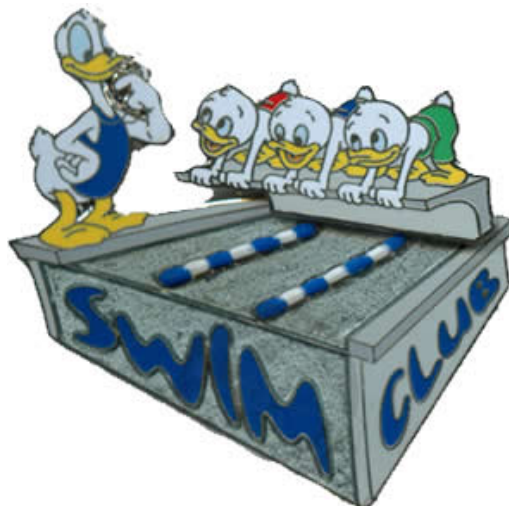




ASCOT SWIM CLUB  
2008-2009 Season Guide



# TABLE OF CONTENTS

Introduction	3
2008-2009 Committee	4
Club Rules	5
Club Swim Meets	9
Club Championships	9
Records	10
Honour Board	11
Key Roles & Responsibilities of Swim Club Committee Members	11
Procedures for Canteen, BBQ & Pool set up	13



## Introduction

The Ascot Swim Club serves both Ascot State School and the wider community by facilitating a social swimming club which runs Friday night swimming (for swimmers of all ability), inter club competition and free technique clinics.

### Club Swimming

Club swimming is organised for Primary School aged children of varying ability with the focus being on active participation.

Swimmers are encouraged to train locally at the Ascot Pool or alternative local pools.

Club night is not seen as a place to obtain fitness in swimming.

Swimmers of all abilities are welcome to join the club and actively participate. The Club is one of the few with a liquor licence, and has a well stocked canteen and runs an excellent BBQ.

Club night is Friday night, setup begins at 5:30pm, with swimmers expected to arrive at 5:45pm for a 6:00pm sharp start.

For beginner swimmers a 12.5m racing (with spotters) opens the evening followed by an action packed set of races. Club nights usually finish around 8pm.

Nomination is via attendance in the marshalling area (under the Grandstand closest to the School buildings). This means that new swimmers may race beside existing club swimmers straight away.

New swimmers are allowed to trial club for the first night without the need to be financial members of the club. Times may not be recorded for new swimmers on this first evening.

### Parent Volunteering

The Club functions due to the volunteer time offered by parents of swimmers. Parents of swimmers are required to actively participate throughout the season and especially to fulfill their roster duties. Volunteer roles are defined within this guide.

Parents of young swimmers are openly encouraged to take up committee positions.

### Swimmer Competition

**Club Championships:** A Club Championship Carnival is conducted toward the end of the swimming season. These are to determine the best swimmers of each age group, both in particular strokes and overall.

**Inter-Club Competition:** A number of inter-club competitions are arranged throughout the season with other like clubs. These are usually held on a Saturday afternoon or evening. These competitions are based on selection of times swum at Club nights.

**QSA/BSA:** For those swimmers who wish to involve themselves in Qld Swimming and Brisbane Swimming Association carnivals there is scope. These are for the strong swimmers who wish to regularly compete against other strong swimmers. Usually carnivals are Saturday or Sunday.

### Communication

During Swim Season the calendar for events appears in the weekly Ascot State School bulletin.

Results from previous week's racing are currently emailed to club families.

### Lightning/Storms

If there is any visible sign of lightning from 5.45 pm on a Club Night, It is our duty of care to cancel the swim meet.

## Roster

Like most swim clubs, Ascot Swim Club is a swim clubs run by the parent community of the school and its other member families. It is run by the parents for the benefit and enjoyment of the children.

Each week, a number of families are rostered on to complete a range of jobs which make club night possible. These jobs include BBQ/Canteen, Starter, Marshalls, Time Recorders and Time Keepers. Every family who is a member of the club will be rostered on to different jobs throughout the season. As a member your family will be rostered to complete a job on more than one occasion.

If you have been rostered on and are unable to attend Club Night or are unable to complete the allocated roster duty, the committee would appreciate that you please locate and organise a replacement parent/family to complete the allocated roster duty.

If you have trouble trying to find a replacement family please contact an executive committee member (whose contact numbers appear on the weekly school newsletter) who will then be able to give you some contact member names, with whom you may be able to swap.

## 2008-2009 Committee

EXECUTIVE COMMITTEE		Contact Details
President	Brian Clatworthy	07 3103 0304 or 0400210028
Vice President	Currently Open	
Secretary	Sarah Cox	32628380
Treasurer	Leesa Mallett	0439995505
Other Roles		
Registrar /Data Entry Officer	Michiko & Nick Chancellor	ascotswimclub@hotmail.com
Catering Officer	Deb Schurmann	0410 376 684
Meet Selectors	Brian Clatworthy Nick Chancellor	
Swim Meet Coordinator	Currently Open	
Friday Night Co-Ordinator		
Merchandise	Jane Crouch	32626563/0415930581 m.jcrouch@bigpond.com
Coach		
Fundraising & Sponsorship		
Club Captains		
First Aid Officer		

CLUB NIGHT		
Setup, BBQ and Packup	Rostered Parents	If unable to attend please find a replacement
Starter*	Rostered Parent	If unable to attend please find a replacement
Chief Time Keeper*	Rostered Parent	If unable to attend please find a replacement
Time Keeper(s)* x 6	Volunteer Parents	Volunteers to be organised by the Chief Timekeeper on the night
Marshalling Pre-Sorters* x 2	Rostered Parents	If unable to attend please find a replacement
Marshalls* x 3	Rostered Parents	If unable to attend please find a replacement

\* Role descriptions for each of these positions are on page 27&28 of this booklet

## Club Rules

### Club Membership

Membership shall be composed of present or past pupils of Ascot State School and any other person interested in the furtherance of the purposes of the Club.

Applications for membership must be made in writing on the enrolment form and forwarded with the correct membership fee. Applications shall be approved at a meeting of the Swim Club's Management committee.

A member of the Ascot State School Amateur Swimming Club's Management Committee for a particular year must agree to act as Nominee for the 12 month period in relation to the Application for a Restricted Club Permit (Form 8) with the Liquor Licensing Division of the Queensland Government Department of Tourism, Fair Trading and Wine Industry Development.

Temporary or honorary members and members who are minors are not entitled to vote at any meeting of the Club.

### Fees

Annual membership fees shall be \$100 per family.

Half yearly membership shall be \$50 per family.

Only financial members will be allowed to swim after the second club night.

### QSA/BSA Membership

The rules surrounding QSA/BSA membership have changed in that they now require all Club members to pay the extra affiliation fee. We have taken the decision not to affiliate.

Instead we have arranged with Commercial Swimming Club that any swimmers who want to compete in QSA or BSA events throughout the year will affiliate through (and become members of) Commercial Swimming Club at the Valley Pool.

## **Officials**

All officials will be elected at the Ascot State School P&C Annual General Meeting for the ensuing season. Only senior members over 18 years of age may be elected as officials.

## **Apparel**

1. Club colours are the navy blue and red of the Ascot State School.
2. Swimming Club apparel must be of a style and nature acceptable to the Management Committee.
3. Swimming caps must be worn in the pool.
4. All children who are financial club members will receive an age group coloured lycra swimming cap to be worn at each weekly swim club meet. This is used to sort swimmers in the marshalling area into age groups.

## **Suspensions**

Members must at all times obey the instructions of the officials. Wilful or persistent disobedience or misconduct liable to bring discredit to the club will result in the suspension of that member by the senior executive member present.

A suspended member may be called before the Management Committee to show cause why his/her membership should not be terminated.

## **Parental Supervision**

A child may be refused permission to enter the pool enclosure on swimming nights unless accompanied by an adult, who is prepared to be responsible for that child's conduct at the pool enclosure.

Children must remain inside the pool complex throughout the evening.

## **Points**

Points are not awarded for races on weekly swim club nights. Points will however be calculated for the annual swim club championship meet. See section of this booklet pertaining to Club Championship for explanation of point allocation.

## **Refereeing**

Where a referee is in operation, swimmers may be disqualified by the referee in accordance with the FINA swimming rules.

Decisions made by the Referee & Officials are final, and should not be disputed by swimmers or parents.

## **Starting**

All events (except the 12.5m freestyle) will start at the deep end of the pool. For safety reasons, no diving is allowed into the shallow end of the pool.

There must be absolute silence during the start of each race, or when silence is called for.

Children suffering from contagious illnesses (eg. Chicken pox or diarrhea) or who have open wounds are not permitted to swim.

## **Behaviour**

Children should be seated at all times, except during marshalling. Movement along the sides and ends of the pool must be kept to a minimum and children are not permitted to play in the toilet area on lane ropes or pool covers.

## ***Restrictions***

No glass permitted in swim pool complex or school grounds.

Alcohol must be consumed within the designated area (according to Liquor Licence restrictions). Beer cans or cups used for serving the alcohol must be disposed of by that parent immediately on finishing the beverage.

No smoking permitted in swim pool complex or school grounds.

## **CODE OF BEHAVIOUR**

### ***SWIMMERS***

1. Know the rules and follow them.
2. Never argue with an Official or dispute their decision.
3. Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
4. Be a good sport as a spectator and a swimmer.
5. Treat all participants in your sport as you like to be treated. Do not harass, bully or take unfair advantage of another competitor.
6. Co-operate with your coach, team-mates and opponents. Without them there would be no competition.
7. Participate for your own enjoyment and benefit, not just to please parents and coaches.
8. Wear their age group coloured swim cap each week to aid marshalling and management of swimmers.

### ***PARENTS***

1. Encourage children to follow the above code.
2. Remember that children participate in sport for their enjoyment, not yours.
3. Encourage children to participate, do not force them.
4. Focus on the child's efforts and performance rather than winning or losing.
5. Never ridicule or yell at a child for making a mistake or losing a competition.
6. Remember that children learn best by example. Be a good sport as a spectator.
7. Support all efforts to remove verbal and physical abuse from sporting activities.
8. Respect Officials' decisions .
9. Show appreciation for volunteers and help if you can. Do not abuse or get angry with other volunteer parents in any role. Without volunteers, your child would not have a swim club to attend.

## **OFFICIALS**

1. Compliment and encourage all participants.
2. Be consistent, objective and courteous when making decisions.
3. Encourage good sportsmanship and condemn unsporting behaviour.
4. Emphasise the spirit of the sport rather than the errors.
5. Be a good sport yourself. Actions speak louder than words.
6. Remember, it is about growth and development of young people.
7. Remember, you set an example. Your behaviour and comments should be positive and supportive.
8. Place the safety and welfare of the participants above all else.

## **EVERYONE**

1. Respect the rights, dignity and worth of every participant regardless of their length of time at the school, gender, ability, cultural background or religion.

## **Club Swim Meets**

1. The Swim Meet Organiser and the Committee will arrange competition during the season against other clubs or schools.
2. Children 9 years and over are required to swim 50 metres Freestyle & 25 metres of other strokes in most events at carnivals in some carnivals they are required to 50 metres of all strokes.
3. It is an honour to be selected to represent your school and club. Parents are asked to assist the selector/s by ensuring children are available to swim if asked.
4. Any swimmer who accepts an offer to swim in a carnival must be allowed to swim without compromise.
5. The criteria for selecting swimmers to represent the club in carnivals are times, consistency and reliability. The selectors' decision is final. Away carnivals swimmers must qualify for at least 2 events before consideration. Home carnivals swimmers only need to qualify for 1 event.
6. If there is no competitive swimmer in the club for an event, the selector/s can invite non-members to swim for the club, with priority given to past members.
7. Selectors should get parental commitment for their child to swim in a carnival via written or email.

## **Club Championships**

1. The Club will conduct a Club Championships which is open to all age groups.
2. Ages for championship events will be calculated according to year of birth. The Committee may ask to sight a swimmer's birth certificate at any time.
3. To be eligible for Club Championships, competitors must be financial members by the close of nominations.
4. A swimmer's eligibility for Club Championships is as follows:  
  
If registered from beginning of season,  
6 swims for 100m Individual medley  
4 swims each for 100m F, 100m BR, 100m BK, 100m BF  
10 swims for 25m or 50m Freestyle  
6 swims each for 25m or 50m BR, 25m or 50m BK, 25m or 50m BF.  
  
If registered from beginning of second half of season,  
3 swims for 100m Individual medley  
2 swims each for 100m F, 100m BR, 100m BK, 100m BF  
5 swims for 25m or 50m Freestyle  
3 swims each for 25m or 50m BR, 25 or 50m BK, 25 or 50m BF.
5. The Committee reserves the right to refuse nominations.
6. Points are awarded 8, 6, 4, 3, 2, 1 for the top six in each event. We urge all swimmers to nominate in as many events as possible to ensure maximum points for the age championship.

### Events for Club Championships

Born	FS	BK	BR	BF	I/Medley
2003 or later	25m	25m	25m		
2002	25m	25m	25m	25m	
2001	25m	25m	25m	25m	
2000 or later	50m	50m	50m	25m	
	100m	100m	100m	50m	100m
	FS	BK	BR	BF	I/Medley
1999	100m	100m	100m	100m	100m
1998	50m	50m	50m	50m	
	100m	100m	100m	100m	100m
1997	50m	50m	50m	50m	
	100m	100m	100m	100m	100m
1996	50m	50m	50m	50m	
	100m	100m	100m	100m	100m
	100m	100m	100m	100m	100m
1995 or earlier	50m	50m	50m	50m	
	100m	100m	100m	100m	100m

## Records

Swimmers attempting records must be financial members of the Club.

Swimmers are eligible to attempt records only in their Year of Birth and Open events. Birth Certificates may be called for.

Swimmers may only attempt a record swim in events in which have been established or aligned with championship events e.g. an 8 y o cannot create a 100m record unless it has become a championship event.

All championship and home carnival swims are regarded as record attempts.

Swimmers may not attempt to break a 50m record in a 100m event nor a 25m in a 50m event. However, if there is no event during the club meet to accommodate a 100m record attempt this may be swum in conjunction with a 50m event.

The Chief Timekeeper is to ensure a 50m-time split is recorded to allow for points to be allocated.

Swimmers wishing to attempt a record swim must, first seek permission from the Referee then make this intention clear in nominating for the event. The Referee must then inform the Chief Timekeeper and the Record Keeper.

For a record to be ratified there must be three timekeepers placed in that lane.

The time will be taken as displayed on the Club's digital time watches i.e., 1:06:06 will be recorded as 1:06:06.

The record swimmer should be placed in Lane 3 or 4. All other lanes will be filled with swimmers closest in times directly above and below (at least three being slower) the record swimmer on the times printout. **NO PACESETTERS ARE ALLOWED.**

Swimmers should be able to demonstrate that they are within 1 second of a 25m record or within 2 seconds of a 50m or within 3 seconds of a 100m event.

# Honour Board

Due to generous donations, the Club has erected an Honour Board. The purpose is to acknowledge outstanding swimmers in the club and there will be an annual consideration of nominations for the Honour Board.

The Club's selection committee may recommend that an outstanding swimmer may be worthy of enrolment on the Honour Board. The basis for selection will be a swimmer's outstanding merits as a club representative. Club representation will be taken to include school representation through to representation at National Championships.

The Award will be limited to members of the Club and the recipient will generally be selected from the age groups attending primary school. The achievements to be considered are those in the year of selection and they will involve a combination of both high achievement and Club participation. Nominations can be received from any member of the Club and the nomination should include a submission on the swimmer's achievements. The committee executive will make the selection. The award will be made at the annual awards presentation.

Previous recipients

1993	Daniel Berndt & Emma Walters
1995	Sophie Given
1997	Nathan Williams
1998	Cameron Taudevin
2001	Edward Barry
2003	Ned McKendry
2004	Samuel Greene
2004	Matthew Jones
2005	Jack MacMahon

## **Key Roles & Responsibilities of Swim Club Committee Members**

### **President**

- Act as a representative of the Club
- Ensure good communication within the Club and between school and community
- Encourage participation
- Run efficient meetings
- Be familiar with rules, operations and meeting procedures of the Club

### **Vice President**

- Provide support and assistance to the president and executive members
- Be familiar with Club operations, rules and meeting procedures

### **Secretary**

- Maintain attendance records
- Prepare and amend rosters for season as required and communicate these to club members
- Prepare agenda for each meeting
- Prepare and present minutes of Club meetings
- Collect, record and deal with any correspondence in/out as directed by the Club
- Generally organise, record and maintain information pertaining to the Club
- Have custody of relevant P&C documents pertaining to operation of club

## **Treasurer**

- Overall responsibility for the Club's financial management, including sub-committee accounts
- Must comply with the accounting manual for P&C associations
- Prepare an annual budget
- Keep accurate accounts of receipts and expenditure
- Pay all accounts promptly
- Issue receipts for all monies received

## **Other Key Swim Club Roles**

### **Data Entry Person**

- Manage Club Software and Data Storage
- Maintain register of members
- Data entry from club nights and other events
- Summarise and present Data
- Assist with team selection data
- Assist with Trophy Data

### **Merchandise officer**

- Sale of swimming and club merchandise at events
- Source and purchase stock
- Account to treasurer for receipts and expenditure

### **Catering Manager**

- Manage canteen, BBQ and other catering arrangements
- Manage and purchase stock
- Recruitment and instruction of volunteers
- Account to treasurer for receipts and expenditure

# **PROCEDURES FOR CANTEEN, BBQ & POOL SETUP**

Any questions or problems regarding Pool Set Up, Canteen and BBQ Roster, please call the catering officer before the Club Night.

Please remember you are responsible for supervising your children. One trick is to have one parent start the night and another finish.

## **Friday [During the day]**

### **(1) Please purchase the following items from Coles:**

- 2kg of onions to be sliced - you can purchase in the frozen section, frozen sliced onions
- 1kg of coleslaw (Jumbo tub from the Deli at Coles )
- 8 x 6 packs of Coles Burger buns ( we get 40 hamburgers)
- 5 loaves of sliced bread

### **(2) Present receipts to Swim Club Treasurer.**

- There is a petty cash box separate from the nights takings to reimburse these expenses.

## **Pool Set-up for Club Night**

1. At 5:30pm turn on all lights upon entry to the pool.
2. Open up all roller doors & unlock storage room & toilets
3. Unlock side gates that lead to the marshalling area.
4. Set-Up lane ropes – these may be on the roller, do one lane at a time, the small clip end goes to the shallow end of the pool
5. General pick-up of any lost property around the pool.
6. Test the starter gun
7. Ensure box of stop watches are ready to hand to chief Time Keeper for distribution
8. Turn PA System on and test microphone

## **Operating the Canteen during Club Night**

1. Price List is on wall.
2. Families purchase chicken kebabs, burgers or sausages from canteen where you collect money and give them a token to present at BBQ servery.
3. Please restock drinks fridge at the end of the night. Cartons of mineral water, poppers & water are kept in the storage room beside canteen.
4. Treasurer will leave a float for the evening and this change is put into the money drawer.
5. Towards the end of the night start counting the money and record total amount collected (including float) in the exercise book provided by the Treasurer.
6. Usually the canteen closes up about 20-30mins after the BBQ is finished.

## Operating the BBQ

1. BBQ utensils, trays, bread boards, oil etc are kept in blue plastic storage bin.
2. Steak burgers, Satays & Sausages are purchased at Canteen and customers given a ticket to present at the BBQ servery for collection.
3. Tokens are kept under canteen counter in separate containers. (Put a container for collection of tokens on shelf behind BBQ servery).
4. Heat up BBQ from 5:30pm and commence onions first and then half satays (satays need to be rotated and cooked for 15 minutes and will burn if heat is too high) and half sausages. Steaks take around a minute per side to cook.
5. Sausages are served with or without onion and tomato/BBQ sauce on one slice of bread on napkin.
6. Satays are served with napkin.
7. Hamburgers are sold with meat, onions, coleslaw and sauce with napkin.
8. When finished cooking, clean off BBQ plate
9. When finished serving clean off BBQ servery (spray & wipe in canteen).
10. As the facilities are inadequate for washing up we recommend you take the dirty utensils home and return them in the blue plastic storage box either to the tuckshop on Monday or early the following Friday night to be reused.

## Key Club Night Roles:

### Role of Starter

- To arrive at 5:45pm
- Announce requirement for rostered families to commence night's duties
- Announce commencement of club night
- Start club night by announcing start of 12.5 metre swim
- Request need for older swimmers to be spotters for beginner swimmers in this event
- Announce need for parents to check in lost property should they be missing any items from week prior
- Announce swimmers of the week from week prior, stating names, offering congratulations and explaining prize collection from Merchandising Officer
- When advised as ready by Marshall pre-sorter, announce each swimming event in program order and request that swimmers wishing to swim in each event move to marshalling area (gate 1 - closest to BBQ)
- Periodically announce need for quiet at race starts, need for children to step on to blocks and prepare for commencement of races
- Use starter gun to start each race
- Announce next race when signaled as ready by Time Recorder
- Towards close of evening announce need for rubbish collection and collection of all personal items
- Make any other necessary announcements throughout club night

### Role of Marshall Pre-Sorters

- To arrive at 5:45pm
- Set up chairs in marshalling area
- Ensure only children wishing to swim in announced event are entering marshalling area
- 1 Marshall pre-sorter directs all swimmers to rear section of marshalling area for sorting into age group colours (this minimises noise and keeps swimmers calmer prior to races)
- The second Marshall pre-sorter groups children in groups of 6 according to age group as indicated by coloured swim cap
- Sends groups of 6 swimmers out to seated area to be marshaled for races

## **Role of Marshall**

- To arrive at 5:45pm
- Set up chairs in marshalling area (if not already done by Marshall pre-sorter)
- Obtain a folder for each Marshall containing pen and time recording sheets
- When groups of 6 children are sent to seated area for race marshalling, seat them and records their names (by verbal request of each child) on time recording sheet.
- Ensure each time recording sheet has race stroke and distance recorded on top of each time recording sheet
- Hand completed time recording sheet to front swimmer for handing to Time Recorder upon request
- Continue performing this role for duration of swim club evening until all events have been completed

## **Role of Time Recorders**

- Take a group of 6 swimmers out from marshalling area to the starting blocks
- Double check race stroke and length have been recorded by Marshalls on time recording sheet
- Only move a new group of swimmers to starting blocks when prior race has begun
- Ensure swimmers are allocated to blocks indicated on time recording sheet by calling name of each child as you place a swimmer behind each starting block
- Wait with swimmers while prior race ends and their race starts
- Ensure swimmers wait quietly and in an orderly manner while waiting for Starter's instructions
- Assist swimmers follow Starter's instructions when required
- During race, wait for Time keepers to record times of all swimmers
- Collect and record swimmers' times using time recording sheet at completion of race
- Ensure correct times are placed against correct names during recording process
- Signal to starter for next race to begin
- Place completed time recording sheet in folder for collection at end of night by data entry person
- Move back to marshalling area to collect next group of swimmers
- Pass folder containing all time recording sheets to data entry person at end of night

## **Role of Chief Time Keeper**

- Arrive at 5:45pm
- Obtain box of stop watches and ensure all are in good working order
- Recruit 6 other volunteer time keepers from assembled parent group
- Distribute stop watches to time keepers and ensure each time keeper understands operation of stop watch
- A Time Keeper is allocated to each lane with one spare Time Keeper
- Note: The spare Time Keeper starts stop watch at commencement of race and uses it to time a swimmer upon request of another time keeper should they advise that their stop watch or timing has failed
- Advise Time Keepers for need of accuracy and care in timing
- Advise Time Keepers to tell swimmers times to Time Recorders at completion of each race

## **Ascot Swim Club: Club Night Time Recording Sheet**

Please write clearly.

**Note: Swimmers must be able to say their name to have a time recorded.**

**Distance**            25      50      100      200

**Stroke**             Free      Fly      Back      Breast      IM

Lane	Swimmer Name (First name, Surname)	Time
1		
2		
3		
4		
5		
6		

### **Marshal:**

1. You need to circle the Distance and Stroke then provide the Swimmer Name.
2. Once complete this sheet needs to be passed to first swimmer in line who then passes sheet to Time Recorder when group is collected for start of race.

### **Time Recorder:**

1. Request each swimmer's time by asking each Time Keeper. Record the time swum by each Swimmer on the recording sheet.
2. You need to have this Sheet completed immediately after the race, and before the next race starts. Please check the Distance and Stroke are circled.
3. Signal to starter that times of race have been collected and next race can commence
4. Once complete please leave within the Time Recording Folder.

***Please ensure the Data Entry Person receives the Time Recording Folder before leaving***

## Appendix 1: Ascot State School Club Records

### Club Records

		6 YEARS BOYS			6 YEARS GIRLS		
25m	Freestyle	R Thiele	1972	19.80	B Colenso	1999	19.00
50m	Freestyle	A. Dougall	2004	49.57	M Greene	2002	51.90
25m	Backstroke	A. Dougall	2004	26.57	P Burnett	2002	24.41
50m	Backstroke	Standard	-	60.00	Standard	-	60.00
25m	Breaststroke	A. Dougall	2004	28.53	B Colenso	1999	24.45
50m	Breaststroke	A. Dougall	2004	1.06.78	L Crouch	2002	1.02.77
25m	Butterfly	O Barry	2001	26.99	P Burnett	2002	28.18
100m	Medley	A. Dougall	2004	2.08.12	M Greene	2002	2.14.48
		7 YEAR BOYS			7 YEAR GIRLS		
25m	Freestyle	J McMahon	2002	18.47	B Colenso	2000	17.16
50m	Freestyle	O Barry	2002	41.11	A Barker	2001	41.61
25m	Backstroke	J McMahon	2002	23.63	A Barker	2001	23.46
50m	Backstroke	D Berndt	1988	49.24	A Barker	2001	51.76
25m	Breaststroke	A Dougall	2005	25.57	B Colenso	2000	24.06
50m	Breaststroke	S Greene	2001	57.38	B Colenso	2000	50.78
25m	Butterfly	M Giles	1998	22.76	A Barker	2001	22.49
100m	Individual Medley	O Barry	2002	1.51.58	A Barker	2001	1.48.75
		8 YEAR BOYS			8 YEAR GIRLS		
25m	Freestyle	J McMahon	2003	16.49	B Colenso	2001	16.86
50m	Freestyle	J McMahon	2003	36.53	P Burnett	2004	37.50
100m	Freestyle	J McMahon	2003	1.26.75	B Colenso	2001	1.27.13
25m	Backstroke	T McGiffin	2000	19.99	B Colenso	2001	21.51
50m	Backstroke	S Cross	2004	42.40	P Burnett	2004	44.42
100m	Backstroke	S Cross	2004	1.44.91			
25m	Breaststroke	M Giles	1999	21.79	B Colenso	2001	20.72
50m	Breaststroke	M Giles	1999	49.59	B Colenso	2001	47.56
25m	Butterfly	N McKendry	2000	18.61	B Colenso	2001	19.62
50m	Butterfly	J McMahon	2003	44.72	B Colenso	2001	46.72
100m	Individual Medley	J McMahon	2003	1.38.79	B Colenso	2001	1.39.74
		9 YEAR BOYS			9 YEAR GIRLS		
50m	Freestyle	J McMahon	2004	32.42	G Villari	1996	34.78
100m	Freestyle	J McMahon	2004	1.14.23	P Burnett	2005	1.20.63
25m	Backstroke	B Kleist	2000	18.74	C Sexton	1996	19.49
50m	Backstroke	F McLeod	2002	40.02	P Burnett	2005	44.04
100m	Backstroke	F McLeod	2002	1.26.23	M Greene	2005	1.36.09
25m	Breaststroke	S Greene	2003	20.22	B Colenso	2002	20.20
50m	Breaststroke	S Greene	2003	44.46	S Given	1994	44.89
100m	Breaststroke	S Greene	2003	1.41.02	S Given	1994	1.36.28
25m	Butterfly	N McKendry	2001	16.70	P Burnett	2005	17.91
50m	Butterfly	N McKendry	2001	37.09	P Burnett	2005	38.62
100m	Butterfly	N McKendry	2001	1.26.05	K VanHomrigh	1998	1.47.73
100m	Individual Medley	J McMahon	2004	1.27.63	M Greene	2005	1.33.57
		10 YEAR BOYS			10 YEAR GIRLS		
50m	Freestyle	J McMahon	2005	31.72	L Down	1978	33.80
100m	Freestyle	F McLeod	2002	1.12.34	S Moore	1979	1.13.77
50m	Backstroke	F McLeod	2002	37.62	S O'Grady	1997	40.00
100m	Backstroke	N McKendry	2003	1.21.65	L Down	1977	1.31.70
50m	Breaststroke	S Greene	2004	40.16	S Given	1995	43.34
100m	Breaststroke	S Greene	2004	1.34.62	S Given	1995	1.34.18
50m	Butterfly	N McKendry	2002	35.30	K McLoughlin	2003	38.60
100m	Butterfly	E Barry	2000	1.25.14	K McLoughlin	2003	1.38.20
100m	Individual Medley	J McMahon	2005	1.20.37	S Moore	1979	1.23.12

		11 YEAR BOYS			11 YEAR GIRLS		
50m	Freestyle	L Grout	2004	29.53	E Johnson	1987	31.66
100m	Freestyle	N McKendry	2003	1.04.86	K VanHomrigh	2000	1.11.83
50m	Backstroke	L Grout	2004	35.95	S Rice	1999	37.91
100m	Backstroke	N McKendry	2003	1.19.61	K VanHomrigh	2000	1.22.66
50m	Breaststroke	S Moore	1976	38.60	S Given	1996	39.26
100m	Breaststroke	S Greene	2005	1.28.39	S Given	1996	1.25.25
50m	Butterfly	N McKendry	2003	34.65	L Taudevin	1995	37.08
100m	Butterfly	E Barry	2001	1.17.71	A Fenner	1995	1.24.95
100m	Individual Medley	L Grout	2004	1.16.38	S Moore	1980	1.21.70
		12 YEAR BOYS			12 YEAR GIRLS		
50m	Freestyle	E Barry	2002	29.16	A Fenner	1996	30.46
100m	Freestyle	E Barry	2002	1.03.07	A Fenner	1996	1.07.83
50m	Backstroke	E Barry	2002	35.02	S Rice	2000	35.14
100m	Backstroke	E Barry	2002	1.16.68	K VanHomrigh	2001	1.20.72
50m	Breaststroke	E Barry	2002	37.34	S Given	1997	37.60
100m	Breaststroke	E Barry	2002	1.20.29	S Given	1997	1.24.21
50m	Butterfly	E Barry	2002	32.39	A Fenner	1996	34.44
100m	Butterfly	E Barry	2002	1.15.39	A Fenner	1996	1.18.40
100m	Individual Medley	E Barry	2002	1.13.70	A Fenner	1996	1.17.85
		13 YEAR BOYS			13 YEAR GIRLS		
50m	Freestyle	D Berndt	1993	28.24	A Fenner	1997	30.27
100m	Freestyle	D Berndt	1993	1.02.92	B O'Gorman	2004	1.05.15
50m	Backstroke	D Berndt	1993	32.81	S Rice	2001	33.25
100m	Backstroke	T Nixon	1991	1.15.27	B O'Gorman	2004	1.13.35
50m	Breaststroke	N Williams	1998	36.04	S Rice	2001	38.99
100m	Breaststroke	G McMaster	1991	1.23.44	S Rice	2001	1.28.27
50m	Butterfly	D Berndt	1993	32.77	S Rice	2001	33.17
100m	Butterfly	D Berndt	1993	1.14.74	S Rice	2001	1.15.01
100m	Individual Medley	D Berndt	1993	1.14.78	S Rice	2001	1.14.81
		OPEN BOYS			OPEN GIRLS		
50m	Freestyle	D Berndt	1996	26.52	E Johnson	1990	28.35
100m	Freestyle	D Berndt	1995	58.70	M Napier	1988	1.05.72
50m	Backstroke	P Down	1980	31.31	S Rice	2001	33.25
100m	Backstroke	P Down	1982	1.12.50	D Elliot	1990	1.18.46
50m	Breaststroke	C Hickey	1993	32.87	S Rice	2001	38.99
100m	Breaststroke	C Hickey	1990	1.17.10	S Rice	2001	1.28.27
50m	Butterfly	D McTaggart	1988	29.62	E Johnson	1990	32.37
100m	Butterfly	D Berndt	1995	1.09.06	S Rice	2001	1.15.01
100m	Individual Medley	D Berndt	1995	1.09.41	S Rice	2001	1.14.81

## Appendix 2: Trophy Winners 2007-2008



### TROPHY WINNERS 2007-2008 SEASON

#### OVERALL AGGREGATE TROPHIES

Boys Winner William Chancellor  
Boys Runner-up Bede Kinsey

Girls Winner Emma Peacock  
Girls Runner-up Victoria Lisle

	AGE AGGREGATE TROPHIES	AGE CHAMPION TROPHIES
Girls 5 years & under	Phoebe Willmore	Phoebe Willmore
Boys 5 years & under	Max Davis	Max Davis
Girls 6 years & under	Tyler Williams	Tyler Williams
Boys 6 years & under	Sebastian Schurmann	Thomas Cox
Girls 7 years	Laura Chancellor	Laura Chancellor
Boys 7 years	Max Powell	Harry Campbell
Girls 8 years	Boo Waters	Boo Waters
Boys 8 years	Ben Allanson	Ben Allanson
Girls 9 years	Kia Davis	Emily Powell
Boys 9 years	Lachlan Flemming	George Emmerson
Girls 10 years	Emma Peacock	Lauren Hogg
Boys 10 years	William Chancellor	Liam Richman
Girls 11 years	Victoria Lisle	Isabella Smith
Boys 11 years	Bede Kinsey	Bede Kinsey
Girls 12 years	Hayley Rice	Madeleine Greene
Boys 12 years	Morgan Rath	Alex Duhig Morgan Rath
Girls 13 years	Jessica Peacock	Jessica Peacock
Boys 13 years	Fergus Harte	

#### 100m EVENTS

Boys Winner William Chancellor  
Boys Runner up Liam Richman

Girls Winner Emma Peacock  
Girls Runner up Victoria Lisle

## Appendix 3: Fina Swimming Rules 2005 - 2009

# FINA SWIMMING RULES 2005 – 2009

### **FREESTYLE**

- SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
- SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.
- SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than fifteen (15) metres after the start and each turn. By that point the head must have broken the surface.

### **BACKSTROKE**

- SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.
- SW 6.2 At the signal for starting and after turning, the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

#### ***Bureau Interpretation of Rule SW 6.2:***

“Except when executing a turn” means any deviation from the normal backstroke position in order to execute a continuous turning action.

- SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start of each turn. By that point the head must have broken the surface.
- SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to a position on the back upon leaving the wall.
- SW 6.5 Upon the finish of the race, the swimmer must touch the wall while on the back.

### **BREASTSTROKE**

- SW 7.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.
- SW 7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
- SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under the water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
- SW 7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement

#### **'Interpretation'**

A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the pull whilst wholly submerged followed by a breaststroke kick.

- SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.
- SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

### **BUTTERFLY**

- SW 8.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- SW 8.2 Both arms must be brought forward together over the water and brought backward simultaneously throughout the race, subject to SW 8.5.
- SW 8.3 All up & down movements of the legs must simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
- SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than fifteen (15) metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.


### **MEDLEY SWIMMING**

- SW 9.1 In Individual Medley events, the swimmer covers the four swimming styles in the following order:- Butterfly, Backstroke, Breaststroke & Freestyle.
- SW 9.2 In Medley Relay events, swimmers will cover the four swimming styles in the following order:- Backstroke, Breaststroke, Butterfly & Freestyle.
- SW 9.3 Each section must be finished in accordance with the rule, which applies to the styles concerned.

### **THE RACE**

- SW 10.1 A swimmer swimming over the course alone shall cover the whole distance to qualify.
- SW 10.2 A swimmer must finish the race in the same lane in which he started.
- SW 10.3 In all events, a swimmer shall make physical contact with the end of the pool or course when turning. The turn must be made from the wall and it is not permitted to take a stride or step from the bottom of the pool.
- SW 10.4 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.
- SW 10.5 Pulling on the rope is not allowed.
- SW 10.6 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the Referee shall report the matter to the Member promoting the race and to the Member of the swimmer so offending.
- SW 10.7 No swimmer shall be permitted to use or wear any device that may aid his speed or buoyancy or endurance during the competition (such as webbed gloves, flippers, fins etc). Goggles may be worn.
- SW 10.8 Any swimmer not entered in a race, who enters the water in which an event is to be conducted before all swimmers therein have completed the race, shall be disqualified from the next scheduled race in the meet.

## Appendix 4: Swim Club Family Registration Form

 <b>ASCOT SWIMMING CLUB</b>	<b>MEMBERSHIP APPLICATION FORM 2008 / 2009 SEASON</b>
<b>INSTRUCTIONS</b>	

Complete this form including questions overleaf. Further information on the running of the Club are covered under the Club's Charter, a copy of which is available upon request;

A fee of \$100 per family covers financial membership of the Ascot Swim Club for the full swimming season ending April 2009. The fee shall be paid to the Club by no later than 7<sup>th</sup> November 2008;

Payment can take the form of either cheque or cash. Cheques should be made payable to the Ascot State School P&C Association.

As the Ascot Swim Club is not affiliated with the QSA / BSA we do not register swimmers for QSA / BSA events. Should individual members opt to become QSA / BSA members, we would suggest that you also consider joining the Commercial Swimming Club Inc. The annual subscription fee is around \$40 and includes QSA / BSA registration. Application forms for the Commercial Swimming Club are available from their web site <http://www.commercial-swimming.org.au/SwimmersInfo.html>

### PARENT / GUARDIAN CONTACT DETAILS

Surname		
First name(s)		
Residential address		
Contact numbers	home	mob
Email:		

### SWIMMER REGISTRATION DETAILS

Surname	First name	Sex	D.O.B	School attending

Note: Please insert the details for all of your children aged 13 or under as at 31<sup>st</sup> December 2008. Whilst some of your older children may not attend club nights regularly we would still encourage them to participate in inter-club meets.

### SWIM COACH DETAILS

Do your children currently receive swimming coaching?  Yes  No

This information allows the Club to contact swim coaches and encourage those coaches to attend our club nights and carnivals to support their students.

If yes, please advise name of the Coach / School:

## ACTIVITIES ROSTER

It is a condition of membership that parents and guardians assist in the running of the Club. Friday club night events include rostered duties such as BBQ, canteen, marshalling and recording. Seven (7) Timekeepers are required each Friday night but no formal roster is used. Assistance is also required with inter-club meets especially when run at home.

Each family is required to assist in staffing the canteen/BBQ once per season. Please check your email and the Ascot State School newsletter for your allocated session.

Parents and/or guardians are required to be at Club night and other events and are responsible for supervising their children. It is not acceptable to leave children unattended.

## COMMUNICATION

### Newsletter

As many members are not from Ascot State School an email newsletter will be our most important means of communication. Please ensure you have put your email address/s in the contact details.

### Contact details

We propose to compile a master contact list to assist in the running of the Club and for distribution to the Swimming Coach at the Ascot Pool.

## DECLARATION

I accept responsibility for the health of the applicant(s) in participating as a member(s) of the Ascot Swim Club in relation to any pre-existing medical conditions, whether or not the Club is advised of any conditions.


We agree to be bound by the Rules and Regulations of the Club. In consideration of the registration of the children named above as members of the Club, we hereby indemnify the Club, the Coaches, Officials and the Committee against claims for any loss or injuries suffered by us or by any person associated with the activities of the Club.

Signed:

Date:

Completed registration forms should be signed and delivered to a club official or posted to the Ascot Swimming Club PO Box 2211 ASCOT QLD 4007. Cheques should be made payable to Ascot State School P&C Association. Do not mail cash.

Appendix 5: Ascot Swim Club Championship Nomination Form

 <b>ASCOT SWIMMING CLUB</b>	<b>2009 CHAMPIONSHIPS NOMINATION FORM</b>
---	---

**ONE FORM PER SWIMMER (Complete Shaded Areas)**

<b>FAMILY NAME:</b>			
<b>FIRST NAME:</b>			
<b>Birth Date:</b>		<b>Gender (M/F):</b>	
<b>Contact Name:</b>		<b>Contact No:</b>	

**NOMINATE FOR AVAILABLE EVENTS ACCORDING TO AGE GROUP  
DETERMINED AS AT 31/12/09**

Year of birth 2003 or Later: U6	Available Events U6 (Enter Y or tick)								
	25FS	25BK	25BR						
Year of birth 2002 U7	Available Events U7 (Enter Y or tick)								
	25FS	25BK	25BR	25BF					
Year of birth 2001 U8	Available Events U8 (Enter Y or tick)								
	25FS	25BK	25BR	25BF					
Year of birth 2000 U9	Available Events U9 (Enter Y or tick)								
	50FS	50BK	50BR	25BF	100FS	100BK	100BR	50BF	100IM
Year of birth 1999 U10	Available Events U10 (Enter Y or tick)								
	50FS	50BK	50BR	50BF	100FS	100BK	100BR	100BF	100IM
Year of birth 1998 U11	Available Events U11 (Enter Y or tick)								
	50FS	50BK	50BR	50BF	100FS	100BK	100BR	100BF	100IM
Year of birth 1997 U12	Available Events U12 (Enter Y or tick)								
	50FS	50BK	50BR	50BF	100FS	100BK	100BR	100BF	100IM
Year of birth 1996 or earlier OPEN	Available Events Open (Enter Y or tick)								
	50FS	50BK	50BR	50BF	100FS	100BK	100BR	100BF	100IM

**INSTRUCTIONS**

Complete the shaded areas – one form per swimmer.

Email the form to [ascotswimclub@hotmail.com](mailto:ascotswimclub@hotmail.com) or place it in the nominations box at the pool

Closing dates – 100m Events 13-2-09, All Other Events 13-3-09

**Appendix 6: Merchandise Price List**



**Ascot Swim Club Merchandise Price List**

CLUB T-SHIRTS (New Design) ..... \$20.00

SWIMWEAR - SPEEDO CHLORINE RESISTANT - Navy

Girls One Piece ..... \$35.00

Boys ..... \$20.00

GOGGLES - SPEEDO

Junior ..... \$10.00

Performance ..... \$12.00

CAPS Lycra (in House colours) .....\$ 5.00

Silicon (Eyeline in House colours) .....\$12.00

Club Cap (Silicon in White with Red).....\$15.00

**ALL OLD STOCK REDUCED**

Includes:

Boys Swimwear was \$27.00 NOW \$8.00

Girls Swimwear was \$34.00 NOW \$10.00

Club Polo Shirt was \$25.00 NOW \$10.00



**APPENDIX 8 – RECORD ATTEMPT NOTIFICATION**

**FORM TO BE INSERTED**