



HANDBOOK

2023–2024



**Windsor State School
Amateur Swimming Club**

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

www.windsorsspandc.com.au/seawolves

Committee for 2023-2024 Season

CLUB ROLE	APPOINTEE
PRESIDENT	Delwin Tofts
VICE PRESIDENT	Brianna Pollock
GENERAL SECRETARY	Vanessa O'Connell
TREASURER	Chris Mackenzie
NOMINATIONS SECRETARY	Patrick Young / Jane Prior
TECHNOLOGY	Matthew Vicary
CHIEF STARTER	Craig Hinton / John Kaye
MARSHALLS	Stacey Barlow Sarah Brock
REFEREES	Alex McDonald Christian Weiss
CANTEEN CONVENOR	Leah Havighurst
BBQ CONVENOR	Rohan Kamp Bel Vuorinen Jessie Vuorinen
BAR CONVENOR	Marc Wollnough Amanda Woolnough
CARNIVAL CONVENOR	Lucinda Kaye
MERCHANDISE/ TROPHIES & AWARDS	Anna Watts
SWIM COACH	TBC



Welcome to the Windsor Seawolves Swimming Club for the 2023-24 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 preschoolers to high school siblings. An annual membership 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, 2023	6th October – 1st December
Term 1, 2024	2nd February – 15th 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 can 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 via the Swim Club app. Nominating ensures that you will be allocated a lane to swim in, that your times will be recorded, and points accrued.

Nominations via this system must be made by midday on the Thursday 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 'Swim Club' 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:

TIME	POINT S
Time Trial 30m, 60m, 120m	4
2.5 seconds or more slower than best time	1
Between 1.5 and 2.5 seconds slower than best time	2
Between 0.5 and 1.5 seconds slower than best time	3
Between 0.5 seconds slower and equal to best time	4
Between 0.5 and 1.5 seconds faster than best time	5
Between 1.5 and 2.5 seconds faster than best time	6
2.5 or more seconds faster than best time	7

- 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: 11-year-olds can choose to swim 60m events even if they have not achieved the qualifying times.

Qualifying times to progress to 120m are as follows:

Freestyle	58 seconds
Backstroke	66 seconds
Breaststroke	70 seconds

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 Individual Medley Scorer. (Note - Medley Races have a separate points ladder).
- A perpetual trophy will be awarded to the highest points scorer overall.
- A perpetual trophy will be awarded to the highest points scorer in Butterfly.
- A perpetual trophy will be awarded to the highest points scorer in Breaststroke.
- 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 AND BAR

Food and drinks are available for sale at the canteen and 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 Seawolves Swimming Club.
- All the net proceeds from the sale of beer and wine will be used for the benefit of Seawolves Swimming Club and the school community.
- Seawolves Swimming Club will not be serving alcohol for more than an 8-hour period.
- Beer and wine will only be sold between 6pm and 8pm Friday club nights, Terms 1 and 4.
- Beer and wine will only be sold in open cans and plastic cups for consumption at Seawolves Swimming Club. Pool safe (no glass) reusable cups are welcomed.
- Beer and wine will only be sold by an adult and will be overseen by an adult holding a Responsible Service of Alcohol certificate.
- Beer and wine will be sold at Seawolves Swimming Club in a manner that does not encourage rapid or excessive consumption of liquor.
- The beer and wine will not be sold to a person who is a minor, unduly intoxicated, or disorderly.
- BYO alcohol is not permitted at Seawolves Swimming Club events.
- Minors are not permitted to make purchases at the bar.
- 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 timekeepers, canteen, and BBQ/Bar duties throughout the season.

All families are requested to roster 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.

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 and be actively involved in club nights by assisting with the tadpole and kickboard 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.



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 Saturday 23 March 2024, 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 time.



AWARDS

Medals will be presented on the day to the first three placegetters 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 st	7 points	4 th	3 points
2 nd	5 points	5 th	2 points
3 rd	4 points	6 th	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 2024, i.e. the age that you turn on your birthday in 2024.



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 swim 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 the 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 changeover 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.

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

The Seawolves Swimming Club operates with the permission of the Windsor State School Principal, and your cooperation is requested in complying with the following Department of Education rule:

NO SMOKING AT ANY TIME ON THE SCHOOL PREMISES.



SEAWOLVES CLUB AWARDS FOR 22/23 **SEASON**

Congratulations to the following club members:

Overall Champions		
Overall Points Champion	Mason Pollock	
Individual Medley Champion	Lincoln Mills	
Rosemann Shield Butterfly Award	Georgia Kaye	
Jo Hodge Breaststroke Award	Ryder Smith and Torben Moller	
Club Spirit Awards		
<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>		
Digby Booth	Erin Helm	Olivia Vuorinen
Keely Mills	Leo Brock	Matilda O'Neill
Michael Davidson	Chloe Mackenzie	
Lucy Woolnough	Toby Kuchel	
Club Points Champions		
<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>		
Age group	Girls Champion	Boys Champion
6 yrs & under	Neve Chambers	Oliver Palm
7 years	Edwina Booth	Archie Vuorinen
8 years	Eliza Burgess	Hugo Ness
9 years	Estelle Baker	Owen Vicary
10 years	Laura Kaye	Mason Pollock
11 years	Mishali Sainsbury	Torben Moller
12 years	Sierra Waterson	Joseph Barlow
13 yrs & over	Charlotte Margetts	Toby Sainsbury



Club Age Champions

Those who accrued the most points for their age group at the Club Championships.

Age group	Girls Champion	Boys Champion
6 yrs & under	Emma Scott	Oliver Palm
7 years	Edwina Booth	Archie Vuorinen
8 years	Georgia Kaye	Hugo Ness
9 years	Georgia Watts	Digby Booth
10 years	Laura Kaye	Mason Pollock
11 years	Erin Helm	Lincoln Mills
12 years	Siarra Waterson	Connor Shaw
13 yrs & over	Elsie Hinton	Samuel Margetts



CALENDER 2023 / 2024

TERM 4 2023

Wk	Date	Activity	120m Event
1	6/10/23	Freestyle only	Freestyle
2	13/10/23	Regular club night	Breaststroke
3	20/10/23	Regular club night	Backstroke
4	27/10/23	Regular club night	Freestyle
5	3/11/23	Regular club night	Relay Night
	TBD	Marsden McAllen Shield Stafford Stingers and Wooloowin Wobbegongs	
6	10/11/23	Regular club night	Breaststroke
7	17/11/23	Regular club night	Backstroke
8	24/11/23	Regular club night	Freestyle
9	1/12/23	Regular club night	Breaststroke

TERM 1 2024

Wk	Date	Activity	120m Event
1	2/2/24	Regular club night	Breaststroke
2	9/2/24	Regular club night	Freestyle
3	16/2/24	Regular club night	Backstroke
4	23/2/24	Regular club night	Relay Night
	TBD	IWO Carnival Oakleigh Dolphins and Ithaca Creek (at Windsor State School - to be confirmed)	
5	1/3/24	Regular club night	Breaststroke
6	8/3/24	Regular club night	Freestyle
7	15/3/24	Regular club night	Backstroke
	23/3/24	Club Championships and Trophy Night (at Windsor State School)	

