

'Catch us if you can!'

Sherwood State School Amateur Swimming Club

Handbook 2018/2019

www.sherwoodsharks.com

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Welcome

Welcome to the Sherwood Sharks!

The Sherwood State School Amateur Swimming Club (now known as the Sherwood Sharks) was formed in 1968 to promote swimming in a fun and healthy atmosphere. We are proud to have a wonderful facility for the school and wider community to use, thanks to the Education Department and the long list of dedicated parents who have volunteered their time and energy to manage the pool and the Club over this time.

The Club employs fully accredited coaches to conduct squad sessions at Mini, Intermediate and Senior level, as well as Learn to Swim classes.

During the season (school terms 4 and 1) we hold Club meets on most Friday nights, and we participate each year in swimming carnivals against other local swimming clubs, either at our home pool or away.

Friday Club nights are a fun family activity and have a strong emphasis on swimmers improving their own times, rather than competing with others.

On Club nights, points are awarded to each swimmer according to how their times compare with their previous best times. At the end of the season, we hold a Club Championship to determine age champions. This is followed by a presentation night where awards are presented for points gained over the season, age champions and coaches encouragement awards.

While we strongly encourage swimmers to train at our pool, attending squad sessions is not a prerequisite for joining the Club and attending Friday night meets.

This handbook has been developed to provide all the information our swimmers and their families will need as members of the Sherwood Sharks. If you have any other questions, please don't hesitate to contact the Club via our website www.sherwoodsharks.com

We hope that you enjoy the friendly atmosphere of The Sharks and the healthy benefits of participating in swimming.

See you at the Shark Tank!

Sherwood Sharks Committee

Contents

Organisation	4
General information	5
Running of club nights	6
Club championships	7
Club presentations	9
Carnivals and inter-club meets	10
Club captains and vice captains	10
Swimming rules	11
Pool rules	14
Code of conduct	14
Honour board	

Organisation

The Sherwood State School Amateur Swimming Club (Sherwood Sharks) is a subcommittee of the Sherwood State School P&C.

Management Committee

The Club is managed by a **volunteer** Committee elected at the Annual General Meeting which is held at the completion of each swimming season, usually May. It is strongly recommended that executive positions on the Committee are held by people who have been involved in the Club for at least one season.

The Management Committee for the 2019/2019 season is:

President Danielle Wilson
Vice President Annissa Hansen
Secretary Caroline Preston

Treasurer Jo Maloney

Registrars Andrew Wilson, Rebecca Woodbury, Jodi Holmes

Website Genelle Henningham, Alison Baillie

Canteen Convenor Corinna Lange

The Committee meets on a regular basis throughout the season and encourages all members to raise any issues with them directly.

All parents/guardians are encouraged to actively participate and assist in the running of the Club. The Club is entirely dependent on volunteers and the more people we have involved in the Sherwood Sharks, the more enjoyable it is for everyone. On Club nights, volunteer parents/guardians participate by helping as Canteen and BBQ Assistants, Time Keepers and other officials to enable the evening to run smoothly. If you are able to assist in any way, please do not hesitate to contact one of the members of the Committee.

Membership fees

Membership fees are levied on an annual basis. For details regarding pricing and family discounts please refer to the Pricing page on our website.

Club fees are payable by the second night of club attendance or your child will not be eligible to swim.

It is not necessary for children to have lessons or train with the Club's coaches to join the Sherwood Sharks and participate in Club nights. The only prerequisite for joining is to be able to swim one length of the pool (25m).

Apart from the annual membership fee there are no additional fees or charges for attendance at Club nights or participation in Club meets.

The Club generates funds via raffles, the canteen/BBQ and bar. We encourage members to support these activities so that we can continue to provide great facilities for our members.

Communication

The Club seeks to provide as much information as possible via our website www.sherwoodsharks.com. We strongly urge members to visit the site regularly for announcements. Important notices are also circulated to members via email newsflashes.

Meet results are published via the MeetMobile app which is available under monthly or annual subscription arrangements.

General information

Safety at the pool

Safety is a high priority for the Club and, as such, non-compliance or unsafe behaviours will not be tolerated. Responsibility for safety rests with swimmers and parents. Please advise a Committee member immediately if you observe anything you consider unsafe.

Some of our safety rules are:

- There is to be NO glass in the pool area
- Parents are responsible for supervising their children AT ALL TIMES when at the pool
- There is to be NO running in the pool area
- There is NO diving at the shallow end

If a parent/guardian is not present at any time during club night, it is the responsibility of the parent/guardian to arrange a suitable substitute. Please refer to the following guidelines regarding parental supervision during free swim time:

- Children aged 0-5 years actively supervised at all times (parent/guardian within arms' reach in the water)
- Children aged 6-10 years under constant supervision, with parent/guardian prepared to get wet
- Children aged 11-14 years must be checked on by physically going to the point where they are in the water

Cancellation of squad or club night due to weather

From time to time inclement weather conditions may cause the cancellation of squad sessions and/or club nights. A decision on whether to cancel will be made by the head coach in consultation with the Committee.

Notifications advising of cancellation will be published via the website and email newsflashes.

Health and hygiene

Swimmers suffering from discharging eyes, ears, nose or open wounds will not be permitted to enter the pool. We encourage parents to take a sensible approach to this matter, although the Committee has the final say on whether a swimmer is permitted to enter the pool.

Swimmers are expected to wear a swimming cap at all times when in the pool. Furthermore, swimmers must remove all jewellery before entering. The Club will not be responsible for any lost items.

Running of club nights

Club nights are held on Friday nights during terms 1 and 4. The pool area opens at 4pm, with Skills Sessions for Intermediate and Senior Squad members run by our head coach from 4.30-5.00 for Intermediate Squad and 5.00-5.30 for Senior Squad.

The 12.5m assisted swims commence at 5.45pm.

The evening program commences at 6pm and usually runs until approximately 7.00-7.30pm. If time permits, there may be a free swim at the conclusion of the program once the lane ropes have been removed.

Process for nominating

Race nominations for Club nights are now completed online. Registration opens on Sunday and closes 6.00pm on Thursday. Race registrations are unable to be accepted after this time.

The electronic Dolphin Timing System that we use sends the times for each race directly to the computer. For this reason, races must be swum as per the race program for the night.

Club night program

On any given night the four main strokes will be swum, with distances ranging from 15m to 50m, and the order of events will vary from week to week. In addition to the four main strokes either a 100m Individual Medley or 100m Freestyle will be swum on alternate weeks.

Races are seeded (arranged) in order of times, without regard to age or gender, providing swimmers with close races according to their personal times.

Races are announced by the marshal, however it is the responsibility of the swimmers and/or parents to ensure swimmers are assembled at the marshalling area. Events will not be delayed if a swimmer is not available when called.

Swimmers may not swim 25m and 50m in the same stroke on the one night.

Swimmers will not be disqualified on Friday Club nights for infringements (i.e. incorrect stroke or touch), however the referee (usually the squad coach) will endeavour to speak to the swimmer to help them comply with the rules.

On Championship night, stricter enforcement of the swimming rules will apply, with time penalties and/or disqualification for infringements applied at the referee's discretion.

Club night facilities

The BBQ and canteen operate each Friday night. This is a service for members, so we endeavour to keep prices as low as possible. Parents are asked to volunteer for canteen or BBQ rosters.

As an eligible association exempt from obtaining a community liquor permit, the Club is permitted to sell alcohol on Club nights for fundraising. Only parents and guests over 18 years of age will be served. Any person displaying irresponsible or unacceptable behaviour will be required to leave the pool area.

Club championships

At the end of the season the Club runs an event to determine Age Champions for each age division. The Club Championship is open to all swimmers regardless of times, however you must be a full financial member of the Club to take part.

Club championship rules

- 1. To be eligible to compete in Club Championships, swimmers must be financial members and have swum in club events on at least five separate occasions.
- 2. Swimmers will compete in their age on the blocks as at the championship date.
- 3. Swimmers up to 9 years will compete in 25m events. Swimmers 10 years and over will compete in 50m events.
- 4. For all 25m events, leniency in the application of the rules of swimming will be exercised. Swimmers in these events will not be disqualified, however if the referee deems that the swimmer gained an unfair advantage by breaking the rules, the referee may alter the placing at his/her discretion.
- 5. Swimmers who break the rules in 50m and 100m events may be disqualified at the referee's discretion.
- 6. The referee's decision is final.
- 7. The Committee will utilise discretion to combine races of different age groups where there are insufficient numbers to fill a race, however swimmers will only compete against their own age and gender groups.
- 8. Pool records will not be recognised where the referee has deemed a swimmer to be disqualified or to have committed a technical infringement.
- 9. Swimmers may compete in as many events as they chose, however must swim a minimum of three strokes to be eligible for age champion awards.
- 10. Nominations for Club Championships will be via a specially provided form. **Definitely no nominations on the night**.
- 11. Points will be awarded for individual races as follows to determine age champions:

First	4 points
Second	3 points
Third	2 points
Fourth	1 point

Championship awards

The aim of the Club is to recognise the participation of as many swimmers as possible in Club Championships. Ribbons will be awarded to all place-getters in each championship race.

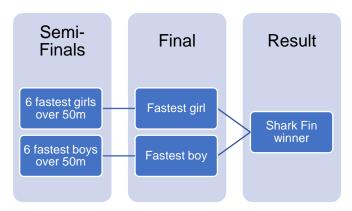
Age champions

Age champions are awarded to the boy and girl in each age group who accumulate the most points across all events during the Club Championships. Medals are awarded to first, second and third place in each age group however, if points are tied, the following rules will apply:

Scenario	Medals awarded
1st place tie	Two first place, one third place
2 nd place tie	One first place, two second place
3 rd place tie	One first place, one second place, two third place

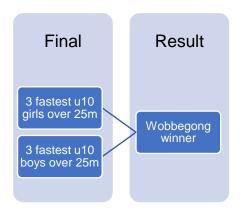
Shark Fin

The Shark Fin title is awarded to the fastest overall 50m freestyle swimmer. Separate races are held at the end of the Club Championship to determine the winner of the Shark Fin. The six girls and six boys who swum the fastest 50m freestyle times across all age groups at Club Championships race to determine the single girl and boy who then compete for the Shark Fin.



Wobbegong

The Wobbegong title is awarded to the fastest 25m freestyle swimmer under 10 years. Separate races are held at the end of the Club Championship to determine the winner of the Wobbegong. The three girls and three boys who swum the fastest 25m freestyle times from the under 10 age groups at Club Championships race to determine the winner of the Wobbegong title.



Club presentations

At the end of each season the Club hosts a presentation night—usually the week following Club Championships. A number of awards are presented including:

- Age champions
- Shark Fin
- Wobbegong
- Coach's awards
- Club champion

Points calculation and Club champion

The points system is cumulative throughout the season so swimmers are encouraged to attend regularly. Points are awarded for both participation and improvement in individual times.

The overall Club Champion is the swimmer who accumulates the most points at club nights over the whole season. Points are calculated on the improvement of times based upon the following scale:

3.01 seconds or more faster than best time	5 points
1.01 – 3 seconds faster than best time	4 points
Equalling best time or up to 1 second faster than best time	3 points
Up to and including 1 second slower than best time	2 points
More than 1 second slower than best time	1 point
Participating in an event	1 point

As a swimmer improves it is hoped that he/she will progress from 25m to 50m races at club nights to continue to develop, rather than remain at 25m to take advantage of the points system.

The Committee sets a standard time for each stroke as a guide for progression, however a swimmer is free progress to the longer distance before reaching these times.

The standard times for progressing from 25m to 50m are:

Freestyle 25 seconds
Backstroke 27 seconds
Breaststroke 30 seconds
Butterfly 27 seconds

The official records of the Club will form the only basis for making club awards.

Coach's award

This is awarded by the head coach to a swimmer who has trained exceptionally hard and shown improvement throughout the entire season. An award is presented for each squad level (Mini, Intermediate and Senior).

Carnivals and inter-club meets

Carnivals and/or inter-club meets will be arranged at the discretion of the Committee. All carnivals will be swum as the age of the child on the day.

As we are limited to one or two lanes per event at carnivals, it may not be possible to select all swimmers who wish to compete. In general, the fastest swimmers at club nights will be selected, however the Club has developed a policy whereby, in age groups where we have a lot of swimmers, each swimmer is limited to three individual events.

Carnival organisers use Club times as the basis for selection however, as teams are selected up to three weeks in advance, times swum immediately prior to a carnival may not be taken into account.

When selecting a carnival team, preference is given to regular Club attendees.

Swimmers competing in inter-club meets and carnivals must wear a Sherwood Sharks swimming cap.

Oxley Road Cup

The Club regularly participates in the Oxley Road Cup, competing against Graceville and Oxley State School Swimming clubs. The Oxley Road Cup is usually held annually in March and the participating clubs take turns hosting the meet.

This meet is a highlight in the Club calendar, providing an excellent opportunity for a higher level of competition.

Club captains and vice captains

These positions are important leadership roles for the Club. Each season one male and one female Captain, and one male and one female Vice Captain are elected by the members.

Functions and duties

Sherwood Sharks Captains/Vice Captains will:

- 1. Display high standards of conduct and behaviour, and act as a role model for other children
- 2. Help younger children at Club meets and carnivals
- 3. Assist the Committee with running the Club, particularly at Club nights and carnivals
- 4. Speak on behalf of the Club at carnivals and Club championships
- 5. Make announcements at Club nights and school assemblies as required
- 6. Accept trophies and congratulate winners
- 7. Represent the Club at carnivals and other events
- 8. Foster Club spirit at carnivals

Qualities

As the Club Captains and Vice Captains are representatives of the Club, there are certain qualities that the Committee is looking for in nominees. These include:

- 1. Willingness to help Committee members and other volunteers at Club nights
- 2. Willingness to assist younger children at Club nights and carnivals
- 3. Willingness to represent the Club at carnivals
- 4. Willingness to attend carnivals on behalf of the Club
- 5. Regular attendance at Club nights
- 6. A long term commitment to the Club

Eligibility

Club captains are selected at the beginning of each season (Term 4), therefore students must be in year 5 when voting takes place. The Captains and Vice Captains positions are held for one season only.

To be eligible for appointment, Captains and Vice Captains must be financial members of the Club, have been eligible to swim in the previous year's Club Championships, and commit to swimming with the Club throughout the current season (i.e. Term 4/Term 1).

Nomination for club captains

Nominations must be submitted by the appointed time at the beginning of the season. At a selected Club night, nominees will present a short speech and voting will take place via a secret ballot. All financial members of the Club are eligible to vote.

Swimming rules

The Club uses the Swimming Rules as developed by Swimming Australia and Swimming Queensland as a guide. Although the rules have been created as standards of perfection and cover meets of an elite level, we aim to apply them where practical and to a degree that matches the age and skill level of our swimmers. Fairness is the key to all official decisions.

At Club nights and carnivals, swimmers are expected to swim according to these rules.

Excerpts from the Swimming Rules are provided below. Full details are available on the Swimming Queensland website (www.qld.swimming.org.au).

The Start

Freestyle, breaststroke, butterfly and individual medley races start with a dive. On the whistle, the swimmers step onto the starting platform and remain there. On the command 'take your marks', they shall immediately take up a starting position with at least one foot at the front of the platforms. The position of the hands is not relevant. When all swimmers are stationary, the starting signal is given.

Backstroke and medley relays start in the water. At the first whistle the swimmers immediately enter the pool and at the second whistle take up their starting position. When the command 'take your marks' is given and when all swimmers are stationary the starting signal is sounded.

Any swimmer starting before the signal shall be disqualified. If the starting signal sounds before the disqualification is declared, the race will continue and the swimmer disqualified at the completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers will be called back to start again.

The Finish

Swimming Australia has rules regarding the touch and finishing position for each stroke (see below). There are no rules regarding exiting the pool, however at Sherwood we expect the swimmers to stay in the water in their correct lane until all swimmers in an event have finished. Swimmers should then exit from the side of the pool. In relay events, the first three swimmers exit from the end of the pool after completing their swim. Swimmers cannot be disqualified based on how they exit the pool.

Freestyle

'Freestyle' means that a swimmer may swim any style, except in medley events when freestyle means any style other than backstroke, breaststroke or butterfly. Some part of the swimmer must touch the wall upon completion of each length and at the finish. Some part of the swimmer must break the surface of the water throughout the race, except it is permissible for the swimmer to be completely submerged during the turn and for a distance of up to 15m after the start and each turn. By that point, the head must have broken the surface.

Backstroke

Prior to the starting signal, swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Swimmers shall push off and swim the race on their back. The normal position on the back can include a roll movement of the body up to, but not including, 90 degrees from horizontal.

Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn and for a distance of up to 15m after the start and each turn. By that point, the head must have broken the surface. When executing the turn some part of the swimmer's body must touch the wall. During the turn, the shoulders may be turned over the vertical, after which an immediate single arm pull or simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on their back upon leaving the wall. At the finish of the race the swimmer must touch the wall while on their back.

Breaststroke

After the start, and after each turn, the swimmer may take one arm-stroke completely back to the legs during which the swimmer may be submerged. From the beginning of the first arm-stroke after the start and after each turn, the body must remain on the breast. It is not permitted to roll onto the back at any time except at the turn after touching the wall, where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Throughout the race the stroke cycle must be one arm-stroke and one leg kick in that order. All arm movements must be simultaneous. Hands shall be pushed forward together on, under or over the water. Elbows must be under the water except for the final stroke before a turn, during a turn and the final stroke at the finish. Hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

During each complete cycle, some part of the swimmer's head must break the surface. The head must break the surface before the hands turn inward at the widest part of the second stroke. All movements of the legs must be simultaneous and in the same horizontal plane without alternating movement. Feet must be turned outwards during the propulsive part of the kick. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface at some point during the last complete for incomplete cycle preceding the touch.

Butterfly

From the beginning of the first arm-stroke after the start and each turn, the body must be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time except at the turn after the touch of the wall, where it is permissible to turn in any manner as long as the body is on the breast when leaving the wall.

Both arms must be brought forward together over the water and brought backwards simultaneously throughout the race. All up and down movements of the legs must be simultaneous. The legs or feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

At each turn and at the finish of the race, the touch shall be made with both hands separated and simultaneously at, above or below water level. At the start and at turns, swimmers are permitted one or more leg kicks and one arm pull under the water, which must bring them to the surface. Swimmers may be completely submerged for a distance of up to 15m after the start and after each turn. By that point the head must have broken the surface. Swimmers must remain on the surface until the next turn or finish.

Medleys

In individual medley events, the order is: butterfly, backstroke, breaststroke, freestyle. Each stroke must cover one quarter of the total distance.

In medley relay events, the order is: backstroke, breaststroke, butterfly, freestyle. Each section must be finished in accordance with the rule which applies to the style concerned. There shall be four swimmers on each relay team. If a swimmer breaks before the wall is touched, the team will be disqualified.

Pool rules

- Children must be in the company of an adult on Club nights. The Club will not be responsible for any child not accompanied by an adult.
- During Club night there should be no children at the starting end of the pool other than those marshalled for a following event. Swimmers must remain in their designated areas and keep clear of the timekeepers at all times.
- After the starter's whistle there must be absolute silence for the start of the race so swimmers can hear the gun and start fairly. This is particularly important in the marshalling area.
- At the end of a race, swimmers must remain in the water in their correct lane until all swimmers in an event have finished. Swimmers should then exit from the sides of the pool. The first three swimmers in a relay should exit from the end of the pool after completing their swim.
- Sitting, laying or pulling on lane ropes is not permitted.
- The referee's decision is final.

Code of conduct

The Sherwood Sharks have adopted the following standards of conduct:

Parents/Guardians

- Remember that children participate in swimming for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Do not use bad language or harass competitors, coaches, officials or other spectators.
- Encourage children to always compete according to the rules and to settle disagreements without resorting to hostility or violence.
- Respect the decisions of coaches and officials and teach children to do likewise.
- Teach children to respect the efforts of their opponents—without them there would be no competition.
- Remember that children learn best by example. Applaud good performance and skill by all participants.
- Provide positive comments that motivate and encourage continued effort.
- Focus on your child's efforts and performance rather than winning or losing.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Show appreciation for coaches, officials and other volunteers—without them your child could not participate.
- Respect the rights, dignity and worth of all people involved in the Club regardless of their gender, ability, cultural background or religion.
- Do not arrive at the Club intoxicated or become intoxicated while at the pool.

Swimmers

- Always adhere to the rules.
- Never argue with coaches or officials. If you disagree with a decision inform the Club captains, coaches or the Club president at an appropriate time.
- Be a good sport and applaud good performances by competitors and other swimmers.
- Cooperate with the coaches and other swimmers.
- Control your temper. Verbal abuse of officials, bad language, sledging or harassing competitors will not be tolerated.
- Display modesty in victory and graciousness in defeat.
- Treat others as you like to be treated.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all people involved in the Club regardless of their gender, ability, cultural background or religion.

Honour board

Club captains

Season	Captains	Vice-Captains
2018/2019	Cate Ward, Charlie Wehl	Chelsea Wilson, Zac Koehlitz
2017/2018	Amy Holmes, Hunter Hughes	Lily Holmes, Jimmy Chapman
2016/2017	Sian Smyth, Sam Parker	Summer Lynes, Ronin Coley
2015/2016	Mia Hughes, Jamie Preston	Kaitlyn Adams, Jordan Holmes
2014/2015	Sally King, Tate Burton	Camryn Arnold, Sam Peapell
2013/2014	Claire Pritchard, Luka Galuzzo	Catriona Rice, Josh Kennedy
2012/2013	Leila Burton, Harrison Raymond	Phoebe Barnes, Luka Galuzzo
2011/2012	Chloe Finucan, Lachlan Sumner	Yinte Eerkens, Harrison Raymond
2010/2011	Kensa Hoadley, Jack Thompson	Natasha Donovan, Nathan Moss
2009/2010	Rosanna Rice, Campbell Starkey	Caitlin O'Meara, Jack Thompson
2008/2009	Alice Ringlestein, Riley Drew	Sophie Taylor, Harold Finucan
2007/2008	Rhylee Spasojevic, Sam Donovan	Alannah Chapman, Brandon Mortimer

Shark Fin winners

Season	Winner
2018/2019	ТВА
2017/2018	Amy Freudenberg
2016/2017	Amy Freudenberg
2015/2016	Tate Burton
2014/2015	Charlie Peapell
2013/2014	Harrison Raymond
2012/2013	Harrison Raymond

NB: The original Shark Fin trophy has unfortunately been lost and as this was not a timed event prior to 2012, historical records are not available.

Wobbegong winners

Season	Winner
2018/2019	TBA
2017/2018	Charlie Wehl

NB: This award was introduced for the first time in the 2017/2018 season.

Club champions

Season	Winner
2018/2019	TBA
2017/2018	Amy Freudenberg
2016/2017	Amy Freudenberg
2015/2016	Phoebe Sweeney
2014/2015	Mia Hughes
2013/2014	Sian Smyth
2012/2013	Tate Burton
2011/2012	Tate Burton
2010/2011	Harrison Raymond
2009/2010	Harrison Raymond
2008/2009	Harrison Raymond

Acknowledgement of past presidents

Without the hard work, time and commitment of the people who volunteer to lead our Club, the Sherwood Sharks simply could not exist. It is with appreciation that we acknowledge those who have held the position of president.

Year	President
2017-2018	Scott Boothey
2015-2017	Elke Hughes
2013-2015	Yasmin Kennedy
2008-2013	Louise Siganto
2007-2008	Lisa Johnson
2004-2007	Donna McKenzie
2003-2004	-
2002-2003	Anne-Marie Menolocco