

South Shore Swimming Club Member's Handbook

www.southshoreswimming.com.au

Life Members Melville 1928-2011

E.I. Chapman(Dec'd)	P.W. Bell (Dec'd)
F. Jones (Dec'd)	E. Lampard (Dec'd)
J.G. Whittle (Dec's)	S. Carpenter (Dec'd)
C. Reynolds (Dec'd)	R. Jackson (Dec'd)
J. Prosser (Dec'd)	S. Regan (Dec'd)
E. R. King (Dec'd)	C. L. Steenholt (Dec'd)
T. B. Stainton (Dec'd)	D. C. Watson (Dec'd)
V. W. Castlemain (Dec'd)	R. W. Jones (Dec'd)
J.D. Renner (Dec'd)	A. M. Mansfield (Dec'd)
J. Bray (Dec'd) 2011	

A. R. Barrett	R.H. Litster (Mrs)
C.A. Renner	M. Finucane (Mrs)
D.T. Mulconray	S. Favazzo (Mrs)
C.C. Schaper	J. Grieves (Mrs)
M. Hayes (Mrs)	J. Brokesova(Mrs)
C. Favazzo	R. Medbury
C. Mottram (Mrs)	G. Venter
R.W. Mottram	R. Scherini

Life Member - Distinguished Swimmer

Jeremy McClure

Australian Representatives

Lynne Bates (Watson)

Lyn McKenzie (Clements)

John Ryan

Jeremy McClure

Life Members Fremantle

Mr Len McTaggart (Inaugural) (Dec'd)

Mrs Myra Mc Taggart (Inaugural) (Dec'd)

Mrs Susan Foley (nee Potts)

Mrs Margaret Potts

Mr Max Knight

Mrs Lyn Baxter

Mr Peter Brown

Life Members Applecross 1934 – 2011

Gus Jamieson	
Jack Fenn	1970
Kevin and Rhyl Sullivan	1975
Ken Paul	1975
Violet Fenn	1978
Ross Keesing	1978
Bob Blyth	1980
Mr and Mrs Oliver	1980
Les Doran	1982
Wenda Packard	1983
Jim and Donna Finley	1988
Jean Lee	1990
Ritchie Kirk	1995
Ken McCrackan	1998
Graham and Shirley Bell	2001
Peter Perhavec	2005
Jan Bailey	2009
Daniel Bell	2009
Stephen Donovan	2009
May Olsen	2009
Matthew Roper	2009
Graeme Donovan	2010

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Mission Statement

The South Shore Swimming Club's objectives are enshrined in its Constitution and are:

- to promote and encourage swimming;
- to be affiliated with Swimming WA;
- to be a not-for-profit organisation;
- to conduct and participate in swimming carnivals and other forms of contests and functions associated with and for the benefit of the sport of swimming.

The club and its registered members are bound by the Constitution, rules and by-laws of Swimming WA and FINA.

The Mission of the South Shore Swimming Club is to provide its members with the opportunity to develop swimming skills in a healthy, competitive and fun environment that has a strong family and social orientation.

This mission will be achieved by:

1. providing opportunities for members to compete at club night meets and meets conducted by Swimming WA and other affiliated clubs;
2. encouraging communication, cooperation and good manners from its swimming members;
3. encouraging parent's involvement with their children's progress as members of the club;
4. facilitating the involvement of parents in the running of the club by promoting a friendly and cooperative atmosphere and by providing clear and advance notice of all significant Club, Inter-club, Swimming WA and other events.
5. providing where possible, easy access to high quality training and coaching services;
6. promoting the health of its swimmers (see page 7); and
7. ensuring the club can meet all of its financial commitments.

Club values

- Participation and effort are as important as winning.
- There is a direct connection between the amount of effort put in and the size of the rewards.
- Excellence in swimming, besides talent, is a function of focus and self-discipline, qualities that will promote high achievement in other aspects of life.
- Demonstrating good sportsmanship and good manners produces good long term outcomes.

History

South Shore Swimming Club formed in 2010 as a result of the amalgamation of the Melville and Applecross swimming clubs. Both clubs have proud histories dating from 1928 and 1934 respectively. The Club's colours are yellow (from Melville's yellow and green), red and black (the Applecross colours).

South Shore has a culture of fostering participation in swimming and supporting its club swimmers at all levels. South Shore Swimming Club has already been represented by numerous swimmers at national and even at international meets.

Health promotion policy

South Shore Swimming Club takes seriously its responsibility to foster the good health of its swimmers and to minimise the risk of injury during club events by:

- discouraging tobacco smoking;
- encouraging the responsible use of alcohol;
- prohibiting the use of illicit drugs;
- limiting sun induced skin damage;
- managing the hazards associated with swimming;
- promoting healthy food choices; and
- promoting a supportive environment.

Discouraging smoking

The Melville Aquatic Fitness Centre is a **smoke free venue**. The South Shore Swimming Club strongly discourages smoking by members, parents and others at any club functions or events.

Responsible use of alcohol

High risk use or excessive consumption of alcohol can lead to serious accidents and serious long-term health effects, and alcohol abuse has major adverse social effects. When organising functions, the club:

- ensures alcohol is not served to anyone under 18 years;
- ensures food, non-alcoholic drinks and water are available;
- encourages use of 'skippers', taxis and public transport; and
- will discourage further consumption by anyone already showing signs of intoxication should such a situation arise.

Prohibiting the use of drugs and doping

Use of illicit or prescription drugs with performance enhancement qualities is not permitted by the club, which follows Swimming Australia's ANTI-DOPING POLICY guidelines. The use of illicit drugs is banned from all club events including camps.

Limiting sun induced damage

Exposure to sunlight over long periods of time can produce a range of adverse effects on the skin, from simple colour changes to potentially fatal melanomas. The club therefore:

- supplies sunscreen to swimmers at all outdoor events;
- ensures where possible that swim meets are scheduled away from the middle of the day when the sun is most intense; and
- erects shade shelters for swimmers at outdoor events and for the annual Moore River camp.

Dehydration also has serious health implications. Hence in hot conditions and during and after swimming training and competition, the club will endeavour to ensure that swimmers drink sufficient water to keep their bodies fully hydrated. There is a drinking fountain on pool deck.

Management of hazards associated with swimming

When using council managed pools, a number of important risk controls are generally in place. These include:

- prohibiting running round the pool deck;
- separating swimmers who are training from those who are playing;
- ensuring competent staff are available to cope with emergencies;
- ensuring lane ropes are in a good state of repair; and
- highlighting to parents the need to provide adequate security and monitoring associated with the use of public toilets.

Promoting healthy food choices

To ensure swimmers perform at their best and maintain healthy weights, the club strongly encourages swimmers to maintain balanced diets where fruit and vegetables play a significant role and to make good food choices.

At its annual Moore River camp and other major social events, the club ensures that plenty of healthy foods such as fruit, vegetables and milk drinks are available. From time to time, food professionals are arranged to provide educational sessions for the swimmers.

Supportive club environment

Club activities provide healthy alternatives to sitting at computers or lounging around the local shopping centre or park. The club also enhances the general well-being of swimmers by:

- immediately and efficiently dealing with bullying behaviour;
- encouraging parents to stay and watch their child swim;
- encouraging club swimmers to befriend new swimmers and provide guidance on club procedures and other matters;
- holding social events for swimmers to help them bond with other club members and give them greater confidence to communicate. The annual club camp at Moore River has over the years been an iconic example of such an event.
- dealing with swimmers who have breached the club's code of conduct in an effective but constructive and thoughtful way.

Breaches of the policy

The South Shore Swimming Club Committee is responsible for addressing breaches of this policy.

Code of Conduct

In the case of misbehaviour (verbal or physical, including dangerous pranks) during a club night, the swimmer concerned will be disqualified from the remaining events.

Apart from the obvious consequences relating to safety and club harmony, bad behaviour sets a poor example for the young members of the club. Where necessary, a letter explaining the situation will be sent directly to the parents.

The club is not a childcare service and all children 12 and under should be accompanied by a parent or other responsible adult while competing in club events. Supervision and safety of swimmers is the parent's responsibility. The club expects all parents to closely monitor the behaviour of their children and ensure any behavioural issues are speedily addressed.

Code of Conduct

The aim of the South Shore Swimming Club is to improve the sport in general, and to provide competition for people of any age interested in swimming. Fair play and the general wellbeing of all members are important to the club and members must:

- uphold Melville Aquatic Fitness Centre rules;
- uphold the spirit and values of the club at all times;
- show respect for fellow swimmers, officials and opponents;
- participate in a fair and honourable manner at all times; and
- respect the decision of officials.

Harassment and/or verbal abuse of officials or fellow swimmers is unacceptable.

Breaches of the Code of Conduct may result in withdrawal or disqualification of the swimmer from the event. Further action may be taken at the discretion of the Committee.

Club nights

Club nights are on Mondays from 6.30 - 8.30pm (and occasionally on Fridays from 6 - 8pm as advertised). Lanes are available for warming up. Swimmers need to register i.e. nominate for races before 6.45pm. Racing starts at 7.00pm. A variety of races are offered for swimmers to choose from, with distances ranging from 25m to 800m. Results are posted at southshoreswimming.com.au

There are two swimming seasons:

Winter May – September: **Summer** October - March.

Points towards end of season trophies are awarded in 50m and 100m races and, in some cases, in the longer distance races e.g. 200m freestyle in winter.

Club Night Rules - Please Read These Carefully

1. Nominations for events commence at 6.30 pm.
2. Nominations for events close at 6.45 pm.
3. A swimmer may only nominate for **one** distance per stroke (e.g. a swimmer cannot swim 50m and 100m on the same night).
4. Swimmers who nominate after 6.45 pm will be able to race by being placed in available spare lanes but will not receive any points for the night's races.
5. Marshalls will not chase swimmers who ignore their race call.
6. The Referee will disqualify swimmers who break (go before their handicap) and don't go back to start.
7. Swimmers who withdraw from a race without notifying a club official will lose points for that race.
8. Swimmers must stay within the marshalling area and listen for their race call.

Club Night Nomination Procedure

Choose the swims you wish to compete in from the program displayed on the official's table, and record your name and the event numbers on a nomination slip. Only nominate if you are sure you are going to swim in that event because **if there is not a good reason for not swimming points will be deducted**. A status of 'DNS' (Did Not Swim) will be recorded.

Marshalling Process

1. All swimmers **must** sit in the marshalling area.
2. When their name is called, swimmers must present themselves to the marshalls. If they do not do so they may miss the race.
3. When swimmers are waiting for their event, the Starter will call out the swimmer's name and their lane, and announce each swimmer's handicap time (if relevant) before calling them to the blocks.
4. The Starter will not wait for late swimmers.

Starting Procedure

1. The Starter calls the swimmers to the blocks with a long whistle sound.
2. At the call '**TAKE YOUR MARKS**', swimmers take starting positions on the blocks and then the starting buzzer will sound.
3. If it is a handicap event, after the starting buzzer, the Starter commences the handicap count using a stop watch.

It is **vital** that swimmers are completely stationary, however, swimmers who are waiting for some time for their handicap to be called may stand up, on the understanding that at the time their handicap is called they have got themselves into position and are perfectly still and ready to go.

Club records

Club records may be set at club nights and other events run by the South Shore Swimming Club. Times achieved at Swimming WA meets do not count as club records. Club records are the combined records from the former Melville and Applecross Swimming Clubs and are published at www.southshoreswimming.com.au. If you would like to attempt a club record please advise the club night organiser beforehand as a minimum of three timekeepers are required. The time recorded will be the middle time. Certificates will be presented to swimmers who achieve club records.

Coaching

Coaching is available with the professional coach of the Melville Aquatic Fitness Centre (see www.swimstrong.net.au). For further advice on coaching options, please contact the Melville Aquatic Fitness Centre or a South Shore Committee member.

The club has an open coaching policy. This means that any club swimmer can have the coach of his or her choosing.

Dress for success

Caps, shirts, shorts and other items may be purchased from the Club via the Apparel Officer. Swimmers must wear club caps for all competition swims such as inter-club meets and Swimming WA events.

Interclub competitions

During the summer season South Shore Swimming Club participates in the Swimming WA Club Premierships (usually held at Challenge Stadium in February). This meet is important as it is the yardstick by which Swimming WA grades swimming clubs. At this meet a swimmer can only swim in two individual races. The strongest team is selected for this meet and all Club members are asked to make themselves available if selected.

In some years, there are also social swim meets held between clubs for competition practice, fun and social interaction.

Swimming WA events

Numerous meets are held throughout the year. Swimmers are encouraged to enter target meets (chosen by the coach in consultation with the club) if they are eligible (for qualifying times see the Swimming WA Almanac or refer to the Swimming WA website: wa.swimming.org.au). Not all meets have qualifying times. The Club will also enter relay teams at Swimming WA events where swimmers in the necessary age group qualify as a team.

All South Shore entrants to such meets must provide a helper to fulfil the duties allocated to the Club by Swimming WA (e.g. time-keeping, selling programs and refreshments). This generally only involves a 1 to 1.5 hour commitment.

There is a Policy relating to Meet Entry and Timekeeping on the club website

Long Course Events

These races are held in a 50-metre pool, hence the name Long Course. These events are open to all registered club swimmers and are followed by the Summer Long Course State Championships.

Short Course Events

These races are held in a **25-metre** pool, hence the name Short Course. The Club conducts at least two short course club nights during the winter season.

Short course swim meets are held during winter. These events are open to all registered club swimmers and are followed by the Winter Short Course State Championships.

Entry forms for swim meets can be obtained from the Club's Swim Meet Officer. See www.southshoreswimming.com.au for a listing of the club office bearers.

Accumulating Club Points

Points are awarded for each race in which a swimmer competes towards Points Trophies at the end of each season.

Points Trophies are awarded to the **top ten** swimmers in Summer and **top six** in Winter based on the amount of points they have accumulated from 50m and 100m form stroke races (and 200m freestyle in winter).

Swimmers are awarded points for: participation; the swimmer's placing in each race; and their performance against their Personal Best (PB) or 'Seed Time' set at previous club nights. During both seasons a trophy is also awarded to the swimmer with the highest points scored in the 100m and 200m Individual Medley (IM) swims. The Portelli perpetual trophy is also awarded to the swimmer who tops the points in the IM swims during the Winter Season.

Points are awarded as follows:

1 point	for each swim, <u>and</u>
3 points	for the most improved
2 points	for the 2nd most improved
1 point	for the 3rd most improved

Points are also awarded based on the percentage improvement on the swimmer's PB as per the table below.

Improvement on PB	Points Awarded
>5%	8
>3%, up to 5%	6.5
>2% up to 3%	5
>1% up to 2%	4
0% up to 1%	3
Being within 1% of PB	2

Dead heats

Swimmers will be allocated the same points:-

Equal 1st - 3 points each 2nd - 0 points 3rd - 1 point

Equal 2nd - 2 points each 3rd - 0 points
Equal 3rd - 1 point each.

Disqualifications

Swimmers will receive 1 point for the swim.

Withdrawing without valid reason

Swimmers who withdraw from swimming in a race during a club night will incur a **1 Point Penalty** unless notification is given to the **Chief Timekeeper** before the event is called to the starting blocks. Withdrawals are only considered for valid reasons i.e. illness or injury. Changing one's mind about swimming an event is not considered a valid reason!

Other rules

- If the swimmer has no time recorded in the computer (i.e. swimmer is swimming the event for the first time at club) then only one point will be allocated for completing the swim.
- Swimmers cannot earn personal progressive points for events until they are financial club members.
- Club season points for races held as part of the Age, Sprint and Open Championships are allocated in the same way as normal club nights.
- No season's points are allocated for long distance 200m or 400m events that are part of the Distance Championships.

Perpetual trophies for points

- **Dwayne Favazzo Memorial Trophy:** Awarded to the swimmer with the most Summer season points. Honours the late Dwayne Favazzo, a MSC club member for many years.
- **Sullivan Shield:** Awarded to the swimmer with the most Winter season points. Honours ASC Life Members, the late Kevin and Rhyl Sullivan.
- **Portelli Trophy:** The Winter Season IM Points Trophy. Donated by the Portelli family.

Championships and trophies

Swimmers may only compete for trophies if they are financial members of the club and satisfy specific conditions that apply to each trophy. All strokes must be swum correctly.

Club Age Championships (Summer)

- All financial members who have attended three club nights are eligible to compete.
- 11 and under swim 50m in Freestyle, Backstroke & Breaststroke, 12 and under swim 50m Butterfly.
- 12 and over swim 100m in Freestyle, Backstroke & Breaststroke, 13 and over swim 100m Butterfly.
- In each age group (Male/Female) points are awarded - 4, 2 & 1 (First, Second & Third) for each swim.
- Club Records can be set on the Age Championship nights.
- These points accumulate over the four form strokes to decide the club champion, Second and Third place getters, who are all recognised by receiving trophies.
- To qualify, a swimmer must participate in at least two of the four age group races.
- Swimmers still receive season points in these races.

Four perpetual trophies are linked to the Age Championships:

- **Susan Geary Memorial Trophy:** Awarded to the 10-year-old Female Age Champion. Honours the late Susan Geary, who won two State championships swimming for ASC but developed leukaemia at only 10 years and passed away within two years.
- **Byfield Family Trophy:** Awarded to the 10-year-old Male Age Champion.
- **Forrester Family Trophy:** Awarded to the open girl achieving the fastest times in the Club Championships across all age groups. Donated by Jan and Nigel Forrester and daughters Caroline and Claire swam with ASC in the early 1990s.
- **Jack Fenn Trophy:** Awarded to the boy achieving the fastest times in the Club Championships across all age groups. Honours ASC Life Member and President during the 1960s and 1970s. Jack Fenn ran the ASC's Saturday morning Learner Group that started in the 1960s and ran until 1988.

Two perpetual trophies for parents are also contested at the Age Championships:

- **Old Buffers Addwest Trophy:** Open to men who have or have had children swimming at the club, this trophy has been fiercely contested since ASC's old Applecross jetty days.
- **Powder Puff Shield;** Open to women who have or have had children swimming at the club.

Perpetual trophies for most promising swimmers:

- **Stephen Donovan Trophy** for the most promising male swimmer in their first year at the club honours Down Syndrome World Champion in numerous events over several years.
- **Garth Venter Trophy** for the most promising female swimmer in their first year at the club honours former MSC President Garth Venter's contributions to the club over considerably more than a decade and especially his encouragement of young swimmers.

Open Sprint Championships (Winter)

- All financial members who participate in at least two of the four races are eligible.
- 50m races for the 4 form strokes are held on one club night.
- For both males and females points of 4, 2 & 1 (first, second and third) are awarded for each stroke.
- The highest point scorers across all races win the Open Sprint Trophies.
- Club Records can be set on the Open Sprint Club night.
- Swimmers still receive season points in these races.

Two trophies are awarded for the Sprint Championships:

- Female open sprint champion
- Male open sprint champion

Open Distance Championships (Winter)

- All financial club members who complete at least three of the six distance swims are eligible.
- The races are 100m butterfly, 200m freestyle, backstroke, breaststroke and 400m & 800m freestyle
- They are completed over 5 different club nights.

- Points are awarded to the quickest swimmers (Male & Female) in each race. The points awarded are 10, 8, 6, 4, 3, 2 and 1 from the quickest down
- After all the races are completed the points awarded to each of the swimmers are added together and the highest scoring Male & Female swimmers win the Distance trophies.

There are two perpetual trophies for the Distance Champions.

- **Jamieson Trophy - Female Distance Champion:** Honours Gus Jamieson, ASC President back when ASC operated from Applecross Jetty and swimmers shared their lanes with jellyfish!
- **John Storrie Memorial Trophy - Male Distance Champion:** John Storrie, an excellent sprint, distance and surf swimmer, did much for the ASC during the 1960s and early 1970s.

Perpetual Handicap Trophies

- Swimmers need to be financial and have completed a minimum of three swims in the distance of the trophy race during the season prior to the heats for each Handicap Trophy or two swims in the case of 25m races.
- Handicaps for heats are based on times set on club nights.
- In the heats all swimmers race off against one another with hidden handicaps.
- If you set a new personal best in the heats, this new time is now the PB you swim off in the final.
- The winner of the Trophy is the swimmer who either breaks their PB by the most or gets closest to their PB if no new PB's are set in the final.
- Season points are earnt from each heat swum (not the final).
- The heats and final of a trophy are usually swum on the same night except in the case of the 100m and 200m Individual Medley which will be swum the following week.

The handicap racing process is explained in detail in Appendix B.

Summer Season Handicap Trophies

For swimmers aged 11 and under

- **Favazzo Trophy:** 25m Freestyle for swimmers who have not swum three 50m freestyle races at club night. Honours MSC life

members Shirley and Charlie Favazzo who with the Mottrams ran the Moore River Camp for 30 plus years.

- **President's Trophy:** 25m Butterfly for junior swimmers who have not swum three 50m butterfly races at club night.
- **Schaper Trophy:** 50m Freestyle. Honours MSC Life Member and past President Con Schaper.
- **Christie Trophy:** 50m Breaststroke. Donated by Christie family.
- **Warren Manning Trophy:** 50m Backstroke. Honours Warren Manning, an ASC club member from 1984 to 2000, and a backstroker who successfully competed at the highest level.
- **IEE Dolphin Timing Trophy:** 50m Butterfly. Honours the Schofield Family who donated the Club's timing system.

For swimmers aged 12 and over

- **Mottram Trophy:** 100m Breaststroke. Honours MSC Life Members Ray and Cheryl Mottram who with the Favazzo family ran the Moore River Camp for more than 30 years.
- **Lynne Watson Trophy:** 100m Backstroke. Honours MSC Life Member, Commonwealth Games, Olympics and FINA member and former Swimming Australia Vice President Lynne Bates (nee Watson).
- **Bert Barrett Trophies:** Separate girls and boys trophies for 100m Freestyle. Donated by Bert Barrett, the oldest living MSC Life Member and club volunteer coach for many years.
- **Monteath Trophy:** 100m Butterfly. Honours Ron and Val Monteath, Committee members at ASC for a number of years.

Winter Season Handicap Trophies

For swimmers aged 11 and under

- **Finucane Trophy:** 100m Freestyle. Honours MSC Life Member and past President Marie Finucane.
- **Cary Trophy:** 100m Individual Medley. Donated by the Cary family.

For swimmers aged 12 and over

- **Fremantle Swimming Club Life Members Trophy:** 200m Freestyle. Commemorates Fremantle Swimming Club merging with MSC in 1998.
- **John Gorrige Trophy:** 200m Individual Medley. Donated by the Gorrige family.

Perpetual trophies are held for a year, with a replica trophy given to the previous year's winner when the trophy changes hands.

Swimmers may only swim in the trophy event (if they qualify) or the event held of the same stroke for those who have not qualified – **not both**. If a swimmer were allowed to swim both events they would accumulate (unfairly) additional season points.

Top State Points Scorer - Annual Trophies

Swimmers are able to accumulate points in selected Swimming WA sanctioned swim meets throughout the year.

Points accumulate with each swim meet and are awarded for the top ten placings in events as follows: 1st-10pts, 2nd- 9pts, 3rd- 8pts, 4th- 7pts, 5th- 6pts, 6th-5pts, 7th- 4pts, 8th- 3pts, 9th- 2pts, 10th- 1pt. These points go towards two trophies that are awarded at the end of the summer season, as described below:

Toby Reagan Trophy

Awarded to the swimmer age 12 and under who accumulates the most State Points during a swimming **year**.

John Ryan Trophy

Awarded to the swimmer age 13 and over who accumulates the most State Points during a swimming **year**

Wind-ups and trophy presentations

These are held at the conclusion of each swimming season. These are enjoyable evenings and all swimmers and parents are encouraged to attend to congratulate those have put on outstanding and consistent efforts throughout the season. These wind-ups are provided to recognise all of our swimmer's efforts and should be supported by all parents.

Club Committee meetings

These are generally held on the first Tuesday of each month at 7 pm in the meeting room at the Melville Aquatic Fitness Centre.

Any feedback from both parents and swimmers is welcome and may be passed on to any of the committee members (see email addresses on Appendix A). The committee is there to serve the swimmers and their parents and they are always looking for ways to make the club function more efficiently and to be more attractive to prospective new members.

Travel assistance for national swimmers

South Shore Swimming Club administers a Travel Assistance Fund to:

1. provide financial support for financial swimmers of the SSSC to compete at national or international swimming competitions;
2. provide financial support to coach/es who is/are coaching members of the SSSC at national or international swimming competitions; and
3. provide financial support to team managers who are appointed by the SSSCC.

A number of criteria must be met for a swimmer to be eligible for travel assistance. These criteria are published in the South Shore Swimming Club Travel Assistance Policy at www.southshoreswimming.com.au along with an application form for funding assistance.

Appendix A – Club Office Bearers

President – email president@southshoreswimming.com.au

Vice President – email vicepresident@southshoreswimming.com.au

Treasurer – email treasurer@southshoreswimming.com.au

Secretary – email secretary@southshoreswimming.com.au

Registrar – email registrar@southshoreswimming.com.au

Swim Meet Officer – email meets@southshoreswimming.com.au

Apparel Officer – email uniform@southshoreswimming.com.au

Publicity Officer – email newsletter@southshoreswimming.com.au

Meet Roster Coordinator – email roster@southshoreswimming.com.au

Postal Address

South Shore Swimming Club

PO Box 73

APPLECROSS WA 6953

Appendix B – Handicap Racing Process

A number of perpetual handicap trophy races are swum under the handicap system. The club's handicap system ensures that any swimmer (regardless of ability) is able to participate and potentially win. To qualify for a handicap trophy, a swimmer must be financial member, be in the correct age range and have completed at least THREE swims in the particular event during the relevant season.

All handicap trophy races are swum as heats and finals. The heats are swum under a hidden or blind handicap system with all swimmers going with the starter's buzzer. The swimmer progressing to the final is not necessarily the swimmer who touches the wall first in their heat, but the swimmer who improves their personal best time (PB) by the greatest amount or swims closest to their PB.

Example: Heats of a 50-metre freestyle **handicap** trophy event.

Heat 1

Lane	Name	PB (seed time)	Heat time	Placing based on time	Time improvement (%)	Placing on time improvement (handicap)
4	Mary	40.50	40.00	5	1.23%	3
5	Billy	40.00	39.90	4	0.25%	5
6	Julie	40.00	38.80	3	3.00%	1
7	John	39.50	38.60	2	2.28%	2
8	Tom	38.99	37.60	1	1.05%	4

Heat 2

Lane	Name	PB (seed time)	Heat time	Placing based on time	Time improvement (%)	Placing on time improvement (handicap)
4	Tim	37.97	39.90	4	-5.08%	4
5	Amy	37.20	39.90	4	-7.26%	5
6	Ian	37.00	36.90	2	0.27%	1
7	Sue	36.20	37.10	3	-2.49%	3
8	Jess	34.46	34.46	1	-0.03%	2

Heat 3

Lane	Name	PB (seed time)	Heat time	Placing based on time	Time improvement (%)	Placing on time improvement (handicap)
4	Sam	33.98	32.39	5	4.68%	1
5	Jill	32.89	32.15	4	2.25%	3
6	Jim	30.89	31.03	3	-0.45%	5
7	Sally	30.02	29.01	1	3.36%	2
8	Fred	30.01	30.05	2	-0.13%	4

In Heat 1, although Tom has won from John with Mary finishing in last place (based on the heat times), when we take into account percentage improvement on personal best times, Julie has won the race from John, with Billy in last place.

Similarly, in Heat 2 based on heat times Jess has won from Ian with Amy and Tim tied for last place. However based on time improvement, Ian has won from Jess with Amy last.

In Heat 3, Sam handicap winner because he improved his PB by the highest percentage with Sally second.

This means the actual competitors who qualify for the final won't be immediately apparent. Calculations based on the time improvement are made by the computer operator following the completion of the heats, before finalists can be determined. Swimmers who have qualified for the final will be notified As soon as possible after the heats.

Finals handicapping

Five finalists are selected. Firstly, the swimmer who wins each heat on handicap is a finalist. If additional swimmers are required to fill the lanes (i.e. where there are fewer heats than the number on lanes used on a club night) then swimmers with the next best % time improvements are selected by reviewing all the heats.

However the club night meet coordinator may decide to hold semi-finals (with the semi-finalists being selected as mentioned above) and then a final.

In the heat examples above, the five finalists would be the heat winners, Julie Ian and Sam and then Sally and John as the next two best improvers based on % time improvement.

In the final the handicaps are not hidden. Each finalist will be given a handicap based on the time that they swam in their heat (if they set a new PB) or if they do not improve their PB in the heat, their current PB (set at a previous club night) is used. The slowest qualifier will start on go (with the starter's buzzer). The handicaps of the other qualifiers are set relative to the slowest qualifier and are rounded up or down to the nearest second.

The starter will then count off the seconds and the remaining finalists will dive in as their handicap is called. If a swimmer starts before their handicap they will be disqualified, unless they return to the wall and then go on their handicap.

Final

Lane	Name	Previous Best Time (Seed Time)	Handicap (sec)	Handicap Rounded (sec)
4	Julie	38.80	0.00	0.00
5	John	38.60	0.20	0.00
6	Ian	36.90	1.90	2.00
7	Sam	32.39	6.41	6.00
8	Sally	29.01	9.79	10.00

The winner will be the first swimmer to touch the wall and three spotters must agree on the winner. The winner agreed to by the spotters takes precedence over the winner based on times taken by the timekeepers.

Appendix C - My Swimming Progress

DATE	STROKE	DIST'CE	TIME	DATE	STROKE	DIST'CE	TIME

DATE	STROKE	DIST'CE	TIME	DATE	STROKE	DIST'CE	TIME

DATE	STROKE	DIST'CE	TIME	DATE	STROKE	DIST'CE	TIME

DATE	STROKE	DIST'CE	TIME	DATE	STROKE	DIST'CE	TIME