



# HANDBOOK

2021 – 2022



**Windsor State School  
Amateur Swimming Club**

(A subcommittee of the Windsor State School P&C  
Association)

[www.windsorsspandc.com.au/seawolves](http://www.windsorsspandc.com.au/seawolves)

## **Committee for 2021-2022 Season**

<b>CLUB ROLE</b>	<b>APPOINTEE</b>
PRESIDENT	Delwin Tofts
VICE PRESIDENT	Brianna Pollock
GENERAL SECRETARY	Anissa Mauger
TREASURER	Leah Havighurst
NOMINATIONS SECRETARY	Patrick Young
TECHNOLOGY	Matthew Vicary
CHIEF STARTER	Jamie Roodenrys
MARSHALLS	Stacey Barlow Georgine Roodenrys
REFEREES	Alex Mcdonald
CANTEEN CONVENOR	Abigail Reid
BBQ CONVENOR	Jann van Herel Tracey Shaw
BAR CONVENOR	Lisa Nicholls
CARNIVAL CONVENOR	Sarah Brock
MERCHANDISE/ TROPHIES & AWARDS	Lucinda Kaye
SWIM COACH	Jo Hodge



Welcome to the Windsor Seawolves Swimming Club for the 2021-22 season.

The Windsor Seawolves Swimming Club is a sub-committee of the Windsor State School P&C and is organised every year by volunteer parents. We welcome any parents who would like to help with the running of the club. All parents are invited to attend.

## **AIMS OF THE CLUB**

The aims of the Club are to provide:

1. An organised program of events, which will build on each member's swimming capabilities.
2. A safe, fun and challenging environment.

## **MEMBERSHIP**

The Club is open to all members of the community from pre-schoolers to high school siblings. An annual pool use fee is payable prior to or at commencement of attendance at club nights.

Online registration must be completed for all swimmers.



## **CLUB NIGHTS**

### **DATES AND EVENTS**

Club nights are held every Friday night.

Term 4, 2021	8th October – 3rd December
Term 1, 2022	28th January – 18th March

Club nights will start at 6.00pm commencing with the 15m Tadpoles event followed by 30m Kickboard, the Individual Medley and then 30m and 60m events in the following order: Freestyle, Backstroke, Breaststroke and Butterfly. There will be one long distance 120m event held each night. A schedule of long distance events is listed in the back of this document.

**You must nominate each week** for all events prior to club night (see below for nomination details).

**Tadpoles** - We offer assisted 15m races for swimmers wishing to commence racing. A parent, older sibling or senior club member may accompany tadpole swimmers until they are confident to swim unassisted.

**Kickboard Event** - To encourage our younger swimmers to make the transition from tadpoles to 30m events, we have an event where they are able to use a kickboard and practice their freestyle stroke and kick technique until they build their confidence to take on the 30m event unassisted.



## **NOMINATIONS**

You must nominate for all races you wish to participate in. Nominating ensures that you will be allocated a lane to swim in, that your times will be recorded and points accrued.

Automatic emails requesting nominations via an online system are sent to registered members each week. Nominations via this system must be made by midnight on the night before club night.

## **TIME TRIALS**

Swimmers are time trialled in each stroke, at a distance of 30m. Each club night they try to better their times. Swimmers are awarded points according to how they swim against their own time, therefore they compete against themselves in each swim and not against each other.

Past members will commence the new season with their best times from the previous season.

The 'Meet Mobile' app can be downloaded to your phone and allows you to see swimmers' times in real time on club nights.



Points are allocated each club night as follows:

<b>TIME</b>	<b>POINTS</b>
Time Trial 30m, 60m, 120m	3
2.6 seconds or more slower than best time	1
Between 1.6 and 2.59 seconds slower than best time	2
Between 0.6 and 1.59 seconds slower than best time	3
Between 0.59 seconds slower and equal to best time	4
Between 0.01 and 0.59 seconds faster than best time	5
Between 0.6 and 1.59 seconds faster than best time	6
Between 1.6 and 2.59 seconds faster than best time	7
2.6 or more seconds faster than best time	8

- Heats of events will be swum in the order of swimmers best times without regard to age.
- When a faster time is recorded this becomes the best time for future points
- Swimmers are required to swim 60m upon achieving the qualifying time (see below)
- To qualify for the Individual Medley swimmers must qualify for 60m in all strokes and swim 60m in all strokes at club nights



## **DISTANCE EVENTS**

Each club night swimmers who qualify (see below) can choose to swim a 120m event. Each club night a different stroke is scheduled as the distance event (see calendar for distance event schedule).

## **QUALIFYING TIMES**

Qualifying times to progress to 60m are as follows:

Freestyle	29 seconds
Backstroke	33 seconds
Breaststroke	35 seconds
Butterfly	30 seconds

**Note: Swimmers at 11 yrs can choose 60m events before making qualifying time but must continue swimming 60m for the rest of the season**

Qualifying times to progress to 120m are as follows:

Freestyle	58 seconds
Backstroke	66 seconds
Breaststroke	70 seconds

**Note: Butterfly 120m has been removed for 21/22 season**

## **AWARDS**

To qualify for the end of season trophies swimmers must attend and swim at least 8 times for the whole season. If a swimmer is a new member joining after Christmas, they must attend and swim a minimum of 4 club nights. At the end of the season at club trophy night, awards are given to recognise swimmers abilities:



- Awards are presented to the highest point scorer in each age group for both boys and girls (**Points Champions**).
- An award will be presented to the highest Medley Scorer. (Note - Medley Races have a separate points ladder).
- A perpetual trophy will be awarded to the highest points scorer overall.
- Club Spirit Awards are awarded to swimmers who have swum well and upheld the spirit of the Swimming Club.
- Participation awards
- **Age Champions** awards are based solely on the Club Age Championships (see below).

## **BAD WEATHER**

The president will decide when a club night should be cancelled due to bad weather. This decision will be made, if possible, by 5.00pm and members will be notified via the Seawolves email and Windsor P&C Facebook Post.

Please note, if a club night is cancelled due to bad weather then you must **re-nominate** for the following week. Nominations will not be carried over.

## **CANTEEN, BBQ & BAR**

Food and drinks are available for sale at the canteen & bar each club night. The BBQ menu varies from night to night, but includes favourites such as steak burgers, sausage sizzle and pizza.

NB: Please be advised that products may contain allergens such as nuts, eggs, gluten and dairy.





## **SWIM CLUB ALCOHOL POLICY**

- Selling alcohol is not the primary function of the club.
- All the net proceeds from the sale of beer & wine will be used for the benefit of Seawolves Swim Club and the school community.
- Seawolves Swim Club will not be serving alcohol for more than an 8 hour period.
- Beer & wine will only be sold between 6pm and 9pm Friday club nights, Terms 1 & 4.
- Beer & wine will only be sold in open cans & plastic cups for consumption at Seawolves Swim Club
- Beer & wine will only be sold by an adult and will be overseen by an adult holding Responsible Service of Alcohol certificate.
- Beer & wine will be sold at Seawolves Swim Club in a manner that does not encourage rapid or excessive consumption of liquor.
- The beer & wine will not be sold to a person who is a minor, unduly intoxicated or disorderly.
- BYO alcohol will not be permitted.
- Persons officiating (Starter, Marshall, time keepers & Referee etc) must not consume alcohol before, during or after the race
- Minors are not permitted in the canteen
- No alcohol is to be taken outside the enclosed pool area.



## **VOLUNTEERS ROSTER**

Volunteers are vital to the running of the club. Without volunteers, the club cannot function.

A volunteer roster will be created for canteen and BBQ/Bar duties throughout the season.

All families will be rostered on and are required to be available for their allocated roster duty. If you cannot perform your rostered task, we ask that you find a replacement to fill that role.

Volunteer timekeepers are also required each week.

## **CLUB CAPTAINS**

Club Captains for the Seawolves Swimming Club are selected each season. The two captains will be required to commit their time for the full season, be actively involved in club nights by assisting with the tadpole and kick board events. Arranging working bees to collect rubbish and clean the pool area each club night. Lead the team at carnivals, support and encourage younger members, and lead by example. Nominations for these roles will be sought by email to the members, and the Committee along with Year 5 and Year 6 Club members, will then select the Captains on the first swimming night of the season.

If two or fewer of either male or female nominate for the position of Captain then two females or two males may be awarded the position.



## **LEARN TO SWIM INFORMATION**

An independent coaching program is run at Windsor State School Swimming Pool. It is a comprehensive program including Learn to Swim, Stroke Correction and Squad Training. Our coach is Jo Hodge who has extensive experience in all aspects of swimming teaching and is a Bronze level coach. Jo can be contacted on 0410 685 508.

## **CARNIVALS**

Windsor Seawolves will be involved in several inter-club carnivals throughout the season. (See calendar of events)

To assist in team selection, swimmers will be asked to nominate their availability for each carnival. Please note that nominating availability for carnivals does not necessarily mean that swimmers will be selected.

We endeavour to balance the need to select competitive teams with giving swimmers the opportunity to represent their club at these events.



## **CLUB AGE CHAMPIONSHIPS**

This year's Club Championships will be held on Sunday 27 March 2022, followed by the Club's Trophy Night.

Swimmers will only be able to swim in events for their age group. There are no entry qualifications times, but to be eligible to swim a particular stroke at the Club Championships, swimmers must have completed at least 4 swims over the season in that stroke and have swum at a minimum of 8 club nights. If a swimmer is a new member joining after Christmas they must have swum a minimum of 4 club nights. Only under extenuating circumstances a variation to these requirements will be considered by the executive and their decision will be final.

### **HEATS**

If heats are required (that is, more than 6 swimmers nominate for an event), places will be awarded on times.

### **AWARDS**

*Medals* will be presented on the day to the first three place getters for each event.

*Age Champion* will be awarded to the swimmer with the most points in each age group at the end of the Championships. Age Champion trophies will be presented to swimmers at trophy night.

The following points will be allocated for each event:

1 <sup>st</sup>	7 points	4 <sup>th</sup>	3 points
2 <sup>nd</sup>	5 points	5 <sup>th</sup>	2 points
3 <sup>rd</sup>	4 points	6 <sup>th</sup>	1 point



## EVENTS

Age Group	Freestyle	Breast Stroke	Back stroke	Butterfly
Girls 6yrs & under	30m	30m	30m	30m
Boys 6yrs & under	30m	30m	30m	30m
Girls 7 yrs	30m	30m	30m	30m
Boys 7 yrs	30m	30m	30m	30m
Girls 8 yrs	30m	30m	30m	30m
Boys 8 yrs	30m	30m	30m	30m
Girls 9 yrs	30m	30m	30m	30m
Boys 9 yrs	30m	30m	30m	30m
Girls 10 yrs	60m	30m	30m	30m
Boys 10 yrs	60m	30m	30m	30m
Girls 11 yrs	60m	60m	60m	60m
Boys 11 yrs	60m	60m	60m	60m
Girls 12 yrs	60m	60m	60m	60m
Boys 12 yrs	60m	60m	60m	60m
Girls 13 yrs & over	60m	60m	60m	60m
Boys 13 yrs & over	60m	60m	60m	60m

Age will be determined as of 31 December 2022, i.e. the age that you turn on your birthday in 2022.



## **CLUB RULES**

1. At all club nights the Referee's decision will be final and binding.
2. Only financial members will be allocated points.
3. All swimmers must wear a swimming/bathing cap.
4. Swimming aids such as kickboards can only be used in the designated kickboard event.
5. An adult must accompany and supervise all children for the duration of club, as a club night may finish earlier than expected.
6. Swimmers must not dive into the water at any time unless instructed to do so.
7. Swimmers are not to run on the concourse, play in the toilet areas, or run up and down the grandstands during club nights; If swimmers persist in breaking these rules then they may not be allowed to swim in their events.
8. Once the Club night commences Children will not be permitted on the grassed oval area outside of the pool perimeter without parental supervision.
9. Children suffering from diarrhoea or infected open wounds are not permitted to swim.
10. SILENCE IS REQUIRED on the Referee's whistle at the start of each race.
11. There will be no diving from the shallow end of the pool.
12. All 30m races will commence from the deep end. Relays will start from the deep end with the change over being in the water at the shallow end.
13. Smoking is not allowed anywhere on school premises.



14. Alcohol is only permitted on the school grounds with prior permission from the principal. Glassware is not permitted within the pool enclosure.
15. Rubbish must be placed in bins provided around the pool concourse.
16. All areas other than the immediate pool enclosure are out of bounds at all times.

A copy of all stroke rules and the roles of the Referee, Starter and Timekeepers are available at the Nominations desk.

The committee has the right to refuse entry to the Pool area.

The Swimming Club operates with the permission of the school Principal, Mr Grant Baker, and your co-operation is requested in complying with the following Department of Education rule:

**NO SMOKING AT ANY TIME ON THE SCHOOL PREMISES**



# **SEAWOLVES CLUB AWARDS FOR 2020/21 SEASON**

Congratulations to the following club members:

<b>Overall Champions</b>		
<b>Overall Points Champion</b>	Lincoln Mills	
<b>Individual Medley Champion</b>	Klara van Herel Havighurst	
<b>Rosemann Shield Butterfly Award</b>	Coco Kent	
<b>Club Spirit Awards</b>		
<i>Awarded to club members who consistently have a go, show courtesy to fellow club members and volunteers, and support their team both in and out of the pool.</i>		
Dylan Reid	Jacob Shaw	Amelia Simpson
Kai Waterson	Tova Brock	Laura Kaye
<b>Club Points Champions</b>		
<i>Those who accrued the most points for their age group for the season (achieved through regular attendance, improvement of their own time and also general consistency of performance)</i>		
<b>Age group</b>	<b>Girls Champion</b>	<b>Boys Champion</b>
6 yrs & under	Georgia Kaye	<i>not awarded</i>
7 years	Frances Barlow	Patrick Reid
8 years	Laura Kaye	Theo van Herel Havighurst
9 years	Arabella Mauger	Lincoln Mills
10 years	Ruby Roodenrys	Connor Shaw
11 years	Coco Kent	Archie Boswell
12 years	Charlotte Margetts	Harvey Pollock
13 yrs & over	<i>not awarded</i>	Samuel Margetts





## Club Age Champions

*Those who accrued the most points for their age group at the Club Championships. In March 2020 the championships were cancelled due to COVID*

<b>Age group</b>	<b>Girls Champion</b>	<b>Boys Champion</b>
6 yrs & under	Georgia Kaye	<i>none competed</i>
7 years	Frances Barlow	Patrick Reid
8 years	Laura Kaye	Mason Pollock
9 years	Arabella Mauger	Lincoln Mills/Dylan Reid
10 years	Ruby Roodenrys	Sylvester Biscaro
11 years	Coco Kent	Archie Boswell
12 years	Charlotte Margetts	Ethan Gratton
13 yrs & over	<i>none competed</i>	Finley Mills



# CALENDER 2021 / 2022

## TERM 4 2021

Wk	Date	Activity	120m Event
1	8/10/21	Regular club night	Freestyle
2	15/10/21	Regular club night	Backstroke
3	22/10/21	Regular club night	Breaststroke
4	Ekka Holiday - No club night		
5	5/11/21	Regular club night	Freestyle
	7/11/21	<b>Marsden McAllen Shield</b> Carnival against Stafford Stingers and Woolloowin Wobbegongs	
6	12/11/21	Regular club night	Backstroke
7	19/11/21	Regular club night	Breaststroke
8	26/11/21	Regular club night	Freestyle
	27/11/21	<b>Nundah X (Experience)</b> Carnival against Geebung, Somerset Seals, Nundah Sharks, Virginia Dolphins & Zillmere Electric Eels	
9	3/12/21	Regular Club Night	Backstroke

## TERM 1 2022

Wk	Date	Activity	120m Event
1	28/1/22	Regular club night	Freestyle
2	4/2/22	Regular club night	Backstroke
3	11/2/22	Regular club night	Breaststroke
4	18/2/22	Regular club night	Freestyle
5	25/2/22	Regular club night	Backstroke
5	TBD	<b>IWO Carnival</b> Against Oakleigh Dolphins and Ithaca Creek (at Ithaca Creek State School - to be confirmed)	
6	4/3/22	Regular club night	Breaststroke
7	11/3/22	Regular club night	Freestyle
8	18/3/22	Regular club night	Backstroke
9	27/3/22	<b>Club Championships and Trophy Night</b>	



