

Bathurst City Amateur Swimming Club



Information Pack

Welcome

Welcome to the Bathurst City Amateur Swimming Club (BCASC). We hope you will have a long and enjoyable time in the club and become an eager participant in all our activities. Our club is very much a family oriented club and competes on three main levels - club, district and higher.

Please take the time to read through the information pack. If you have any questions please don't hesitate to speak with any of the members.

Code of Conduct

All members of the BCASC agree to abide by the standards of conduct outlined below:

- To strive to become the best person possible and to develop a positive attitude for self and to be supportive of teammates.
- To strive to be the best athlete possible; training and performing at the highest level possible; to encourage teammates to do the same in practice and in competition.
- To display proper respect and good sportsmanship towards coaches, teammates, fellow competitors, parents, officials, administrators, and others involved in the sport of swimming.
- To become a model traveller; to use good manners and behaviour; to cheerfully follow the directions of my coaches and chaperones, including established curfews.
- To refrain from all illegal or inappropriate behaviour that might distract from the positive image and reputation of BCASC or be detrimental to their performance objectives.
- To not possess or use alcohol, tobacco, or illegal or non-prescribed drugs.

Failure to comply with this Code of Conduct may result in, but not necessarily be limited to, either or both of the following:

- Swimmer not being allowed to participate in some or all team activities.
- Swimmer being sent home.

Upon notification of any violation of the Code of Conduct, BCASC coaches, and/or the executive, shall inform the individual and his/her parents and shall investigate promptly the circumstances of the violation. The swimmer shall then be promptly given the disciplinary action decided upon for the violation.

Executive

The current committee will be always be published on the club web site @ <http://www.bathurstswimmingclub.com.au>.

Responsibilities of Committee.

REGISTRAR:	registrar@bathurstswimmingclub.com.au
RACE SECRETARY:	racesec@bathurstswimmingclub.com.au
PUBLICITY OFFICER:	publicity@bathurstswimmingclub.com.au
MPS DELEGATES:	2 or 3 committee are chosen to fulfill this role
BDSRC DELEGATES:	1 committee member is chosen to fulfill this role
RACE COMMITTEE:	Race Secretary, Vice President, Secretary
PROGRAMME COMMITTEE:	Race Secretary, Secretary, Pointscorer, Vice President

Club Swimming

Club nights are held at the Bathurst Aquatic Centre each Friday during school terms, commencing at 6.00pm. During the summer season we use the eight lane 50m outdoor pool and during the winter season use the eight lane 25m indoor pool.

The point score competitions which run on these nights are based on how much competitors improve their time in each stroke over the various distances. The programme offered includes races over 25, 50, 100 and 200 metres. Swimmers are graded from 'A' grade to 'D' grade in each of the four strokes according to their ability and compete against the clock. There will be opportunities for swimmers to improve their grade during the season. At the end of the season, trophies are awarded to the swimmers who have gained the most points in each grade and stroke.

Points are allocated to swimmers as follows:

- Participation – completing an entered event 1 point
- Swim slower than best time by more than 0.5 seconds 0 points
- Swim slower than best time by less than 0.5 seconds 1 point
- Between equal best time and 0.1 seconds faster 2 points
- Bettering best time by 0.1 to 0.25 seconds 3 points
- Bettering best time by 0.25 to 0.5 seconds 4 points
- Bettering best time by 0.5 to 0.75 seconds 5 points
- Bettering best time by more than 0.75 seconds 6 points

To be eligible to compete in the point score competition each swimmer must be a financial member of the club and have swum the necessary 25m ("D" Grade) or 50m time trial for each stroke which is conducted on the first night of the new point score competition. Swimmers who are unable to swim on the first night will have the opportunity to swim time trials and then are able to join the competition. Swimmers who record time trial times slower than 15% of the previous season's best time may be required to swim another time trial.

Swimmers are graded as follows:

Stroke	'D' Grade 25m	'D' Grade	'C' Grade	'B' Grade	'A' Grade
Freestyle	>23 sec	>56 sec	56 > 41.01 sec	41 > 35.01 sec	< 35.01 sec
Backstroke	>33 sec	>66 sec	66 > 52.01 sec	52 > 42.01 sec	< 42.01 sec
Breaststroke	>35 sec	>68 sec	68 > 55.01 sec	55 > 45.01 sec	< 45.01 sec
Butterfly	>35 sec	>66 sec	66 > 50.01 sec	50 > 38.01 sec	< 38.01 sec
100 Ind. Medley	>135 sec	>135 sec	135 > 110.01 sec	110 > 85.01 sec	< 85.01 sec
200 Ind. Medley	N/A	> 300 sec	300 > 240.01 sec	240 > 180.01 sec	< 180.01 sec

To register for club nights you need to submit your entry cards by 1.00pm Friday. A box is available at the Aquatic Centre for this purpose. New entry cards can be pre-purchased at the beginning of the season or at club night.

Programmes for the summer and winter point score competition are available at the beginning of each season and on our website www.bathurstswimmingclub.com.au.

Special Events held at Club Night

Towel Night – A handicap event where the eventual winner will receive a club towel.

Towel nights are held each year (Summer long course and/or Winter short course). It is a freestyle handicap event held over 50m, with heats, semi finals and a final all conducted on the one night to determine the eventual winner.

All entries are arranged from the slowest to fastest using the swimmer's best 50m freestyle club time for that season. The total number of entrants will determine the number of heats and how competitors will progress to the semis. Each heat is handicapped with the slowest swimmers to start on "GO" and the other swimmers starting on their handicap number, which is equal to the difference between their time and that of the slowest swimmer. These events are judged and the winner proceeds to the semis.

The semi-finalists are re-handicapped from their heat swim and after they have swum, the finalists are re-handicapped also. The winner of the final receives an embroidered club towel. A swimmer who improves their entry time by more than 2 seconds will be disqualified.

Brace Relay – A relay event based on 2 swimmers' combined times.

This is a 2 x 50m freestyle event. Two sessions of heats are run as scratch start events. Teams enter on their best combined times recorded in the current club point score competition. To qualify for the semi final, teams must swim as close as possible to their nominated time. Swimmers who do not qualify for the 1st semi final may enter the next session of heats with the same or a new partner. The semi finals and final will be swum in the same way as the heats with all finalists submitting a new entry time. The winner will be the team who swims the closest to their nominated time and will receive the Brace Relay Trophy.

Parents

Club nights can't be run without volunteer assistance and as most of the competitors are our children, it is appreciated if parents can provide this assistance. The main requirement is for timekeepers. We need a minimum of 2 timekeepers per lane. If we could get 3, that would be great.

If you are interested in helping out in any other way, please speak with someone on the committee and they will advise you.

Carnival Swimming

District

Bathurst City ASC is affiliated with Mountains and Plains Swimming Association (MPS) which extends east from Bathurst to Glenbrook in the Blue Mountains, and west to Trundle and Tullamore. Swimmers from clubs in the MPS region compete in a number of different events over three district championship meets during the summer season, a sprint meet (50m) held in summer and a winter short course meet. Swimmers who record good results at the district summer meets may be asked to represent MPS at the James Brophy Inter-District Invitational Meet held in Canberra in March. Details about MPS, James Brophy and carnival information can be found on the MPS web site at –

<http://mountainsandplainsnsw.swimming.org.au>

Invitation

These are meets run by other clubs. Programme details can be found on the club web site or Swimming NSW web site <http://nsw.swimming.com.au>.

Carnival Entries

What card do I use and where do I get them?

The programme will state whether entries are to be submitted on “single entry” or “multi entry” cards. For single entry, one card per event will be required and for multi entry, one card for all the events will be required. Please list the events in numerical order.

Cards are available from the Race Secretary and are usually available at club night. Girls’ cards are pink and boys’ cards are blue.

How do I fill the cards in?

Complete the top of the card(s) with the appropriate information concerning the swimmer and the carnival.

On “multi entry” cards you need to complete each line for all the events entered. Please note the following:

- For “Stroke”, use the abbreviations F/S (Freestyle), B/S (Breaststroke), IM (Individual Medley), B/K (Backstroke) or FLY (Butterfly).
- For “Distance”, simply write the metres. e.g. 50
- “Entry Time” must be the swimmer’s best carnival time and should relate to the length of the pool, ie Short Course (SC) = 25m, Long Course (LC) = 50m. If the best time was achieved in a different length pool, the times must be converted using the conversion table shown on page 8.
- Under “Achievement Date / Place” you must write the date on which the time was achieved and the name of the meet or pool.
- At the bottom of the ‘Event No’ column write the total number of events entered, then fill in the fee per event and the total entry cost. Don’t forget to sign the card also.

What do I do with the cards?

Entries must reach the Race Secretary at least one week prior to the closing date shown on the carnival's programme. This is to allow enough time for the entry to be submitted electronically by the Race Secretary. A box is available at the aquatic centre to submit entries. Cheques must be made payable to **Bathurst Swimming Club**.

What next?

In most cases you will be given an entry summary sheet and a results sheet before you go to the carnival. Check the entries and contact the Race Secretary if there are any errors. Take the result sheet to the carnival and fill it in, then return it to the Race Secretary ASAP. This information is used for club news and to update your swimming records.

A result sheet should also be used to register any Personal Bests (PB's) you swim at school carnivals (those with referees) and any other carnivals that the Race Secretary does not enter you in e.g. Brophy or Development Meet.

Short and Long Course Times

The Board of Swimming NSW have set the following rules for qualifying purposes:-

- i. When qualifying for **Long Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time, however if entering using a **Short Course** time, their entry time will be **equal to** the qualifying time for that event.
- ii. When qualifying for **Short Course** Championships, swimmers can use either a **Long Course** or **Short Course** qualifying time.