4 & 1, commencing at 4:30pm. The Committee will confirm the dates at the beginning of each term.

Nominations for Club Night are to be submitted via Swim Central

<https://swimcentral.swimming.org.au/> before the cut off time as set by the Race Secretary.

Events held on club nights are conducted in the following order:

1. 200m (Freestyle or Individual Medley)
2. 25/50/100m Butterfly
3. 25/50/100m Backstroke
4. 25/50/100m Breaststroke
5. 25/50/100m Freestyle
6. 200m (Butterfly, Backstroke, Breaststroke) or 400m (Freestyle or IM) – Event 6 will change each club night

The events swum at club nights are all mixed (i.e. boys and girls combined) and are seeded by their recorded times or NT (No time) if the event has not previously been swum. This enables swimmers to compete against others of a similar ability.

Swimmers are required to wear appropriate racing attire and all events will be conducted as per Swimming Queensland rules.

Swimmers are responsible for reporting to the race marshal when their race or names are called. Officials will not delay an event for a swimmer who does not report when called.

Complete silence must be observed prior the start of every event. The Referee's decision is final.

Assistance by parents during the conduct of a Club Night is essential with timekeeping, marshalling and starting. Club Nights cannot commence until the required numbers of officials are in place.

Any swimmer who is behaving in an unacceptable manner or causing a disturbance to the conduct of the event may be disqualified from the evening's event by the Referee.

Children under 12 years of age are not allowed to compete at a Club Night unless they are accompanied by an adult who has accepted responsibility for their conduct and safety for the entire event.

Should a Club Night be cancelled before or during competition no points will be awarded to any swimmer.



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#### Advice regarding cancellation of Club Night

Advice regarding the cancellation of a Club Night, for whatever reason, will be advised as a News Item on the Club Website, on Slack Teams and the Facebook group page no later than 4.00pm on the afternoon of the event.

#### Club Night Points

Each Club Night swimmers are awarded points for each event swum based on the following Improvement Points System maintained on the Club's Meet Manager Database:

Slow Range	High Range	Points	Completed Points
-99.00	-5.01	0	1
-5.00	-1.01	1	1
-1.00	0.00	2	1
+0.01	+1.00	3	1
+1.01	+2.00	4	1
+2.01	+99.00	5	1

In the table above '-' indicates a time that is slower than the recorded personal best time for that swimmer at a club night, whereas '+' indicates a time that is faster than the recorded best time.

Under this system the maximum number of points that a swimmer can achieve from any event is 6 points (as outlined above).

5 points will be awarded to a swimmer participating in a new event.

No points are awarded if a swimmer is disqualified or does not compete in an event.

This point system outlined is used to reward consistency and attendance with recognition given to swimmers at the end of the season on this basis. Swimmers, whilst taking part in a race against those of similar ability, are competing against themselves. This reduces the pressure to win and creates a positive environment.

No details regarding the cumulative score of individual swimmers will be disclosed until the naming of award winners at the end of the season.

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## Club Championships

Club Championships will be conducted at the end of the season with the date, age strokes, distances, and nomination fee, conduct of the event and the number and type of Age Champion awards determined by the Meet Manager System.

Ages for the Club Championship will be 'Age on the Block' i.e. the age of the swimmer on the day of competition.

Nominations for Club Championships will close on a date set by the Management Committee with no late nominations accepted.

All members of Redlands Swim Club Inc. are eligible to compete in Club Championships.

Points allocated for places will be determined by the Management Committee prior the announcement of the event.

Presentation nights – trophies & awards

## Competitive Meets

Brisbane Swimming allocate clubs to various Preparation Meets each season. The Race Secretary will advise all members of the details of these events as far in advance as is possible via email, social media, and Stack Team App. It is recommended you compete at Preparation Meets if you are a competitive swimmer and you wish to compete at any of the following:

- ☐ Junior Metropolitan Championships
- ☐ Senior Metropolitan Championships
- ☐ Brisbane Championships
- ☐ Qld Championships
- ☐ National Championships
- ☐ School Districts, School Metropolitan Championships, School State Championships

Please note that club night times will not qualify you for the above events. During the season there will also be 'Transition' or 'Development' meets for swimmers to compete at. The Race Secretary will advise members of these events as the information becomes available. Please note coaches will not be attending these meets unless otherwise advised.

The table below is a 'Guide on how to achieve qualifying times' by Brisbane Swimming.

Times swum at the below meets can be used for the meets listed to the right	National Championship *	State Championship	State Preparation	Regional Championship	Preparation Meet **	Transition Meet	Development Meet
State Championship	✓	✓	✓	✓	✓	Qualifying times not required	
State Preparation	✓	✓	✓	✓	✓		
Regional Championship	✓	✓	✓	✓	✓		
Preparation Meet	✓	✓	✓	✓	✓		
Transition Meet	✓	✓	✓	✓	✓		
Development Meet	x	x	x	✓	✓		

\* Semi-automatic or electronic timing only

\*\* Qualifying times optional

## Brisbane Premiership

Key events for points allocation:

- Junior and Senior Short Course Championships
- Brisbane Open Water Championships
- Brisbane Relays Championships
- Brisbane Sprint Championships
- Junior & Senior Metropolitan Championships

## Online Nominations – Competitive Meets

All carnivals including Club Nights are entered using the Swim Central website. All non-club night events incur separate fees (approx. \$7-\$25.00 per individual event). The Race Secretary and coaches will organise the registration of relay team events for Regional and State competitions and the club will pay for these events.

## Which events and distances should my child compete in?

Parents are encouraged to discuss with their Coach the strategy for the season in terms of distances and strokes at the commencement of the season or before. This is particularly important for new members and/or swimmers 'aging up' who need to have times for the longer distances that will be the norm for their future age group.

Early discussions and planning will maximize the enjoyment of the sport and the number of meets that a swimmer will qualify to attend.

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If at any time you have questions about your child's progress or the events they should be entering please contact the Coaches.

## Results and performance data

There are a few options for obtaining your child's results from our club nights and other competitions;

Meet Mobile – A useful and inexpensive mobile device App

Swim Central - <https://swimcentral.swimming.org.au/home>

Results Central - <https://www.swimming.org.au/events/results-central>

## Timekeeping at outside meets

Accurate recording of swimmers' times for an event is a fundamental part of the sport and swim meets cannot operate without volunteer timekeepers. One way that you can assist is by performing timekeeping duties at outside meets. There is generally a requirement for a Club attending a meet to provide timekeepers. Volunteer timekeeping is an introduction to the finer points of the sport, is a great way to meet like-minded people from other Clubs and you have the best seat in the house!

## Variation to Club Handbook

The Management Committee reserves the right to vary the contents of this handbook as considered appropriate as a result of error, omission or the development of changed circumstances. Such changes will be communicated to Club Members.

## Important Dates

The Race Secretary will supply details of upcoming club nights/club champs/& external meets in advance and keep you informed of nomination procedures and closing dates. Information updates will also regularly be added to the Stack Team App and Facebook.

## Privacy

Please be advised, that by agreeing for your child or yourself to be a member of the club, you are acknowledging that photos and details of your child's swimming achievements and involvement in the club's fundraising activities, may result in pictures and articles appearing both on our web site, social media platforms as well as Swimming Australia partners.

We will always respect your privacy and urge you if you have any specific concerns to approach any of the committee to bring your concerns to our attention, we will not however be asking permission to print or publish what we deem appropriate articles and pictures overall.