



*Windsor Seawolves*

Handbook

2025-2026



**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)

Welcome to the Windsor Seawolves Swimming Club 2025-26 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.

## **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 kindergarten to high school siblings. An annual membership fee is payable prior to attendance. Online registration must be completed for all swimmers.

## **VOLUNTEERS ROSTER**

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

A volunteer roster will be created, and all families are requested to roster themselves. If you cannot perform your rostered task, we ask that you find a replacement to fill that role.

## **CLUB NIGHTS**

Club nights start at 5.45pm and include the following events:



### 15m Tadpoles

A parent, older sibling or senior club member accompanies the swimmer for a 15m swim.

### 30m Kickboard

Swimmers use a kickboard to swim 30m. Swimmers may choose *either* kickboard or 30m events, not both.

### 30m Freestyle, Backstroke, Breaststroke and Butterfly

All swimmers can participate in the 30m events until they achieve the qualifying time for a 60m race.

### 60m Freestyle, Backstroke, Breaststroke and Butterfly

Swimmers achieving the following times in their 30m race qualify for the 60m races:

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

Once swimmers have qualified for the 60m events, they will no longer be able to swim 30m events. Note: 11-year-olds can choose to swim 60m events even if they have not achieved the qualifying times.

### 120m Individual Medley

Swimmers must qualify for and swim 60m in all strokes at club nights to participate in the individual medley.

### 120m single stroke event

One 120m event is held each club night. A schedule of strokes is listed in the back of this document. When a swimmer achieves the following times in their 60m race they can progress to 120m. Times are as follows:

Freestyle	58 seconds
Backstroke	66 seconds
Breaststroke	70 seconds



## NOMINATING FOR RACES

**You must nominate your swimmer each week** for their chosen events prior to club night.

Nominating communicates weekly availability and ensures swimmers will be allocated a lane to swim in, their times will be recorded, and points accrued. Nominations must be submitted for each swimmer by 12pm each Friday. Swimmers who are not nominated will not be able to participate in the meet.

Nominations can be completed via the App: Swim Club Connect Meet Manager. Please download the app and complete the following:



### For new families:

- Create your profile
- Join the Windsor Seawolves (WSCC) - the membership code for our club is 4000
- Create your swimmer/s profile.

### For returning families:

- Find your existing swimmers and add the swimmers to Windsor Seawolves (WSCC).

How to nominate your child/children for races:

- Enter *Swim Club* app
- Click on the relevant meet
- Nominate your child/children - one distance per stroke per swimmer

PLEASE NOTE: The app identifies a swimmers age as of 31 December 2026, as our season runs across two years (2025 and 2026).



## RACE TIMES

Swimmers aim to improve their own time each week rather than focusing on their position against others in the race.

Swimmers are awarded points for participating in events. They are then allocated points according to how they swim against their own time.

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

Swimmers' times can be seen in real time in the 'Swim club' app immediately following race completion.

Points are allocated each club night as follows:

TIME	POINTS
Race participation (Time Trial) 30m, 60m, 120m	4
2.5 seconds or more slower than best time	1
1.5 - 2.49 seconds slower than best time	2
0.5 - 1.49 seconds slower than best time	3
0.5 seconds slower or faster than best time	4
0.5 - 1.5 seconds faster than best time	5
1.5 - 2.49 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.



## **BAD WEATHER**

The executive committee will decide when a club night should be cancelled due to bad weather. Members will be notified via the Seawolves email and Swim Meet App.

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.

## **CLUB CAPTAINS**

Two club captains and vice captains are selected each season. They are required to commit their time for the full season and be actively involved in club nights. Roles include:

- Assisting with the tadpole and kickboard events.
- Leading the team at carnivals
- Supporting and encouraging younger members
- Arranging rubbish collection and tidying the pool area each club night.

Nominations will be sought by email to members. The Committee along with Year 4 and Year 5 Club members will then select the captains on the first swimming night of the season.

One male and one female swimmer will be selected for each role. If insufficient male or female nominations are received, the committee will decide on an alternative approach to positions.

## **CANTEEN, BBQ AND BAR**

Food and drinks are available for sale at the canteen, BBQ and bar each club night. The BBQ menu varies but includes favourites such as burgers, sausage sizzle and pizza. Please be advised that products may contain allergens such as nuts, eggs, gluten, and dairy. The club alcohol policy is outlined at the back of this document.



## CARNIVALS

Windsor Seawolves will be involved in inter-club carnivals throughout the season. To assist in team selection, swimmers will be asked to nominate their availability for each carnival. 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.

## SEAWOLVES END OF SEASON CARNIVAL

The End of Season Carnival is held on Saturday at the end of the season, followed by the Club's Trophy Night.

There are no entry qualifications times. All swimmers who have attended 4 club nights are welcome to attend. Swimmers can participate in any event offered in their age group.

### Heats

If more than 6 swimmers nominate for an event, multiple heats will occur. Times will be collated from all heats in an event. The fastest swimmers in the event (not the heat) will be awarded places.

### Awards

*Medals* will be presented on the day to the first three place getters for each event (not each heat).

*Age Champion* will be awarded to the swimmer with the most points in each age group at the end of the carnival.

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



## End of season carnival events

Age Group*	Freestyle	Breaststroke	Backstroke	Butterfly
6yrs & under- Girls	30m	30m	30m	30m
6yrs & under- Boys	30m	30m	30m	30m
7 yrs Girls	30m	30m	30m	30m
7 yrs Boys	30m	30m	30m	30m
8 yrs Girls	30m	30m	30m	30m
8 yrs Boys	30m	30m	30m	30m
9 yrs Girls	30m	30m	30m	30m
9 yrs Boys	30m	30m	30m	30m
10 yrs Girls	60m	30m	30m	30m
10 yrs Boys	60m	30m	30m	30m
11 yrs Girls	60m	60m	60m	60m
11 yrs Boys	60m	60m	60m	60m
12 yrs Girls	60m	60m	60m	60m
12 yrs Boys	60m	60m	60m	60m
13 yrs & over Girls	60m	60m	60m	60m
13 yrs & over Boys	60m	60m	60m	60m

\*Age is determined as of 31 December 2026 (i.e. the age that you turn on your birthday in 2026).



## AWARDS NIGHT

At the end of the season awards are given to recognise swimmers' abilities across the season:

### Participation awards

Awarded to each swimmer who participates in the end of season carnival.

### Points champions

Awards are presented to the highest point scorer in each age group for both boys and girls. This is achieved through regular attendance, improvement of their own time and general consistency of performance.

### Club Spirit Awards

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. Awards are presented in each age group for both boys and girls

### Age Champions

Awarded to swimmers the highest post scorer in each age group at the End of Season Carnival.

### Overall Points Champion

A perpetual trophy is awarded to the highest points scorer overall for the season.

### Individual Medley Champion

A perpetual trophy is awarded to the highest individual medley points scorer overall for the season (Note: Medley Races have a separate points ladder).

### Butterfly/ Breaststroke/ Backstroke/ Freestyle Awards

A perpetual trophy is awarded to the highest points scorer in each stroke for the season.



## SEAWOLVES CLUB AWARDS: 2024/25 SEASON

Overall Champions		
<b>Overall Points Champion</b>	Oliver Palm	
<b>Individual Medley Champion</b>	Thomas O'Connell	
<b>Rosemann Shield Butterfly Award</b>	Henry Horwill	
<b>Jo Hodge Breaststroke Champion</b>	Lachlan Kaye	
<b>Seawolves Backstroke award</b>	Mason Pollock	
<b>Seawolves Freestyle award</b>	Sam Woolnough	
Club Spirit Awards		
<b>6 yrs &amp; under</b>	Charlotte Man	John Kalinowski
<b>7 years</b>	Olivia Toakley	Caleb Blake
<b>8 years</b>	Rosemary Messer	Seppie Nichol
<b>9 years</b>	Madelyn Buchanan	Harry Searles
<b>10 years</b>	Lucy Woolnough	Hugh O'Connell
<b>11 years</b>	Frances Barlow	Digby Booth
<b>12 years</b>	Sierra O'Neill	Archie Gleeson
<b>13 yrs &amp; over</b>	Tova Brock	Toby Kuchel



<b>Club Points Champions</b>		
<b>6 yrs &amp; under</b>	Mila Gavioli	James O'Hagan
<b>7 years</b>	Olive Ness	Theodore Cocolas
<b>8 years</b>	Madeline Harris / Vivienne Murray	Oliver Palm
<b>9 years</b>	Edwina Booth	Lachlan Rihari
<b>10 years</b>	Sophie Nichol	Leo Brock
<b>11 years</b>	Georgia Watts	Owen Vicary
<b>12 years</b>	Laura Kaye	Mason Pollock
<b>13 yrs &amp; over</b>	Erin Helm	Leo Hinton
<b>Age Champions</b>		
<b>6 yrs &amp; under</b>	Holly Buchanan	John Kalinowski
<b>7 years</b>	Blake Shipley	Ted Cocolas
<b>8 years</b>	Sasha Burgess	Henry Horwill
<b>9 years</b>	Eliza Cooke	Lachlan Rihari
<b>10 years</b>	Georgia Kaye	Leo Brock
<b>11 years</b>	Georgia Watts	Digby Booth
<b>12 years</b>	Laura Kaye	Mason Pollock
<b>13 yrs &amp; over</b>	Tova Brock	Leo Hinton



## CLUB RULES

1. 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.
6. Swimmers must not dive into the water at any time unless instructed to do so. There is no diving from the shallow end of the pool.
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. Children are not permitted outside of the pool perimeter without parental supervision.
9. Children suffering from illness or open wounds are not permitted to swim.
10. SILENCE IS REQUIRED on the Referee's whistle at the start of each race.
11. Smoking is not allowed anywhere on school premises.
12. Alcohol is only permitted on the school grounds with prior permission from the principal. Glassware is not permitted within the pool enclosure.
13. Rubbish must be placed in bins provided around the pool.
14. The committee has the right to refuse entry to the Pool area.



## CLUB ALCOHOL POLICY

- Selling alcohol is not the primary function of the Seawolves Swimming Club.
- Net proceeds from alcohol sales will be used for the benefit of Seawolves Swimming Club and the school community.
- Alcohol will not be served for more than an 8-hour period.
- Alcohol will only be sold between 6pm and 8pm Friday club nights in Terms 1 and 4.
- Alcohol will only be sold in open cans and plastic cups for consumption. Reusable cups (no glass) are welcomed.
- Alcohol will only be sold by an adult and will be overseen by an adult holding a Responsible Service of Alcohol certificate.
- Alcohol will be sold in a manner that does not encourage rapid or excessive consumption of liquor.
- Alcohol will not be sold to a person who is a minor, unduly intoxicated, or disorderly.
- BYO alcohol is not permitted.
- Minors are not permitted to make purchases at the bar.
- No alcohol is to be taken outside the enclosed pool area.



## 2025-2026 COMMITTEE

<b>CLUB ROLE</b>	<b>APPOINTEE</b>
Chair	Amanda Woolnough
Vice Chair Operations	Leah Havighurst
Treasurer	Alex Horwill
Secretary	Vanessa O'Connell
Swim Coach	Jacqui Beach
Nominations Secretary	Jane Prior
Technology	Matthew Vicary
Chief Starter	John Kaye, Mitchell Palm
Marshalls	Stacey Barlow (term 4) Sophie O'Ferrall, Libby Watkins, Diana Den Houdijker
Referees	Anna Kuchell, John Williamson
Canteen Convenor	Anja Buchanan
BBQ Convenor	Brad Hector, Chris Mackenzie
Bar Convenor	Lizzie Searles, Benn Christiansen
Merchandise Convenor	Alex Horwill
Chief Lifeguard	Jann van Herel



## CALENDAR 2025 / 2026

### TERM 4 2025

Wk	Date	Activity	120m Event
1	10/10/2025	Regular club night (no butterfly)	Freestyle
2	17/10/2025	Regular club night	Breaststroke
3	24/10/2025	Regular club night	Backstroke
4	31/10/2025	Regular club night	Relays
5	7/11/2025	Regular club night	Freestyle
6	14/11/2025	Regular club night	Breaststroke
7	21/11/2025	Regular club night	Backstroke
8	28/11/2025	Regular club night	Freestyle
9	5/12/2025	Regular club night	Breaststroke

### TERM 1 2026

Wk	Date	Activity	120m Event
1	30/01/2026	Regular club night	Freestyle
2	6/02/2026	Regular club night	Breaststroke
3	13/02/2026	Regular club night	Backstroke
4	20/02/2026	Regular club night	Relays
5	27/02/2026	Regular club night	Freestyle
5	6/03/2026	Regular club night	Breaststroke
7	13/03/2026	Regular club night	Backstroke
8	20/03/2026	Regular club night	Freestyle
9	29/03/2026	<b>End of Season Carnival</b> (note this is a Sunday)	

