

Mt Annan Swimming Club

ALMANAC

Revised 2017/2018

About Us

Mount Annan Swimming Club prides itself on encouraging and developing life skills for children through swimming. We believe that swimming should be a fun social experience where friendships are grown & great memories are made. We believe that swimming should offer each child the opportunity to experience challenge and achievement while reaching their own potential in a safe and supportive environment.

Our Team Chant

Mount Annan's number one
We make swimming lots of fun
It's for PB's that we strive
Beware our team has arrived
!!!GO MOUNT ANNAN!!!

Committee Members

PRESIDENT

Phillip Carter

VICE PRESIDENT

Shawn Simpson

SECRETARY

Rebecca Cook

TREASURER

Darren Hooton

REGISTRAR

Theresa Perry

EXTERNAL RACE SECRETARY

Anne-Marie Moubarak

INTERNAL RACE SECRETARY

Michael Cox

PROPERTY

Mandy Daley

SPONSERSHIP / FUNDRAISING

Chantelle McCarthy & Shawn Simpson

WEBMASTER

Phillip Carter

SOCIAL SECRETARY

Chantelle McCarthy & Shawn Simpson

SMSW DELEGATES

Phillip Carter & Darren Hooton

MASCA DELEGATE

Anne-Marie Moubarak & Shawn Simpson

Mount Annan Swimming Club Rules

The annual swimming year will commence from the 1st October till the 30th September the following year
Our Club program will run from October to September.

These are the Rules that govern Mount Annan Swimming Club Inc as agreed by the Club Committee

General rules

All Club activities will be conducted in accordance with the Mount Annan Swimming constitution.

All swimming events will be conducted according to the Swimming NSW Rules of Swimming.

All participants who wish to be competitive must become financial members (within two weeks)

To be eligible for any club award a competitor must be a first claim member of this club.

With initial membership, proof of age is required (Birth Certificate).

Swimmers that represent Mount Annan Swimming Club at interclub swimming carnivals/meets & championship meets (i.e. Sydney Metro South West, Metropolitan, NSW State & Australian Age or Open Championships) must wear the Mount Annan Swimming cap.

All disagreements will be dealt with as per the disagreement process.

Behavioural Guidelines

Mount Annan Swimming Club follows the Swimming Australia behavioural guidelines. Our members agree to be bound by these guidelines at all times.

THE ESSENCE OF AUSTRALIAN SPORT

In Australia we are proud of our sporting ability and our reputation as a nation of good sports. Our society expects high standards of behaviour from all people involved in sport, and it is vital the integrity of sport is maintained. At every level of sport, the principles of fairness, respect, responsibility and safety should be maintained.

Swimming Australia is at all levels, committed to upholding the principles of:

FAIRNESS

Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

RESPECT

Recognising the contribution that people make to sport, treating them with dignity and consideration, as well as caring for the property and equipment they use.

RESPONSIBILITY

Taking responsibility for one's actions and being a positive role model at all times.

SAFETY

Encourage healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

GENERAL BEHAVIOURAL GUIDELINES

Swimming Australia promotes the following behavioural guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18 years. These behavioural guidelines highlight the principles and values of Swimming Australia and are the core principles of the Member Welfare and Child Welfare Policy documents.

As a person involved in any way with the sport of swimming, the following standard of behaviour is expected:

- ☒ Respect the rights, dignity and worth of others.
- ☒ Be ethical, considerate, fair and honest in all dealings with other people and organisations.
- ☒ Be professional in, and accept responsibility for your actions.
- ☒ Make a commitment to providing quality service.
- ☒ Be aware of Swimming Australia's standards, rules and policies.
- ☒ Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.
- ☒ Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.
- ☒ Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies 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 intimate relations with members whom they have a supervisory role or power over.
- ☒ Refrain from any form of victimisation toward others.
- ☒ Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- ☒ Show concern and caution toward others that may be sick or injured.
- ☒ Be a positive role model. (see Swimming Australia Behavioural Guidelines)

Please be aware of the complete guidelines covering all aspects of involvement in our sport available from both the Mount Annan Swimming and Swimming Australia websites.

Right To Be Treated Equally

All of our club members shall be treated equally and fairly at all times by my members of the committee and people associated with the Mt Annan Swim Club.

Disagreement Process

Disagreements are to be resolved promptly within a two step process:

On location with an Executive Committee member

Being the President, Vice President, Secretary, Registrar, Treasurer or any combination thereof.

Failing this then:

Formally in writing to the Grievance Committee

The Grievance Committee (being the Executive Committee) will then discuss and exercise its decision in accordance with the Mount Annan Swimming Constitution.

When dealing with disagreements committee and club members need to be mindful of our Club values and ensure that the spirit of our values is maintained throughout the disagreement process.

Club Night Procedures

Club Night is held on Friday nights and as per that season program.

Competition starts at 7:00 pm SHARP.

Swimming competitors should arrive with sufficient time to pay the swimming fees required at the club desk.

Swimming competitors should demonstrate appropriate behaviour to all club volunteers and organisers by being polite, courteous and responsive to instructions.

Swimming competitors should follow directions and promptly report to the marshalling area (program pool).

Supervision of swimmers remains the responsibility of parents. 1 parent is expected to remain within the centre to supervise their child for the duration of the club night.

Parents are required to sign the attendance register on arrival and nominate the adult (over 16yrs) who will supervise the swimmers.

Swimming competitors should be supportive and encouraging toward all swimmers.

Swimming competitors should strive to give their personal best.

Parents of swimmers are expected to help with club night duties.

Club and Club Night are run completely by volunteers.

Club Competition

During the swimming season swimmers will be able to compete in a range of competitions within the Friday evening program of the club. Points are awarded, based on personal achievements and improvements, as well as a Club Championship Carnival for all swimmers.

To be eligible for awards within the various competitions, swimmers must complete:

☑ At least 50% of available club nights, at the time of becoming a first claim financial member.

☑ A minimum of 2 of the available swims per club night, new members must complete a minimum of 12 club nights, with a minimum of 2 of the available swims per club night.

☑ Swimmers can only compete in one of the the 25m, 50m or 100m distances PER STROKE (pointscore swim) per club night. This does not apply to Junior Dolphins.

Swimmers not meeting the above criteria may compete at Age Championships as an invitational swimmer but will not place.

Weekly Non-Point Score Events

Junior Dolphin

Mt Annan Swimming Club in conjunction with Swimming NSW is proud to advise that we will again be running the Junior Dolphin Programme where children aged from 4 to 7 years can join our swim club for FREE and allow children to improve their swimming skills in a non-competitive environment. (Junior Dolphin members that joined for free may still compete at club night point score events and external meets when they feel ready).

This year we have Junior Dolphin 12m events for kick and freestyle. These events are non-competitive (no points will be calculated) and all swimmers who participate in a min of 12 club nights will receive our 'Junior Dolphin Achiever' trophy at the end of the swimming year. Junior swimmers when ready may also progress to 25m swims and participate in the point score programme. (N.B. Swimmers swimming in Junior Dolphin events cannot swim longer events on the same club night.)

100m IM (Individual Medley)

This year we have a shorter 100m IM for junior swimmers aged 6+ years & not ready for a 200m IM to gain experience in this exciting event. This 100m IM event will not attract any club night distance point scores and is held purely for swimmer development.

Progressing from 25m to 50m events

We have eased the age requirements for the change between 25m to 50m events. This is in response to members' feedback and we acknowledge that not all swimmers progress at the same rate and we aim to make club nights enjoyable & challenging for everyone.

Weekly Point Score Competition

Point Score Race 1 and Race 2

The weekly point score competition allows all swimmers of various levels of experience and ability to compete on an equal playing field. Points are awarded for each swim according to the swimmers own ability, achieving points by consistent attendance and improvement over the season. The swimmer's points accumulate over the season with the highest point scorer in each classification winning the point score competition for the season.

A swimmer's age will be determined by their age as at 1st October (the first day of the year). Swimmers will be graded into four classifications for this competition according to age.

6 years and under = Splashers

7 – 9 years = Juniors

10 – 12 years = Intermediate

13 years and over =Seniors

Points will be awarded for two swims (point score race 1 and race 2) on Club night.

Points will be awarded to the swimmer for their improvement in times as follows:

Starting and completing any stroke or distance 1 point

First swim attempt at a given distance for any stroke 2 points

Swimming 0.51 – 2.00 seconds outside of their best time for a stroke and distance 3 points

Swimming within 0.50 seconds either side of best time 6 points

Swimming 0.51 – 2.00 seconds inside their best time for a stroke and distance 9 points

Swimming better than 2.01 seconds inside of best time 12points

Club Champion

Club Champion is awarded across four divisions:

11 yrs/under boys

11yrs/under girls

open boys

open girls

Swimmers must complete at least 50% of available club nights, at time of becoming a first claim financial member

A minimum of 2 of the available swims per club night. New members must complete a minimum of 12 club nights, with a minimum of 2 of the available swims per club night. Points from age championships and club night championship swims are added together to determine the award recipients. Refer below.

Age Champions

At the completion of the season Mount Annan Swimming Club Championships will be held at Mount Annan Leisure Centre or otherwise as determined by the committee. Championships will be held on the first Sunday after the completion of the season program. The Club Committee may change these days if they coincide with other district or state swimming events. Swimmers can only compete at age championships on the designated championship day. No exceptions. Age of the swimmer for club championships will be determined by the age of the swimmer on the first day of the meet. The age champion will be determined by the swimmer that has the highest points in his/her age group over the five events of the program. To be age champion the swimmer must compete in more than 60% of the events in the club championship program i.e. three of the five championship swims.

Points will be awarded as: 1st place (5 points) to 4th place and onwards (1 point).

Club Night Championship Swim

Championship swims are swum on club nights as programmed. Points are awarded to swimmers in four divisions:

Boys 11yrs/Under

Girls 11 yrs/Under

Boys Open

Girls Open

Points contribute toward Club Champion within these age groups.

For the 11 year and under division the swimmer must be 11 years or under as at 1st October (first day of year).

Each event will be swum as a timed final and as an open event (boys and girls events) with fastest heat first.

Following the completion of each event, points will be awarded for the fastest swimmers in each division.

Boys Open

Girls Open

Boys 11yrs/Under

Girls 11 yrs/Under

Swimmers in the junior 11 years and under division can still achieve points in the open division. 12 and over (open swimmers) cannot achieve points in the junior division.

Points will be awarded as follows –

1st place (5 points)

2nd place (4 points)

3rd place (3 points)

4th to Last place (1 point)

For Championship points, swims can only be swum and points achieved by swimming the event as programmed.

No exceptions.

Distance point score

The distance point score is designed to encourage distance swimming over 200 IM and 400 freestyle. This event is swum on club nights as programmed and is an open event. Points are awarded for each swim according to the swimmers own ability, achieving points by consistent attendance and improvement over the season. The swimmer's points accumulate over the season with the highest point scorer, boy and girl, winning the distance point score competition for the season.

To be eligible for the distance point score award swimmers must complete at least 50% of available club nights at the time of becoming a financial first claim member with a minimum of 12.

New members must complete a minimum of 6 club nights.

Points will be awarded to the swimmer for their improvement in times as follows:

Starting and completing any stroke or distance 1 point

Swimming 0.51 – 2.00 seconds outside of their best time 3 points

Swimming within 0.50 seconds either side of best time 6 points

Swimming 0.51 – 2.00 seconds inside of their best time 9 points

Swimming better than 2.01 seconds inside of best time 12 points

Presentation Award System

The following structure has been implemented for presentation.

Club night qualifier + swim club championships - swimmer receives a trophy

Club night not qualified + swim club championships – swimmer receives a participation medal

Club night qualifier + not swim Club Championships – swimmer receives a Club participation trophy

Club night not qualified + not swims Club Championships – no award

At the discretion of the Committee, special circumstances may be considered if not all the criteria are met.

Coaches Award

Is awarded by the Club Coach each season. It is based on commitment, consistency and a positive attitude toward training and competition.

Michelle Mills Award

Is awarded by the Mount Annan Swimming Club committee each season. It is a memorial trophy in honour of a past member. It is awarded to the member that best displays outstanding sportsmanship, personal character and a positive team spirit throughout the season.

Representatives

Representative number

Swimmers who represent our club at state level or higher are awarded a representative number. Swimmers keep their number and once awarded the number will never be re-issued.

Uniform

All swimmers who achieve a State time will be awarded with 1 Mount Annan Representative Shirt. Any future shirts required due to damage/lost/growth etc will be purchased at cost by the parent from Mount Annan Swimming Club.

Club Activities and Participation signature sheet has been introduced to encourage families to support our Club. Money raised from Club activities goes towards Representative Shirts etc.

Relays

Relay teams are decided by the Club Committee. The Club Committee delegates this responsibility to an elected Sub Committee (Race Committee) in all instances. The Race Committee will determine the most current competitive relay for any available competition. The Race Committee may use varying forms of criteria, such as:

- ☐ Current seasonal times
- ☐ Last season's times
- ☐ "In form" swimmers

The Race committee will consist of 3 members they are the External Race Secretary, Internal Race Secretary and the Club Coach.

It is the club preference to have the most relay teams entered

It is the club preference to have the most competitive teams entered

A relay team will consist of four (4) swimmers and preferably one (1) reserve swimmer.

The Race Committee will display selections for upcoming relays approx 1 week from competition day and it will also be emailed to all Club Members. If a swimmer is unavailable to fulfill their commitment to the Relay team they are required to discuss this matter as soon as possible with a member of the race committee.

Failure to meet your Relay Commitment –

Will result in the matter being discussed in a committee meeting and appropriate action will be taken.

This decision of what action is to be taken will be at the Committee's discretion, and discussed at the first meeting following the Carnival.

Swimmers will be notified in writing of the Committee's final decision

Subsidy, Award and Gift Criteria

All subsidies, awards and gifts that are distributed are at the discretion of the Mount Annan Swimming Club committee at that time. Every effort to keep consistency from season to season and year to year will be made however subsidies, awards and gifts will depend mostly on the club's financial position and the efforts made by volunteers to raise funds via sponsorship and general fundraising.

Participation

Mount Annan Swimming encourages full participation by both members and their families. As a club we require a lot of work from volunteers to remain an enjoyable and viable entity for all. There are numerous ways in which you may be able to help. Please do not hesitate to contact a committee member if you are willing to volunteer in any capacity.

It is with full participation that a CLUB becomes a TEAM.

!!!GO MOUNT ANNAN!!!