



Lake's Swimming Club Inc

17 High Street, Forest Lake

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FOREST LAKE Q 4078

www.lakesswimmingclub.org.au

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PRESIDENT'S WELCOME

Welcome to Lakes Swimming Club for the new season. At Lakes Swimming Club we aim to provide our swimmers a fun and challenging environment with the focus on individual and team achievements within a friendly family atmosphere.

Our goals and objectives are to:

- **Foster a spirit of tolerance, mateship and community spirit amongst its members.**
- **Seek to establish and maintain close personal ties with the local community and will promote the local community through the abilities and successes of our swimmers.**
- **Encourage and support individual members to achieve their personal swimming goals.**
- **Foster an environment of friendship, safety and discipline and values commitment, respect, loyalty, perseverance and a sense of belonging.**

The backbone of any successful club is the parent body and I encourage all parents and carers to be active members and enjoy the experience. Our children grow up so fast and it's often their sporting experiences that they remember when they grow up.

On behalf of the committee I would like to thank you for swimming with us and I hope you will have many happy memories to share with your children in the future.

Tricia Kulick
President

MEMBERSHIP

Club membership is open to swimmers of any age, provided they can swim 12.5 metres unaided.

Fees are payable to the Treasurer on joining the Club. Financial members are permitted to swim at Club nights (other than promotional nights), Age Championships and non-affiliated swimming meets. Only Swimming Queensland (SQ) competitive financial members are permitted to nominate and Swim for Brisbane Swimming Association (BSA) and Queensland Swimming Association (QSA) affiliated swimming meets.

Membership fees do NOT include:

- admission to the Forest Lake Aquatic Centre which is determined by management of the centre, or
- nomination & entry fees to swim meets, which are determined by the hosting Swim Club, or
- QSA or BSA penalty fees that may be imposed.

Membership fees include a compulsory affiliation fee with SQ. SQ has arranged insurance cover for all registered swimmers. SQ requires proof of age, so please provide a certified copy of each new swimmer's birth certificate on joining.

The Brisbane Swimming Association (BSA) defines a member as an individual who is a member of SQ/BSA and they have provided a free parent/guardian membership structure to facilitate this. Lake's Swimming Inc are therefore required that at least one member from each family membership must become a QS/BSA member.

Lake's Swimming Inc operates on a family membership basis and as such each family membership is entitled to one vote at any general, special general or annual general meeting.

Fees collected as 'Club fee' are used towards:

- SQ registration for the Club;
- Equipment purchases; and
- Club operation and maintenance costs.

ANNUAL MEMBERSHIP FEES FOR 2007–2008 SEASON ARE:

- **Club Fee:** \$60 per family

- **SQ Affiliation Fee:**

A SQ affiliation fees is varies depending on the swimmer's desire to compete and the number of swimmers in the one family:

Recreational Swimmer: \$30.00 (Swimmer 1& 2)
\$18.00 (Swimmer 3)
\$6.00 (Swimmer 4+)

Competitive Swimmer: \$41.00 (Swimmer 1& 2)
\$23.50 (Swimmer 3)
\$6.00 (Swimmer 4+)

New members must arrange release if already registered with another SQ)affiliated club and transfer change during the middle of the swimming season.

CLUB NIGHTS

Club Nights are held at the Forest Lake Aquatic Centre, Cnr Forest Lake Boulevard & High Street, Forest Lake, every Friday night during the Summer season and fortnightly during the winter season as detailed in the Club Calendar (see website for further details).

Races in at least 3 of the 4 strokes will be held each regular club night. Other events may be scheduled such as a 200m event, individual medley (IM), relays or fun events. Swimmers are able to participate in one race per stroke in each of the strokes offered at the appropriate distance for their times (12.5, 25, 50, or 100m). The order of strokes will vary each Club night. When held, the 200m event, alternating all strokes, will start off the evening.

The Club Night program is as follows:

- 6.15pm – Race Registration OPEN. Each swimmer is required to register their nomination for the races they intend to swim over the course of the evening.
- 6.30pm – Pool open for warm-up.
- 6.45pm – Nominations CLOSE allowing meet program to be printed in preparation for race start.
- 6.55pm – End of warm-up. Swimmers are asked to vacate the pool and proceed to Marshalling as requested by the Marshalling Officer.
- 7.00pm – RACING STARTS;
- 8.30pm – Approximate conclusion of racing.
Swimmers are able to collect a print of their swim times from the Registration Desk.

[Race Registration](#)

The Registrar will arrange all heats according to times, with swimmers placed in a heat with others of similar ability. As Club nights try to cater for all swimming abilities, Age and gender are not considered in the organisation of heats on regular Club Nights.

[Late Nominations](#)

Nominations received after 6.45pm will be considered at the discretion of the Registrar and swimmers are likely to be excluded from the first event.

[Marshalling](#)

Swimmers must proceed to the Marshalling area as soon as their event is called. Although the Marshalling Officer will make every effort to ensure swimmers are at the starting blocks, swimmers must be aware of their events and ensure they are available for marshalling.

[Race Start](#)

The Starter will whistle signalling the start of an event. Once the whistle has been sounded, complete silence must be maintained and all movement around the pool must cease until the swimmers commence the heat. Once this occurs the Starter will call 'take you marks' and swimmers will 'go' on the sound of the Starters Gun.

[Race Conclusion](#)

After each heat, swimmers must stay in their respective lane until ordered by the Starter.

[Referee](#)

A nominated Referee will oversee swimming procedures on Club Nights. The Referee will indicate to swimmers if a swimming incursion has happened and when appropriate disqualify.

[Protests](#)

Protests in relation to an event must be made to the Referee at the conclusion of the event.

SWIMMING RULES

All swimmers should become familiar with the rules of swimming, including starting, finishing and turning procedures. All swimming events shall be conducted in accordance with the current rules of swimming as laid down by the international federation, FINA. Some basic rules can also be found on the Club web site: lakesswimmingclub.org.au. A link has been provided to the Swimming Queensland Web Site providing more detailed rules.

If you have any queries about the rules of swimming, please discuss them with your swim coach.

CLOTHING & TOGS

Although not compulsory, the Club encourages members to wear the Club uniform on Club Nights and when representing the Lake's Swimming Club at swimming events and carnivals.

Uniforms (togs, caps and polo shirts) can be ordered through the Club Management Committee. All orders must be accompanied by a deposit of 30% of the total order cost, with the balance payable on receipt of the goods.

To prevent damage to pool filtration systems, swimmers must not wear bobby pins, hair clips, jewellery or band-aids in the pool. **Swimmers must wear a swimming cap.**

It is recommended that swimmers bring more than one towel with them as well as warmer clothing for the cooler evenings.

HEALTH & SAFETY

All swimmers and spectators must comply with Pool Management Rules regarding the safety, health and hygiene of swimmers. This includes rules relating to dangerous practices (running around pool, towel flicking, swimming while ill, bomb diving, etc).

Swimmers/children under 12 years of age, must be accompanied by a parent or other authorised adult. The parent/adult must remain at the pool and be responsible for the swimmers/children during the night. For safety reasons, swimmers/children under 12 years of age are not to leave the pool area unless accompanied by an authorised adult.

The 17 metre heated pool is strictly out of bounds on Club Nights.

For the safety of competitors and onlookers, in the event of electrical storms or power blackouts, Swimming Club nights will be cancelled.

PARENTAL INVOLVEMENT

The Club seeks your active involvement in its various activities. Without the support and involvement of the parents the Club cannot continue. Involvement by parents includes participation in activities such as timekeeping, Club Night BBQ and fund raising. Club members and parents who assist with time keeping are asked to be available from 6.50pm. A roster of Parents of participating club members will be required to assist at swim meets.

A “Volunteer Register” will be placed at the race registration table on Club Nights. For insurance purposes, all volunteer officials must sign on each Club Night.

The Club Committee will constantly seek your input into Club activities/decisions. Suggested improvements are most welcome and can be discussed with a committee member or emailed to secretary@lakesswimmingclub.org.au .

BLUE CARD

All parents who come to the pool on club nights or travel with their children or other members to carnivals or other activities are required to participate in our Member Protection Policy by completing and lodging a blue card application.

CLUB CAPTAINS and LEADERS

The Club Captain positions allow direct representation for the Club swimmers and play an important role in maintaining effective communication between the swimmers and the Club Committee. Club Captains should meet and welcome new Club members and ensure that, where possible, all members are involved in Club activities.

The Club Captain is selected by the Management Committee. Any Club swimmer aged 13 years and over at the date for the AGM will be eligible to be nominated as Club Captain. The Club Captain are expected to act as role models for the younger members and will provide advice, encouragement and support to all Club members. They should be prepared to attend most Club Nights and BSA Meets.

The Club Leaders (one male and one female) will be elected from the pool of financial competitive swimmers by their peers. All swimming financial members of the Club are eligible to vote for the Club Leaders irrespective of the number of swimmers in one family membership.

Club Captain and Leaders will represent the Club by accepting Club Awards (on behalf of the Club) and be responsible for the safeguarding of the Club Banner on Club Nights and when attending Meets.

CLUB AWARDS

Club Championship

Each Club Night during the Summer season, swimmers will earn points based on the number of events entered (Nomination Points) and the swimmer's performance against their previous personal best (PB) time during the season (Performance Points).

The following points system will be used during the Summer season:

- Nomination Points:
One (1) point for each event entered on the Club Night (no points if race not swum), plus;
- Performance Points:
Points based on a swimmer's performance against their previous personal best (PB) time during the Summer season as follows:

Performance Standard	Points	Comments
First swim of season for an event	5	If you are swimming an event for the first time since the start of the summer season and therefore do not have a PB.
> 2.6s slower than PB	1	
1.6 to 2.59s slower than PB	2	
0.6 to 1.59s slower than PB	3	
Equal to 0.59s slower than PB	4	
0.01 to 0.59s faster than PB	5	
0.6 to 1.59s faster than PB	6	
1.6 to 2.59s faster than PB	7	
> 2.6s faster than PB	8	
Points if disqualified	0	However, you retain your Nomination Points.

All Club Championship events operate under the FINA/QS regulations. Swimmers not complying with the official guidelines will be disqualified from events. Neither Nomination nor Performance Points are awarded for Invitational Swim Meets or on Age Championship Nights.

At the end of the season separate trophies for boys and girls will be awarded to the 1st, 2nd and 3rd highest points achieved.

Trophies and Awards

Presentation Night:

Trophies, medals etc will be presented at a date to be announced at the end of the Summer swimming season. All financial club members will be presented with a trophy.

Improvement Awards:

From time to time at Club Nights, Certificates will be awarded to swimmers who better their PB by 1.6 seconds or more. Gold Awards will be awarded to swimmers when they first qualify for a 50m event.

Age Championship

The Club will hold an Age Championship Night/Nights at the end of the Summer season and award prizes for the Age Champions in each age level. Swimmers must be a financial member of the Club to be eligible to compete.

Swimmers will be eligible to compete in the Age Championships if prior to the first night of the Age Championships they have:

- attended and swum at least half of the Club Nights during the Summer season; or
- in the case of a new member, attended and swum on at least half Club Nights since the date of their membership AND must have swum on a minimum of three (3) Club Nights.

The swimmer's age shall be determined as the age on the first night of Age Championship competition. Swimmers aged 8 years and under will swim 25m events in Freestyle, Backstroke, Breaststroke and Butterfly. Swimmers aged 9 years will swim 25m Butterfly and 50m Freestyle, Backstroke and Breaststroke. All swimmers aged 10 and over will swim 50m events in the same four strokes as well as a 100m Individual Medley.

All Age Championship events operate under the FINA/QS regulations. Swimmers not complying with the official guidelines will be disqualified from events. Modified rules will apply to swimmers aged 9 and under.

Points shall be awarded for the first four place getters in each event on a 7, 5, 3 & 1 basis.

TIMES FOR PROMOTION

Once swimmers meet the 25m times listed below, they are eligible to graduate to longer distance.

FREESTYLE 25 secs
BREASTSTROKE..... 32 secs
BACKSTROKE 28 secs
BUTTERFLY..... 25 secs

Swimmers aged 10 years and over must proceed to the 50m distance once qualified. Swimmers under the age of 10 may choose to return to the shorter distance.

All swimmers are encouraged to swim each of the four strokes in the longer distance according to their best recorded times. Having qualified for a 50m event, swimmers are also eligible for the 100m event in that stroke.

Lake's Swimming Club members who qualified to swim at a longer distance in the previous season must commence the new swimming season at the longer distance.

CLUB RECORDS

Club records can only be set by a swimmer who records a time for a race of 50m or greater at a short course (25m) pool or at a long course (50m) pool at one of the events below while being a current financial member of the club:

- A meet organised by another BSA or SQ affiliated club where times swum are verified by an official of the club organising the meet and submitted to the Secretary of the Lake's Swimming Club Inc in writing (using the appropriate form available from the Race Secretary).
- In any event on a Club Championship Night.
- An event arranged by the club for the purpose of establishing club records.

Swimmers must comply with the Rules of Swimming for the event to be awarded a Club Record.

Club records from school swimming meets will not be recognised.

POOL RECORDS

Due to special timekeeping and registration requirements Pool records can only be set by times recorded by officiated swim events at the clubs home pool, Forest Lake Aquatic Centre.

Swimmers must comply with the Rules of Swimming for the event to be awarded a pool record.

REPRESENTATIVE PROGRAM

Lake's Swimming Club currently competes in Division 4 of the BSA Premiership Competition.

The Club encourages all members to compete in meets organised by other clubs. To maximise participation, the Club's policy is that all members can nominate via the Race Secretary for swim meets according to the guidelines in the following section. The Club will only be involved in selection for individual events when the organisers of a meet impose a quota for competitors from each club.

Relay teams required for BSA meets are selected from the participating club members by the Club Committee in consultation with the Honorary Head Coach.

Although not compulsory, Members & Club Representatives attending swimming meets are encouraged to sit together as a Club group to foster camaraderie and maintain the Club group image.

Club Representatives are defined as any swimmer who is in a BSA, SQ or Australian Swimming event. These are events where SQ or BSA selects a team or where a swimmer reaches a qualifying time set for entry to an event. Where this is the case, the Club will consider what funds are available and will decide on the level of assistance to be given to help with the costs of travel, accommodation or entry fees.

School Representatives are swimmers who make Regional, State or National Titles from swimming through their schools. While the Club congratulates swimmers who achieve these titles, the Club will not provide funds to assist swimmers with the financial burden of these activities (this is a school responsibility). The club may, however, support School Representatives by assisting with fund raising ventures.

CLUB EQUIPMENT

Club marquees are available for use – please contact the club's Equipment Officer.

CLUB NEWSLETTER

A regular Club Newsletter will be emailed to members to inform of upcoming events. A limited number will be printed for collection on club nights.

CLUB WEBSITE

Club news, activities, results and events are posted on the Club website: lakesswimmingclub.org.au. Members are encouraged to actively participate in the update of the Website by providing photographs, feedback and information. Please email your contributions to info@lakesswimmingclub.org.au or speak to a committee member

PUBLICITY & PROMOTIONS

The Club actively promotes the club within our local and broader community. Any human interest stories about our membership would be appreciated, please speak to a committee member or email info@lakesswimmingclub.org.au.

COACHING PROGRAM

Lake's Club Policy is that all members may choose their own coach. By not having a formal agreement with a coach, individual members have the freedom to train with a coach of his/her preference. This allows the Committee to maintain Club related issues separate from coaching issues.

Whilst a nominated Club Night Referee will offer corrective advice where considered relevant, Club nights are not for learn to swim or stroke correction and the coaches are not there for that purpose. The Club strongly recommends all members who wish to compete at swim meets to be actively engaged in regular swim training

NOMINATION PROCEDURES – SWIMMING MEETS

Information of upcoming swimming meets will be placed on the Notice Board, in the newsletter, on the website and announced at Club Nights for those wishing to enter.

Each swim meet will have a specific cut-off date for nominations. The Club Race Secretary requires time to process the nominations, verify times and details and submit payment to be received prior to the closing date. For this reason, the Club will set a closing date for nominations to be received prior to the event closing date. Nominations must be lodged with the race secretary before this closing date or nominations will NOT be processed

Please ensure that the following information is provided for all nominations:

Swimmers Name, Name of Swim Meet & Meet Date. Nominations can be to:

-emailed to race@lakesswimmingclub.org.au (preferred), or

-posted to PO Box 4352, Forest Lake 4078, or

-lodged at Club Nights.

An invoice will be emailed to participating members once the nominations have been registered with the hosting club. Payment of invoices should be made directly to a committee member on Club Night or by bank transfer as indicated on the invoice.

If the personal best time is not recorded or unknown, the swimmer will be entered with NT (no time) and is likely to be seeded in the first heat of that event.

Club policy allows for swimmers to maximise participation in swim meets. Members may select individual events at meets, except where the meet organisers restrict the number of competitors from each club. On these occasions, the Club Committee will determine the members to attend.

While the Club encourages swimmers to select for meets as individuals, all nominations must be submitted to the Lake's Swimming Club Race Secretary. Members are not permitted to attend events without first nominating through the Lake's Club Race Secretary. Nominations that are not endorsed/submitted by the Lake's Swimming Club Race Secretary will not be accepted by other Clubs.

CLUB CALENDAR

A Club Calendar showing dates for the Club Nights and all Club approved BSA/SQ meets for the swimming season will be included in the Club Newsletter and posted on the club website and kept current as information changes.

MANAGEMENT COMMITTEE 2006/2007

The Swimming Club Committee will operate in accordance with the guidelines established by the Office of Fair Trading, SQ and the Club's Constitution.

President	president@lakesswimmingclub.org.au
Vice President	vicepresident@lakesswimmingclub.org.au
Treasurer	treasurer@lakesswimmingclub.org.au
Secretary	secretary@lakesswimmingclub.org.au
Registrar	registrar@lakesswimmingclub.org.au
Race Secretary	race@lakesswimmingclub.org.au
Communications officer	communications@lakesswimmingclub.org.au
Equipment Officer	equipment@lakesswimmingclub.org.au

See web site for more details: lakesswimmingclub.org.au

[Committee Meetings](#)

Regular Committee Meetings are held monthly.

Club members are invited to discuss any points for discussion with a committee member or send an email to secretary@lakesswimmingclub.org.au who will table it at the next meeting. Club members are welcome to attend Committee Meetings, although they do not have voting rights on motions.

The Club encourages a certain amount of informality in relation to its business and its communication with Club Members; however serious complaints about Club organisation should be made in writing to the Secretary at least seven (7) days prior to the next Committee Meeting.

www.lakesswimmingclub.org.au