



**PELICAN
WATERS
CALOUNDRA**

SWIMMING CLUB

SINCE 1968

“If it’s going to be, it’s up to ME”



CLUB HANDBOOK



About PWCSC



Pelican Waters Caloundra Swimming Club established in 1968 is one of the longest standing swimming clubs on the Sunshine Coast. Over the years the club has had many members but the solid foundation has remained the same- Fun, Fitness and Friendships form the foundations for excellence in swimming. This is a family club and one that everyone can get involved in and have fun.

The club is home to elite level members achieving Olympic, Commonwealth and National level swimming. However, there is no doubt that the heart of our club centres around our juniors and club nights. This is where our junior swimmers have loads of fun and meet new friends while developing the love of swimming in a supportive team environment. We love watching the children progress and gain confidence.

Our committee and those in volunteer positions are here to help you get started. We enjoy supporting our children and urge you to also help out where you can. Please also be tolerant as we all have other activities taking our time. The committee is what keeps the club operating and it is a fabulous way to learn more about swimming and the club.

Committee meetings are where the decisions get made and we welcome all members to join us every 2nd Tuesday of the month for these meetings. Refer to website for minutes.

For those of you who would like to be kept informed please look out for our monthly newsletters, and emails sent regarding swim meets. Our website is www.pwcsc.com.au and you will find all the calendars, forms and updates on news and events. We are also very active on Facebook so like us at Facebook PWCSC.

**Most importantly, have a great season of swimming....
ON YOUR MARKS, SET, GO!**

Club Vision

Pelican Waters Caloundra Swim Club - Where Fun, Fitness & Friendships are the foundation to excellence in swimming.

Goals

To provide a safe and inclusive environment for all PWCSC members

To always conduct the club with swimmers best interest in mind

To provide support to swimmers in club and competition events

To encourage team pride and involvement in club activities

To aim for improvements both in swimming and club development

To remain financial with a strong parent involvement in committee and affiliated clubs

PWCSC is a not for profit club run by volunteers that offers the opportunity for children to use their swimming skills in a race environment. The club runs a weekly swim club night throughout the season and supports children attending external swim meets including regional, state and national competitions.

It must be noted that PWCSC does not run learn to swim or squad classes.

These services are offered locally by the John Wallace Swim School at the Caloundra Aquatic and Lifestyle Centre.

Any questions or matters relating to the squad and learn to swim services please direct to the John Wallace Swimming School.

Membership

Membership at Pelican Waters Caloundra Swimming Club covers Swimming Australia, Swimming Qld and Wide Bay Swimming Fees. It enables members to swim in all Club Nights, Club Championships and Queensland sanctioned swimming meets. Swimmers can attend camps and also get to enjoy fun theme nights and rewards throughout the season.

Affiliations

Being a member of PWCSC also gives members membership to the following associations:

FINA, Swimming Australia, Wide Bay Swimming

Insurance

Members are covered by JTL insurance cover for swimming with Swimming Australia and Indemnity held by our head coach.

Please refer to website for Membership forms and instructions.

Fees for 2014-15 season are:

Competitive Swimmers: (discount applies for additional swimmers from one family)

First swimmer \$180.00 ea

Second swimmer \$170.00 ea

Third swimmer \$160.00 ea

Forth swimmer \$150.00ea

8yo swimmer \$90.00ea

Dolphin Swimmer (7yo and under at time of registration- must be able to swim 12.5 meters) Free

Parent Members Free

Accredited Technical Officer Free

Transfers Mid-season \$10.00

Competitive Swimmer - A member who competes at swimming meets against members of other clubs.

Parent – The parent or guardian of a swimming member- at least 1 parent must become a member with the child

Non-Swimmer - All other members (e.g. Club Committee members etc)

Fee breakdown (paid out of fees to affiliates).

Competitive Swimmer 9y +	TOTAL	SQ	SAL	WB
Swimmer 1&2 from 1 family	\$69.00	\$37.00	\$23.00	\$8.50
Swimmer 3 from 1 family	\$50.25	\$18.75	\$23.00	\$8.50
Swimmer 4+ from 1 family	\$31.50	free	\$23.00	\$8.50
8yrs	\$34.50	free	\$23.00	\$8.50
7yrs (Dolphin)	Free			

Club Merchandise

When representing the club at swim meets, swimmers are expected to wear a club cap.

In addition we also have a club shirt, we encourage swimmers to wear.

Merchandise can be ordered from the PWCSC Uniform Convenor by emailing (details on website).

Merchandise available: Caps, Togs, Polo Shirts, Singlets, Hoodies and Bags.

Club Night

Club swim meets are conducted every Friday evening, commencing at 5:45pm meet in the grandstand. These conclude at (or before) 7.30pm.

The dates are published in the Club Night Calendar on our Website.

Club nights are an important introduction to competition for the Junior Squad. Swimmers are encouraged with weekly awards.

Points accrued by swimmers competing at Club Night are used to determine eligibility for many of the Club Awards and Trophies presented at the end of the season.

Info re club nights to: pwsc.club@outlook.com

Club Championship Eligibility

To be eligible to compete in the Club Championship, a swimmer must be a financial member of the Club. Ages for all championship events will be determined as the age on the day of the championship.

To be eligible to compete in the Club Championships, you must attend half + 1 of the total Club nights.

Championship events will be held over the distances for each age and stroke.

External Meets

Meet Calendar

The Club, with the Coaches, sets a calendar of external meets which it expects swimmers to compete at and which PWCSA will attend as a Club. The meets in the calendar are largely Wide Bay Swimming sponsored meets, together with inter-club meets.

The Calendar is published on the Website and also emailed out to each member.

The Race Secretary will post a notice on the Club Notice Board at the pool, and also email details out to each member when nominations must be received by the Race Secretary for meets in the Calendar. The Race Secretary will also email a reminder a few days prior to closing of nominations.

Swimmers may also attend other meets at their discretion.

While the Club may not attend en mass, swimmers are expected to represent the Club and wear Club Uniform.

It is expected swimmers discuss meets they plan to attend with their Coach before nominating.

If a swimmer wishes to nominate for a meet other than scheduled in the Club's Meet Calendar, the swimmer should ask their coach then contact the Race Secretary to advise the meet for which they want to nominate and to find out when the nomination must be received by the Race Secretary in order them to complete the nomination by the due date.

The nomination procedure is the same, whether the meet is scheduled in the Calendar or not.

Procedure At Meet:

All parents to communicate with Team Managers.

Any issues, Team Manager will take up with Coach.

Therefore, freeing up Coach to focus on Swimmers and race at hand.

And don't forget your name on the timekeeping roster.

Swimmers:

Be there in time for warm up

Wear club cap while racing

See coach before and after all races

Encourage team spirit by cheering for all team mates.

“GO PELICANS!”

Timekeeping:

It is a requirement that all Clubs provide Time Keepers at each meet.

Therefore, it is expected that each family contribute one (1) hour at some time during the day.

Timekeeping is nothing to be afraid of, you will normally be one (1) of three (3) persons in a nominated lane, which our Club is designated at the commencement of meet.

Time keeping is generally the “best seat” in the house.

Nominating for Swim Meet

Welcome to the world of racing. PWCSC would like to set you up for success and ease when it comes to nominating your child for a swim meet at an outside club. Please find below instructions to help you with processes and procedures.

When PWCSC is notified of any upcoming meet, the flyer will be forwarded to you to make the choice as to whether you wish to compete or not. The flyer will contain all the info you require regarding the meet, ie: Address , Date, cost per event and event numbers. In the case of qualifier meets, it will also provide the qualifying times your child will need to attend said meet.

If the meet is an approved meet on our club calendar (Excluding State and National meets) the fees will be as per flyer PLUS \$1 a compulsory contribution to our coaches fees for attending, to support and advise your child on the day.

If the meet is not on our Calendar and you still wish to attend, this is no problem you would still nominate via the Race secretary as usual, but as no coach will be in attendance only pay the fee as outlined on the flyer (excluding the \$1 coaches fee).

This will be clearly stated when the flyer is sent out.

This season we have 2 race secretaries and the position will be worked remotely.

However, if you have ANY questions regarding nominations please email pwcsc@bigpond.com or you can arrange for a time to meet if you prefer help in person.

The preferred nomination procedure is electronically; you can email your nominations and pay online, attaching proof of payment to nomination email.

ON EMAIL SUBJECT LINE PLEASE PUT, NAME OF MEET AND CHILDS NAME

For payment details please refer to website

Check Entry Report

Once the nominations are processed by the Race Secretary, an Entries report will be emailed out to the swimmer. Please check details and notify the Race Secretary immediately if there are any mistakes.

Policies and Guidelines

The Club also supports the following policies and guidelines published by affiliated organisations. These Policies and Guidelines can be found on the Swimming Queensland website:

www.qld.swimming.org.au

Behaviour Guidelines

In Australia we are proud of our sporting ability and our reputation as a nation of good sports. Our society expects high standards of behaviour from all people involved in the sport, and it is vital the integrity of the sport is maintained at every level of the sport. The principles of Fairness, Respect, Responsibility and Safety should be maintained and the Pelican Waters Caloundra Swim Club is committed to upholding these principles.

Fairness:

Operating within the spirit of the rules, never taking an unfair advantage and making informed and honourable decisions at all times.

Respect:

Recognising the contribution that people make to sport, treat them with dignity and consideration, as well as caring for the property and equipment they use.

Responsibility:

Taking responsibility for one's actions and being a positive role model at all times.

Safety:

Encourage healthy and safe procedures, preventing and reporting dangerous behaviour, while demonstrating concern for others.

General Behaviour Guidelines

Pelican Waters Caloundra Swim Club supports the principles of Member Welfare and Child Welfare Policy as published by Swimming Australia. The Club expects any person involved in any way with the Club and the sport of swimming generally, and particularly those responsible for the activities involving members under the age of 18 years, to behave in accordance with the following guidelines:

Respect the rights, dignity and worth of others.

Be ethical, considerate, fair and honest in all dealings with other people and organisations.

Be professional, accept responsibility for your actions.

Make a commitment to providing a quality service.

Be aware of Swimming Australia's standards, rules and policies.

Operate within the rules and spirit of the sport, including the national and international guidelines that govern Swimming Australia.

Understand the possible consequences of breaching Swimming Australia Member Welfare and Child Welfare Policies.

Immediately report any breaches of the Swimming Australia Member Welfare and Child Welfare Policies to the appropriate authority.

Refrain from any form of abuse towards others.

Refrain from any form of harassment towards others.

Refrain from any form of discrimination towards others.

Refrain from intimate relations with members whom they have a supervisory role or power over.

Refrain from any form of victimisation towards others.

Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.

Show concern and caution towards others that may be sick or injured.

Be a positive role model.

Competitor Behaviour Guidelines

Abide by the General Behaviour Guidelines

Follow the rules of Swimming Australia at all times.

Give your best at all times. Never argue with an Official.

Use the appropriate rules and guidelines to resolve

A dispute. Control your temper. Verbal or physical abuse is not acceptable.

Work equally hard for yourself and / or your team.

Be a good sport. Applaud good performances whether they are made by your team or the opposition.

Treat all swimming participants, as you would like to be treated. Do not bully or take unfair advantage of another competitor.

Cooperate with your Coaches, team mates, opponents, event staff and Officials.

Participate for your enjoyment and benefit, not to satisfy the expectations of others.

Respect the rights, dignity and worth of all participants regardless of their gender, ability, ethnicity, cultural background or religion.

Coach Behaviour Guidelines

Abide by the General Behaviour Guidelines

Be responsible for matters concerning the coaching, training and development of members.

Help each person (athlete, official etc.) to reach their potential, respect the talent, development stage and goals of each person, and compliment and encourage with positive support and feedback.

Be honest and do not allow your qualifications to be misrepresented.

Maintain a "duty of care" towards others and accountability for matters relating to training and competition.

Maintain the required standard of accreditation and / or licensing of professional competencies.

Have a sound working knowledge of Swimming Australia policies, rules and coaching techniques.

Ensure that any physical contact with others is appropriate to the situation and necessary for the person's development.

Parent and Guardian Behaviour Guidelines

Abide by the General Behaviour Guidelines

Encourage your child to participate in sport for their individual enjoyment, personal satisfaction, and improvement.

Focus on your child's effort and performance, rather than winning and losing. Encourage your child to abide by the rules and accept judgments made by Officials.

Never ridicule or yell at a child for making a mistake or performing below expectation.

Be an example to your child and others. Appreciate good performances by all participants.

Support all efforts to remove verbal and physical abuse from the sporting environment.

Show appreciation and respect for all people involved in your child's swimming.

Respect the rights, dignity and worth of all participants, regardless of their gender, ability, ethnicity, cultural background or religion.

PLEASE REMEMBER

SWIMMING IS FUN

CHEER ON THE SWIMMERS

RESPECT THE OFFICIALS

SUPPORT THE COACH

PLEASE REMEMBER

SWIMMING IS FUN

OFFICIALS ARE VOLUNTEERS

LET THE COACH COACH

WINNING ISN'T EVERYTHING

PLEASE REMEMBER

THESE ARE KIDS

THEY ARE HERE TO HAVE FUN

MEDALS ARE GREAT
...BUT PB'S ARE BETTER!

Development Programs Australia JX Program



The Australian Junior Excellence (JX) Program recognises, rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. The Program now also recognises the achievements of SWD and OWS swimmers. Australia is one of the top swimming nations in the world and by achieving the Green, Bronze, Silver or Gold JX standard, junior swimmers are on the pathway to international success. JX Program qualifying times are posted on the Club Notice Board at the pool.

With the 2014/15 JX and YPS programs now wrapping up and packs on their way to clubs we would like to inform you of some changes to the program for the 2015/16 season. Swimming Australia has recently conducted a review of both JX and YPS programs based feedback from swimmers and coaches. We know that you guys love the JX program, but some changes needed to be made. As a result, the YPS program will cease to exist in its current format.

What has changed?

The YPS program will be rolled into the JX program banner as of the 2015/2016 program year, with the following changes:

One program for children aged 9-16

One category in which 12/13 year old children can qualify

The Gold Star award will no longer exist and there will be a consistent program throughout

A new level of JX Legend has been introduced for all ages. This is for children who have received a Gold JX award for 5 years or more, or race at the Australian Age National Titles as a 15 or 16 year old. Swimmers who become a 'JX Legend' will receive special recognition on the website

Why the change?

Swimming Australia want to make sure that JX is serving its purpose to our members. These changes will allow us to recognise, reward and encourage more swimmers and acknowledge their hard work, whilst still recognising those who excel.

The qualifying times are now up on the website

Wide Bay Swimming has a selection of squads providing opportunities for many swimmers to participate. These squads are:-

9-10 Gold Squad

This squad is for eligible swimmers who were 9 or 10 years (on the 31st March 2016) who made a gold or gold star JX standard during the 15/16 season. The swimmers also needed to compete at Wide Bay LC Championships in March 2016. Round one offers also swam at 5 meets in the Wide Bay region.

Junior Skills – a clinic held in the South Burnett, Burnett Fraser and the Sunshine Coast. *Clubs nominate 4 – 6 swimmers when information is emailed to each club in the appropriate area.*

Early Achiever's Squad Round One – Swimmers are selected who have achieved Green or Bronze status on the JX program and who have competed at WB championships in March and have also swam at 5 meets in the WB region. They are aged 11 -13 years as at 31st March 2016.

Achiever's Squad Round One: – Swimmers are selected who have achieved Silver or Gold status on the JX program and who have competed at WB championships in March and swam a 200IM. They are also aged 11 -13 years as at 31st March 2016. The swimmers have competed at 5 meets in the Wide Bay region over the season.