

BLACKTOWN CITY swimming club inc.



Parent Information Booklet

www.blacktowncityswim.com.au



Welcome to

Blacktown City Swimming Club Inc. (BCSC)

The club was formed in 1961 and caters for swimmers of all ages and abilities, for swimmers who wish to swim socially or competitively. The Club is one of the strongest in the Metro South West District. In recent years BCSC has competed successfully at Area, Metropolitan, State and National level and was one of the top ten NSW clubs in 2007, 2009 and 2010.

BCSC is affiliated with both NSW Swimming Ltd. and Swimming Metro South West.

Club Management

BCSC is run by a group of volunteers, parents of swimmers and life members. These volunteers give their valuable time to support children's participation and enjoyment of swimming.

The committee make decisions based on the "BCSC Inc.. Constitution" and the "BCSC Race Rules". Both these documents can be found on the clubs website. It is recommended that you take the time to read both these documents so that you understand how the club operates.

Committee Meetings are held on the 3rd Monday of the Month at 6pm at the BAC Clubhouse. All families are welcome to attend. The more help that we can get the greater the club will be.

Communication

The Club Address is:
PO Box 539
Blacktown NSW 2148

Each Friday Night there are committee members available at the tables at the starting end of the pool. Please feel free to ask them questions regarding the club.

The club has a website www.blacktowncityswim.com.au. This website contains information regarding our club and links to other swimming organisations.

If you have concerns regarding the operation of the club please contact the Club President or write to the committee at the above address.

Time Trials

Please refer to Race Rules Point 2.

Time Trials are held on Friday Night at 7.30 pm. Free entry to the pool commences at 7.15 pm. Swimmers are not allowed to enter the pool between 7.15 pm and 7.30 pm. If swimmers wish to warm up they need to arrive at the pool early and pay normal pool entry fees.

Swimmers can enter a maximum of 3 races on Club Night. Swimmers can progress from 12 ½m races to long distance races in all strokes.

A club night program is available at the commencement of both the Summer and Winter Seasons and can be found on the Club website. A copy of the program is also posted on the Club Notice Board.

Entries are to be lodged no later than 7.30 pm on the Thursday before the intended Race Night. Entries are to be placed in the yellow box near the exit gate at BAC reception.

Swimmers may progress from one distance to the next when they have reached the progression standard. Swimmers may only progress from 25m races when advised by the Referee to go to the next distance.

Swim entry cards can be purchased from the Gear Steward for 50c each or \$5 for 10 cards.

Marshalling

Swimmers are placed in races based on their entry times not by their age group. The Marshall will call the 1st race at 7.25 pm. Marshalling is on the Lane 8 side of the pool on the silver seats.

The Start

When the Referee gives the long drawn out blast on the whistle the swimmer is to stand on the blocks. On the command "Take your marks" the swimmer is to move to the front of the block and get ready to dive in, the swimmer must take their starting position quickly and remain still. When the starting signal sounds the swimmer dives in and starts swimming. The one start rule applies.

The Finish

When the swimmer reaches to end of the race the swimmer is to remain in the water until the referee blows the whistle as a signal for the swimmers to leave the water. When the swimmer gets out of the water the timekeeper will give them the card stub with the time recorded on it. Keep this for the swimmers PB record.

Refereeing

There is a Referee at each club night. The referee will judge starts, finishes, turns and strokes. The referee will speak to swimmers regarding their swim if they are doing something wrong. This helps the swimmers understand the rules of swimming and prevent them from being disqualified at carnivals.

Records

Please refer to race rules point 4.

A list of club records can be found on the club website or obtained from the Registrar. A record can be claimed if the swim is conducted by BCSC exclusively for its members and in a 50m pool, therefore on club nights. If a record time is swum at club night the Race Secretary must be notified within 14 days of the swim.

Pointscore

Please refer to race rules point 3.

The pointscore is completed on a monthly and annual basis. Swimmers are awarded points for the swims that they compete in on Club Night. These points are added up over the month and the year. Medals are awarded to the 1st 3 males and females each month and a trophy awarded for the annual pointscore on presentation day. Points are awarded as follows:

0 points for disqualification.

1 point for competing in swim.

2 points if equal to best club night time.

3 points for faster than best club night time.

Progression Times

Swimmers are required to meet progression times to attempt to swim longer distances on club night. These progression times are set out in the Club Night program.

When junior swimmers commence at Club it is recommended they swim 25m races. The referee will stamp the swimmers card when they are ready to swim the next distance.

When swimmers are competing in 50m races they can progress to 100m races once the progression time is met. This allows swimmers to progress to longer races at their own pace.

Claiming Times

Times achieved at Club Night are not automatically sent to NSW Swimming. If the swimmer achieves a qualifying time on Club Night please notify the Race Secretary so that the times can be sent to Swimming NSW.

Club Championships

Please refer to Race Rules Clause 5.

At the end of the summer season the club holds Championship Races. At the Championships the swimmers compete against swimmers in their own age group.

A Club Championship program is distributed at the commencement of the Summer Season. The program outlines the events swimmers can compete in. The eligibility criteria are noted on the program.

Following is a list of important criteria to remember in preparation for Club Championships:

- The swimmer must complete 12 swims at club nights in the Summer Season.
- To compete in a Club Championship event the swimmer must have completed and established a time in that stroke and distance in the current summer season at club night.
- To be eligible for Age Championship placings the swimmer is required to compete in at least $\frac{1}{2}$ the swims set down for that age group. An example of this is the 10 year age group. There are 9 swims available, so to be eligible for the age championship placing swimmers must compete in 5 races.
- In the event that the swimmer has not attained a progression standard for an event they may enter a race on club night so that they can establish a time in that event. The swimmer must then return to the distance that they are qualified to swim.

Club Championship Pointscore:

A club championship pointscore is conducted for each age group. Awards are presented to swimmers based on this point score. Each swimmer that competes at the club championships is presented with an award at the clubs presentation day held in May each year.

Perpetual Trophies/Open events:

As part of the Club Championships Perpetual Trophies and Open races are conducted. The 8 fastest male and female swimmers are eligible to compete in these events.

Club Championship entries are to be lodged prior to the commencement of the Club Championships as per the program. Entries are to be on yellow entry cards. These cards are 50 cents each and can be obtained from the Gear Steward.

Presentation Day

Club Presentation Day is held in May each year. Awards are presented to swimmers for their achievements at the Club Championships.

Interclub Carnivals

Interclub Carnivals are held throughout the year. Any swimmer that is registered with NSW swimming can enter these events. These are advertised in the Club Newsletter and programs can be found on the NSW Swimming website www.nswswimming.com.au under competitions or on the Swimming Metro South West website www.metro southwest.nswswimming.com.au Entries for these carnivals can be done either via the online entry system or through the race secretary. The programme for the swim meet will indicate how to enter the carnival. If the swim meet has online entries you will need to go to the appropriate website and log on using your NSW swimming username and password, you will be required to pay online using a credit card. If the swim meet has entries via e-entry using multi-entry cards these need to be lodged with the club race secretary 2 weeks prior to the closing date advertised in the programme.

The NSW Swimmer Magazine contains lots of useful information about swimming competitions and the NSW Swimmer Magazine Online can be obtained from Swimming NSW website www.nswswimming.com.au, click News/E-Swimmer to download the latest version.

Representative Swimmers

Swimmers are able to represent the club at Area, Metropolitan, State and National level. To achieve this swimmers are required to meet qualifying times. Qualifying times for Metropolitan and State Carnivals are available on the Swimming NSW website www.nswswimming.com.au and are published in the SNSW Almanac that is available at the commencement of each swimming season. Information regarding area level swimming (Metro South West) is available from the Race Secretary or the Swimming Metro South West website www.metro southwest.nswswimming.com.au Information about National Age and Open Championships can be found on the Swimming Australia website www.swimming.org.au. If you would like further information please see the Race Secretary.

Blacktown City Swim Club Invitational Meet

Blacktown hosts invitational meets throughout the year. These meets are held to raise funds for the club. The Club will require the assistance of families at these meets to ensure the smooth running of the carnival.

Fundraising

Throughout the year the Club participates in fundraising activities. These activities range from selling chocolates, Raffles and Swim-a-thons. Each Friday night the Club runs a raffle, this is to pay for the pool hire. Each family is expected to donate a \$20 raffle prize throughout the year. Raffle tickets are sold each Friday Night and tickets are 3 for \$2. During the Summer Season we also have a sausage sizzle to help cover the cost for the pool hire.

Apparel

The club has the following items for sale:

- Swimming Caps, latex and silicon
- Club Shirts
- Club Hoodies
- Club Shorts
- Club Trackpants
- Club Towel
- Club Rugby Tops
- Club Caps

NOVA swimwear can also be purchased through our club. NOVA supply low cost, durable training swimwear.

If you are interested in any to these items please see the Gear Steward.

Technical Officials

The Club requires a number of Technical Officials to run Club Night and Carnivals.

Technical Officials required to run a swim meet are:

- Time keepers
- Marshall/Checkstarter
- Starter
- Recorder
- Finish Judge
- Referee

These Technical Official qualifications can be obtained by attending a training session and completing a practical assessment. This can be done through the club and is approving by Swimming NSW.

You do not need to complete the training to volunteering. We need 8 timekeepers at club night and encourage all families to contribute to time keeping. All volunteers are welcome.

Club Captains

Club Captains are elected at the start of the summer season. Swimmers wishing to nominate for Club Captain must be 14 years and over, be a member of the club for six months and attend Club Night regularly.

Club Captains are elected by a ballot. All swimming members of the club vote. Swimmers can nominate their choice of Club Captain in a secret ballot.

Code of Conduct

Swimming Australia set out a code of conduct for behaviour standards required by competitor, parents and spectators. BCSC support these and encourage club members to abide by these codes as outlined below.

Competitor Code of Behaviour	Parent/Guardian Code of Behaviour	Spectator Code of Behaviour
<ul style="list-style-type: none"> Play by the rules 	<ul style="list-style-type: none"> Remember that children participate in sport for their enjoyment, not yours. 	<ul style="list-style-type: none"> Remember that young people participate in sport for their enjoyment and benefit, not yours.
<ul style="list-style-type: none"> Never argue with an official. Always use the appropriate rules and guidelines to resolve a dispute. 	<ul style="list-style-type: none"> Encourage children to participate, do not force them. 	<ul style="list-style-type: none"> Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
<ul style="list-style-type: none"> Control your temper. Verbal abuse of officials and sledging other competitors, deliberately distracting or provoking an opponent are not acceptable or permitted behaviour. 	<ul style="list-style-type: none"> Focus on the child's efforts and performance rather than winning or losing. 	<ul style="list-style-type: none"> Respect the decisions of officials and teach young people to do the same.
<ul style="list-style-type: none"> Work equally hard for yourself and/or your team 	<ul style="list-style-type: none"> Encourage children to compete according to the rules and to settle disagreements without resorting to hostility or violence. 	<ul style="list-style-type: none"> Never ridicule or scold a child for making a mistake. Positive comments are motivational.
<ul style="list-style-type: none"> Be a good sport. Applaud all good performances whether they are made by your team or the opposition. 	<ul style="list-style-type: none"> Never ridicule or yell at a child for making a mistake or losing a competition. 	<ul style="list-style-type: none"> Condemn the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
<ul style="list-style-type: none"> Treat all participants as you like to be treated. 	<ul style="list-style-type: none"> Remember that children learn best by example. Appreciate good performances and skill of all participants. 	<ul style="list-style-type: none"> Show respect for your opponents. Without them there would be no competition.
<ul style="list-style-type: none"> Cooperate with your coach, team mates and opponents. 	<ul style="list-style-type: none"> Support all efforts to remove verbal and physical abuse from sporting activities. 	<ul style="list-style-type: none"> Encourage competitors to follow the rules and the officials' decisions.
<ul style="list-style-type: none"> Participate for your own enjoyment and benefit, not just to please parents and coaches. 	<ul style="list-style-type: none"> Respect officials' decisions and teach children to do likewise. 	<ul style="list-style-type: none"> Do not use foul language, sledge or harass other competitors, coaches or officials.
<ul style="list-style-type: none"> Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion. 	<ul style="list-style-type: none"> Show appreciation for coaches, officials and administrators. Without them, your child could not participate. 	<ul style="list-style-type: none"> Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
	<ul style="list-style-type: none"> Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion. 	