



FRASER COAST SWIMMING CLUB INC.
Information Booklet 2018 - 2019



HOME OF THE SHARKS

Fraser Coast Swim Club Inc is affiliated with Swimming Qld and Swimming Australia who controls and administers the sport of swimming. Our club is run within those guidelines.

Our Club aims are to provide a safe, non-threatening, happy environment so our swimmers at all levels from beginners to State to National swimmers, can train and compete. We also try to provide a social outlet for our parent members to build club pride and friendships out of the water.

This booklet is designed to give you some basic information regarding our club.

Should you have any queries regarding the club or wish to help in any way please see Marcus or any of the committee members.

COMMITTEE MEMBERS

PRESIDENT	Marcus Elder
VICE PRESIDENT	Nicole McIntyre
SECRETARY	Michard Ward and Michelle Begaud
TREASURER	Donna Veitch
CARNIVAL COORDINATOR	Colin Anderson racesecfrasercoast@gmail.com
CLUB NIGHT COORDINATOR	Alison Harvey
CHIEF TIME KEEPER	Management Committee (Robyn Roberts and Vanessa Barber)
FUNDING and GRANTS	Penny Elder
DELEGATES WB and QSA:	Marcus Elder and Colin Anderson

COMMITTEE MEETINGS

Committee meetings are held on the **first Wednesday of every month**. These meetings start at **6.15pm** and usually only take about 30minutes.

All club members are welcome and encouraged to attend these meetings.

MEMBERSHIP FEES



MEMBERSHIP FEES ARE AS OUTLINED IN THE TABLE BELOW.

	9+ YEARS	8 YEARS	7 YEARS and UNDER
COMPETITIVE SWIMMER	\$120 each	\$60 each	\$20 each
RECREATIONAL SWIMMER	\$100 each	-	-

COMPETITIVE SWIMMER price Includes:

- Free silicone race cap
- Eligible to race at club nights
- Pool entry for club nights
- Eligible to be considered for club awards/ trophies (Minimum of 10 club night attendance to be eligible)
- Eligible to compete at Swimming Australia (SAL) and Swimming Queensland approved meets
- Affiliation with SAL, Queensland swimming and Wide Bay swimming
- Comprehensive insurance cover under Swimming Queensland
- Relay Nominations for District and Regional Championships.
- Information package
- Quality club uniforms available at cost prices
- Access to knowledge and support of our club coach

RECREATIONAL SWIMMER price includes:

- Free silicone race cap
- Eligible to race at club nights.
- Pool entry for club nights
- Eligible to be considered for club awards / trophies (Minimum of 10 club night attendance to be eligible)
- Comprehensive insurance cover under Swimming Queensland
- Affiliation with Queensland swimming and Wide Bay swimming
- Information package
- Quality club uniforms available at cost prices
- Access to knowledge and support of our club coach



CLUB NIGHTS

Club nights are held every Monday with the first Club Night being **Monday 8th October 2018**.

Club Nights start at **5.45pm** with racing starting at **6.00pm**.

Racing is usually completed by **7.30pm**.

A BBQ will run each club night from 5.30pm with sausage on bread available for purchase. Proceeds from this BBQ go towards the club.

The program of events and nomination forms are displayed on the club noticeboard. Swimmers can nominate for **up to four events**.

Nominations for all events must be made by **6.00pm** on the **Thursday night prior to each club night**. Nominations are to be placed into the swim club folder located at the noticeboard. Any swimmer who does not nominate by Thursday night cannot be guaranteed a swim on Club night.

All parents are encouraged to become involved in the club and volunteers are required for time keeping, marshalling and BBQ each club night.

The more you become involved in the club, the more you will get out of it.

CARNIVALS

The club will participate in several swim carnivals during the year, and all competitive swimmers are encouraged to attend these events.

Please check the noticeboard regularly for the deadlines for nominating for carnivals. Most carnivals are entered directly on line via My Lane. Details of how to access this will be emailed from Swimming Qld once you sign up. Any nominations after the due date cannot be accepted.

Some carnivals will require qualifying times (those listed overleaf with a 'Q'). These need to be verified before nominating. Please see Marcus regarding these events.

All swimmers are to wear Fraser Coast race caps when competing (you receive one of these when you sign up).

All participating clubs are expected to provide timekeepers during the day. This is not a hard job so don't be afraid to help (you would have already conducted timekeeping at club night).

Details of carnivals including the program, psych sheets and results are posted on the Wide Bay swimming website (www.widebayswimming.org.au).



Listed below are some tips for when attending carnivals

- Go to bed early the night before.
- Pack swim bag the night before (bathers – race and warm up if desired, goggles x 2, caps x 2, towels x 2, water bottle and warm clothes, sunscreen and hat).
- Bring chair, reading material (especially for the adults). A pen/ highlighter/ permanent marker is handy for writing down the events.
- Be on time for warm up at the carnival venue (warm up time will be listed on the program). Carnival warm up is to be done together as a team starting on time as directed by the coach prior to the meet.
- After warm up see the coach before you leave pool deck (there may be some individual skills the coach wants you to do)
- Listen for your call to marshalling for your events – Don't count on your parents to listen for you.
- Make sure you see the coach before you go to marshalling and straight after your race.
- In marshalling area, tell marshals that you are there.
- While waiting don't worry about how fast you're going to swim just think about the things that you practice in training every day – Starts, Turns, Finishes.
- Warm down after race where possible and or stretch.
- Eat small quantities of food throughout the day, home food preferably. Only eat larger amounts of food when you have a gap of 1-2 hours or more between swims.
- Fluid should be taken constantly during the day. If you are going to the toilet a lot then you know you've had enough water.
- Sport drinks are good but not total fluid intake (suggest 50-50)
- Enjoy the day.



2018 | 2019 RACING CARNIVALS

A list of carnivals that the club will be attending in 2018–2019 is listed below. LC is for long course (50m pool) and SC is for short course (25m pool).

There are many other carnivals around the region and state. If you are thinking of going to any others please let the coach know early, as training programs may need to be changed.

2018	<p>Fairymead SC June 30th – July 1st</p> <p>Pan Pac trials July 1st – 4th</p> <p>Hervey Bay SC July 21st</p> <p>Wide Bay SC NOOSA August 4th – 5th</p> <p>QLD SC Championships August 17th – 19th</p> <p>Kawana Waters LC September 21st – 22nd</p> <p>Hervey Bay SC October 12th – 13th</p> <p>Club Challenge Gympie October 20th</p> <p>City of Charm LC November 23rd – 25th</p> <p>Maryborough Sprint meet December 1st</p> <p>Qld State LC Championships December 15th – 22nd</p>	<p>ALL Bundaberg Swim Academy</p> <p>Q times required Adelaide</p> <p>ALL Hervey Bay Aquatic Centre</p> <p>ALL (seniors may have specific races) Noosa</p> <p>Q times required Brisbane Aquatic Centre</p> <p>State Swimmers Kawana</p> <p>ALL Hervey Bay Aquatic Centre</p> <p>TBC Gympie Aquatic Centre</p> <p>All swimmers attending State Champs Bundaberg</p> <p>Swimmers wanting Q times for States in Feb Maryborough</p> <p>Q times required Brisbane Aquatic Centre</p>
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2019

Gympie Prep Meet (LC)

January 18th - 19th

ALL

Gympie

Qld State Sprints

February 16 - 17th

Q times required

Brisbane Aquatic Centre

Noosa Prep meet

February 23rd

Q times for Wide Bay Champs

Noosa

Wide Bay LC Champs

March 15th - 17th

Q times required

Bundaberg

Eumundi Development meet

March 24th

Eumundi

Australian Age Championships Adelaide (World Para Trials)

April 15th - 22nd



CODE OF CONDUCT

The Management Committee of Fraser Coast Swimming Club Inc (FSC) intends this Code of Conduct to be used in relation to all activities organized and facilitated by the FCSC.

As a FCSC volunteer, swimmer, parent or spectator you should meet the following standard of conduct:

- Respect the rights, dignity and worth of others.
- Be fair, considerate and honest in all dealings with others.
- Be professional in, and accept responsibility for, your actions.
- Make a commitment to providing quality service.
- Be aware of, and maintain an uncompromising adherence to, FCSC policies, procedures and code of conduct.

FCSC expects all Management Committee members, volunteers, swimmers, parents and spectators to abide by this Code of Conduct, which upholds the philosophy and values of the organisation.

They should recognize that at all times they have a responsibility, and a duty of care to others.

Specifically, they should:

- Understand the possible consequences of breaching the FCSC Member Protection Policy.
- Immediately report any breaches of the FCSC Member Protection Policy to the appropriate authority.
- Refrain from any form of abuse towards others.
- Refrain from any form of harassment toward others.
- Refrain from any form of discrimination toward others.
- Refrain from any form of victimisation toward others.
- Provide a safe environment for the conduct of activities in accordance with any relevant FSC policy
- Show concern and caution toward others that may be sick or injured.
- Be a positive role model.



Management Committee

- Give all young people equal opportunity to participate.
- Identify swimmers with additional needs and notify coaches
- Ensure swimmers are given equal opportunities
- Understand and implement the policies and procedures of the FCSC.
- Have a Code of Conduct available for all clients
- Remember to set an example. Your behaviour and comments should be positive and supportive.
- Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.

Coaches / Service Providers

- Agree to abide by the code of conduct.
- Be responsible for matters concerning the implementation of their program
- Understand and implement the policies and procedures of the FCSC
- Maintain a 'duty of care' towards others and accountability for matters relating to all FCSC activities.
- Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development
- Provide a safe environment.
- Make a commitment to providing a quality service.

Parents

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Supervise your child/children at all times or nominate another adult to do so
- Encourage your child to participate, and acknowledge their efforts
- Use appropriate communication – verbal and non verbal – at all times. Do not use inappropriate communication eg yelling, humiliating or swearing at your child or another child.
- Never ridicule your child for making a mistake
- Encourage your child to participate according to the rules and to settle disagreements without resorting to hostility or violence.
- Respect fellow members and teach your child to do so too.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



Swimmers

- Participate for your OWN enjoyment and benefit, not just to please parents or coaches.
- Co-operate with your coach and other technical officials.
- Treat all participants, as you would like to be treated. DO NOT bully or intimidate anyone else.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Always display appropriate behaviour whether during training, competing or social functions.

Volunteers

- Encourage your child to participate and acknowledge their efforts
- Use appropriate communication – verbal and non verbal – at all times. Do not use inappropriate communication eg yelling, humiliating or swearing at a child or another adult.
- Understand and implement the policies and procedures of the FCSC.

Parents

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performances and efforts.
- Respect the decisions of coaches and technical officials and teach young people to do the same.
- Never ridicule or scold a swimmer for making a mistake. Positive comments are motivational
- Condemn the use of violence in any form, whether it is by spectators, swimmers, instructors or coaches.
- Do not use foul language, sledge or harass other swimmers, coaches, technical officials or administrators.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.



HELPING YOUR CLUB

The club holds a couple of fundraising BBQ's during the year. Your help is appreciated at the events by either manning the BBQ or donating items for the BBQ. These fundraising activities help purchase equipment and assists in keeping membership prices down. Notification of these BBQ's will be posted on the Club Noticeboard.

CLUB UNIFORMS

Club uniforms are available at cost price for all club members. Please see Penny for more details.

CHILD PROTECTION POLICY STATEMENT

Fraser Coast Swimming Club Inc.

Our organization is committed to the safety and well being of all children and young people who use its services. Our volunteers will treat them with respect and understanding at all times. To ensure children and young people are kept safe from harm, our club will abide by a code of conduct.

WHO MUST COMPLY WITH THIS POLICY?

Volunteers – coaches, referees, officials

Parents/Carers

Children and Young People – swimmers

Members

Spectators

FCSC endorses the following code of conduct for those responsible for activities involving children.

GENERAL ENQUIRIES
Penny Elder
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4128 4888