

# Handbook 2011/2012



“GRACEVILLE LIGHTNING”  
Swimming Club

[www.gracevilleswimclub.com.au](http://www.gracevilleswimclub.com.au)



## Table of Contents

Friday Night Programme - 2011/2012 .....	2
Welcome .....	3
Organisation .....	4
Brisbane Swimming Association/Swimming Qld Affiliation.....	5
Membership Fees .....	5
Website .....	5
Safety in and Around the Pool .....	6
Cancellation of Club Night Due to Weather .....	6
Health and Hygiene.....	6
Learn to Swim, Squad Training and Masters Squad .....	6
Club Nights .....	7
Club Night Program.....	7
Club Night Facilities.....	8
Intra-Club Meet .....	9
Club Championships .....	9
Carnivals and Inter-Club Meets.....	13
Club Captains .....	16
Club Swimwear .....	16
Swimming Rules.....	17
Codes of Conduct.....	20
Club Awards – 2010/11.....	21
Time Record Sheet.....	29
Time Record Sheet.....	30
Time Record Sheet.....	31
Time Record Sheet.....	32

## Friday Night Programme - 2011/2012

### TERM 4 2011

DATE	
14/10/11	Freestyle, Breaststroke, 100m Butterfly, Backstroke, 100m Freestyle
21/10/11	Freestyle, Backstroke, 200m Freestyle, Butterfly, 100m Ind Medley
28/10/11	Freestyle, Butterfly, 100m Backstroke, Breaststroke, 100m Freestyle
4/11/11	Freestyle, Breaststroke, 100m Breaststroke, Backstroke, 100m Ind Medley
11/11/11	Freestyle, Backstroke, 100m Butterfly, Butterfly, 100m Freestyle
18/11/11	Intra Club Meet
26/11/11	Freestyle, Butterfly, 200m Freestyle , Breaststroke, 100m Ind Medley
2/12/11	Freestyle, Backstroke, 100m Breaststroke, Breaststroke, 100m Freestyle

### TERM 1 2012

DATE	
27/1/12	Freestyle, Butterfly, 100m Backstroke, Breaststroke, 100m Freestyle
3/02/12	Freestyle, Breaststroke, 200m Freestyle, Backstroke, 100m Ind Medley,
10/02/12	Freestyle, Backstroke, 100m Breaststroke, Butterfly, 100m Freestyle,
17/02/12	Freestyle, Butterfly, 100m Backstroke, Breaststroke, 100m Ind Medley,
24/02/12	Freestyle, Breaststroke, 100m Butterfly, Backstroke, 100m Freestyle
2/03/12	Freestyle, Backstroke, 200m Freestyle, Butterfly, 100m Ind Medley
9/03/12	Freestyle, Butterfly, 100m Breaststroke, Backstroke, 100m Freestyle
16/03/12 & 18/03/12	Club Championships
Sunday 25/03/12	Presentation Day

## Welcome

Welcome to new and existing members of Graceville Amateur Swimming Club for the 2011/12 swimming season! We look forward to your family's company throughout the season and encourage you become involved in the Club and race nights.

As this is my first year as president, I would like to introduce myself as Heidi and Sophie's dad! It's a great pleasure to take the reins this year and hopefully build on what is already a strong club thanks to last year's president, Rob Walker and his team of volunteers. I would like to introduce our committee members who have already dedicated a lot of their time to the club, and will continue to work hard to ensure we have a successful season.

Committee:

- o Vice President, Claire Plasto (Tom & Mia's mum)
- o Vice President, Bruce Plasto (Tom and Mia's Dad)
- o Secretary, Kate Foote-Craig (Billy, Grace, and George's mum)
- o Treasurer, Wendy Jerrard (Connor, Ewan, Declan, and Niamh's mum)

We have a growing list of volunteers who we acknowledge and sincerely thank. We encourage all parents to participate in making Club nights a success, whether on the night or in lead up in terms of meat or bread runs, salad making, time keeping, or canteen serving, please pitch in and have some fun.

We can't enter this season without acknowledging last season and what the devastation of the floods brought to our community, our club, and our pool. Many of our members were affected, our club flooded, and our pool damaged. Despite this roadblock, the Club continued last season in an effort to ensure the kids had races and the parents had friends and support.

Our pool has undergone major refurbishments and is ready for the new season. With that we would like to thank Graceville State School for the use of its pool, Chris Spencer as our official coach, and our current sponsors (at time of printing) Linda Johnson Real Estate, and P&L Meats.

The purpose of this hand book is to provide you with as much information as possible including the club program, rules and contact details. We would also like to encourage you to visit our website – [www.gracevilleswimclub.com.au](http://www.gracevilleswimclub.com.au) regularly for club updates and news of upcoming carnivals, recorded times, and club newsletters.

If you have any questions or are concerned about any issue regarding your child's participation, please do not hesitate to contact me or one of the Club's committee. I trust that you and your family will enjoy the season and I look forward to seeing you throughout 2011/2012.

**Kind regards**

**Troy Grice (President)**

## Organisation

Graceville Amateur Swimming Club is an incorporated association under the Associations Incorporations Act as a not-for-profit community organization. Under the Act we are required to operate under a Constitution which is available to all members and although it has a license with the Education Department to utilize the School facilities it is independent of both the School and the P&C but has a close working relationship with both.

In accordance with the Constitution the Club is managed by a Committee which is elected each year by the members. The Committee for the 2010/11 season is;

**President** - **Troy Grice**  
**Vice Presidents** - **Bruce Plasto**  
**Claire Plasto**  
**Secretary** - **Kate Foote**  
**Treasurer** - **Wendy Jerrard**

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

The Club is also manned by a number of volunteers who are responsible for certain aspects of the running of the Club's activities. We have listed for your information a number of the key functions and persons responsible for your information.

**Canteen Convener** : **TBA**  
**Carnival/Race Secretary** : **Yonica Cameron**  
**Chief Timekeeper** : **Julien Lockwood**  
**Starter** : **Peter Cameron**  
**Computer Operator** : **Sue-Ellen Lockwood**  
**Uniform coordinator** : **Leah Watson**

All parents 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 club the more enjoyment the kids will get out of it.

If you are able to assist in any way please do not hesitate to contact one of the members of the Committee or persons in charge of the key activity.

## **Brisbane Swimming Association/Swimming Qld Affiliation**

The GASC is an affiliated member of both the BSA and SQ. Your membership fees to GASC cover insurance through SQ and provide club swimmers with the opportunity to participate in a range of BSA and SQ events.

The Club will notify members of upcoming events via our website.

## **Membership Fees**

Membership fees are levied on members on an annual basis. The Committee has set the 2010/11 season fees at;

### **Annual fees payable for each child of school age:**

**First child- \$70.00**

**Second child- \$70.00**

**Third child- \$60.00**

**Fourth child- \$40.00**

For the most part the fees paid by members go directly to Swimming Queensland as part of our affiliation (see above). A small portion goes to the Club to cover some of the day to day running expenses. 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 through raffles, sponsorship and the canteen/BBQ and we encourage members to support these activities so that we can continue to provide adequate facilities for our members.

## **Website**

[www.gracevilleswimclub.com.au](http://www.gracevilleswimclub.com.au)

We seek to provide as much information as possible via our website. We strongly urge members to regularly visit the site for announcements and the publishing of club night results.

This year we will also be utilizing the site to better manage club nights and we urge all members/parents to utilize the site for nominations and/or notification of non-attendance.

## **Safety in and Around the Pool**

Safety is a high priority for the Club and as such non-adherence or unsafe behaviors will NOT be tolerated. Ultimately the responsibility rests with both the parents and swimmers.

If you do observe anything you consider unsafe please contact either the coach or one of the Committee immediately.

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. This includes supervision during free swim times.
- There is to be NO running in the pool area.
- There is no diving at the shallow end.

## **Cancellation of Club Night Due to Weather**

From time to time inclement weather conditions may cause the cancellation of club nights. A decision on whether or not to cancel a Club night will be made by the Committee.

If you require information on whether a Club night is proceeding please contact one of the Committee or visit the website.

## **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 does have the final say on whether a swimmer is permitted to enter the pool.

All swimmers are expected to wear a bathing cap at all times when in the pool. Further swimmers must remove all jewelry before entering. The Club will NOT be responsible for any lost items.

## **Learn to Swim, Squad Training and Masters Squad**

All swimming lessons and squads are operated by Chris Spencer (Chris Spencer Aquatics) and are run independently of GASC. Whilst Chris has been appointed Club Coach if you have any questions regarding swimming coaching please contact Chris via details on her web page [www.csaquatics.com.au](http://www.csaquatics.com.au)

## **Club Nights**

Club nights are held every Friday night during terms 1 and 4. The pool enclosure will be opened at 5:45pm for warm up with the evening program commencing at 6:00pm. If time permits there will be a free swim at the conclusion of the program, once the lanes ropes have been removed.

Nominations for each club night MUST be submitted at the pool or via email to [info@gracevilleswimclub.com.au](mailto:info@gracevilleswimclub.com.au) by 6pm on the Thursday preceding the club night. Nomination forms can be downloaded from the website.

Nomination will be accepted after that time at the discretion of the Committee.

Swimmers can submit 'automatic nominations' for the entire season. However if a swimmer automatically nominates but is for some reason unable to compete on a particular night they MUST notify the Club through the nominations box located at the pool or again via email to [info@gracevilleswimclub.com.au](mailto:info@gracevilleswimclub.com.au).

If a swimmer fails to notify the club of their inability to compete then the Committee has the discretion to deduct 1 point from the swimmers points for the season for each event they did not compete in.

If the swimmer fails to notify the Club on more than 3 occasions, that swimmer will be withdrawn from the automatic nomination process.

## **Club Night Program**

On any given night there will be 3 individual strokes swum with distances ranging from 15m to 50m. Freestyle will be swum on every club night with a rotation system utilized for the remaining 2 strokes to be swum on any given Club night.

An alternating 100m freestyle or 100m IM race will be raced at the end of the night with an additional 100m race of backstroke, butterfly or breaststroke raced during the Club night. Although five (5) races will be on the program, swimmers will be permitted to swim in a maximum of four (4) races per night.

(Please note that the program may be changed at any time at the discretion of the Committee.)

Races will be announced by the announcer but it is the responsibility of the swimmers and/or the parents to ensure that swimmers are assembled at the marshalling area.

Swimmers will be promoted to the longer distances once they have achieved the requisite qualifying times. The qualifying times must be achieved on 2 separate occasions before a swimmer is promoted. Swimmers who are 8 years or older can automatically swim in the 25 m events without having to meet the qualifying standards.

To be eligible to swim in the 100m and 200m events swimmers must be at least 10 years of age at the start of the season or have swum the qualifying times on at least 2 occasions. To be eligible to swim the 100m medley swimmers must have swum the 100m qualifying times in at least 2 strokes.

Stroke	Qualifying time 15m – 25m	Qualifying time 25m – 50m	Qualifying time for 100m & 200m events
Freestyle	20 sec	25 sec	52 sec
Backstroke	21 sec	27 sec	56 sec
Breaststroke	24 sec	30 sec	1 min 2 sec
Butterfly	21 sec	27 sec	56 sec

Swimmers who have qualified for a 50m event but elect to swim in a 25m race on Club night will only receive 1 point for that event.

Throughout the season the Club will endeavor to have a referee present to assist swimmers to comply with the rules of swimming and advise when swimmers have breached the rules of swimming. Whilst swimmers, in the normal course of the season, will not be disqualified if swimmers who are 10 years and above, continue to breach the rules they may be disqualified at the discretion of the referee.

Swimmers will be graded into events with others (boys and girls) who have achieved similar times for that particular event.

Throughout the season all swimmers compete against their own individual times for points towards the end of season awards. This enables recognition of improvement for swimmers of all abilities and ensures all Club members are eligible for an award at the end of the season.

## **Club Night Facilities**

The BBQ and canteen operate for your convenience each Friday night. This is a service for members and their guests so we try and ensure that prices remain as low as possible to encourage everyone to use the services.

The Club also has a restricted liquor license to sell alcohol on Club nights. The Club is required to ensure that the rules on responsible service of alcohol are adhered to. Only parents and their guest will be served.

Any person displaying irresponsible or unacceptable behavior will be required to leave the pool area.

## **Intra-Club Meet**

In 2011 we will again be holding an intra-club meet prior to Christmas. Swimmers will be graded according to times and will compete for ribbons over 25 and 50m events across 4 strokes.

This night is to give all swimmers the experience of competitive swimming and a chance to swim against swimmers of their ability.

## **Club Championships**

The Club Championships will be held on Friday, 1st April and the afternoon of Sunday, 3<sup>rd</sup> April 2011.

### **Club Championship Rules**

1. Only swimmers who have qualified for the respective events will be eligible to swim in the championships.
2. To be eligible swimmers must have;
  - a. For those who commenced at the beginning of the 2011/12 season, competed at a Club night in at least 9 freestyle events and 5 breaststroke, backstroke or butterfly events ;
  - b. For swimmers who commenced with the Club at the beginning of 2011, competed in at least 5 freestyle events and 3 breaststroke, backstroke or butterfly events.
3. To be eligible to compete in the 100m freestyle or IM events a swimmer must have swum in that event at least 4 times throughout the season.
4. If a Club night is canceled, swimmers who had nominated in accordance with the handbook to swim on that night are deemed to have swum in those events for the purposes of eligibility for Club Championships.
5. The Committee has the discretion to allow a swimmer to compete at the Club championships if they have not met the eligibility rules. The Committee will exercise its discretion upon receipt of an application, in writing, for special consideration. Circumstances that will be considered by the Committee include (but are not limited to);
  - a. Illness or injury throughout the season that has prevented a swimmer from attending/swimming at a Club night;
  - b. Family circumstances which prevents swimmers from being able to attend Club nights regularly;
  - c. Swimmers who were competing for the GSASC at SQ or BSA meets on a Friday Club night.
6. Any request for special consideration must be in writing and received by the Committee at least 7 days prior to the Club Championships commencing. The decision of the Committee is final.
7. Swimmers will compete in their age on the blocks as at the first day of the Championships.
8. Swimmers up to 9 years compete over 25 m. Swimmers 10 years and above will compete over 50m.

9. For all 25 m 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, then the referee may alter the placing at his/her discretion.
10. Swimmers who break the rules in 50m and 100m events will be disqualified.
11. The race committee will utilize its discretion to combine races either girls/boys or of different age groups where there are not sufficient number to fill up the race. However swimmers will only compete against swimmers in their respective age and gender groups.
12. Points will be awarded as follows for each individual race to determine the age champions;
  - First - 4 points
  - Second - 3 points
  - Third - 2 points
  - Fourth - 1 point

### **Championship Awards**

The aim of the Club is to recognize the participation of as many swimmers as possible. Ribbons will be awarded to all place getters in each championship race, with each younger swimmer who does not receive a place ribbon being presented with a participation award.

### **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.

### **Points Award**

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

The Club Champion is the swimmer who accumulates the most points at Club Nights over the whole season for all events. Points are calculated on the improvement of times based upon the points scale below.

The previous Club Champions are:

2006/07	Luca Winton
2007/08	Riley Thomas
2008/09	Chloe Hill
2009/10	Chloe Hill

All registered swimmers will be divided in to 5 roughly equal bands based upon their age. Points Awards will be presented to the top 5 swimmers in each band irrespective of gender. The Club Champion is not eligible to win another Points Award.

If it appears to the Management Committee that a swimmer has intentionally not swum to the best of their ability in order to gain an advantage in accumulating points towards the Points Awards the swimmer may be asked to show cause why they should not be penalised. The Management Committee may impose such penalty as it sees appropriate which may include not counting that time, deduction of up to 20 points from that swimmers tally and even disqualification from the Points Awards.

### **POINTS SCALE**

<b>Time Difference</b>	<b>Points</b>
Greater than 2.5 seconds slower than best time	1
>1.5 and up to 2.5 seconds slower than best time	2
>0.5 and up to 1.5 seconds slower than best time	3
0.5 slower and up to 0.49 seconds faster than best time	4
0.5 and up to 1.49 seconds faster than best time	5
1.5 and up to 2.49 seconds faster than best time	6
2.5 seconds or more faster than best time	7

Swimmers will receive points for competing in all events at Club Nights. All swimmers who have met qualifying times but do not wish to swim (or find it too difficult to swim) the longer distance may elect to

swim the shorter distance but will not be awarded points for lowering their best times. These swimmers will be awarded 1 point.

Points received in one distance will be carried forward on graduation to longer distance events (not including the 100m and 200m events as these are considered separate events). Any swimmer disqualified will forfeit all points in that event. On the first swim of a new distance in a stroke a swimmer will receive a bonus of 4 points.

During the season a points tally will be displayed on the pool deck notice board or posted on the website to encourage children in their participation at club nights.

**The President's Award** is an award given at the Presidents discretion to a swimmer who contributes to the club in some unique or special way. This award may or may not be given each year.

**The Coaches Award** is awarded by the coach to a swimmer who has shown an excellent attitude and achievement in training, club swims and competitive swimming for the club throughout the entire season.

**The Alison Morris Award** is awarded to a person or couple (adult ) who has made an outstanding contribution to the club. It was established in 2007 to honour the memory of Alison who was a parent who tragically passed away in her forties and who herself had made an outstanding contribution to the club. The winner will be decided by the Management Committee or a sub-committee of parents chosen by the Management Committee.

If you have any questions please feel free to ask anyone on the Management Committee for assistance.

### **Presentation Function**

This season the Club will host a presentation BBQ on the weekend following the Club Championships. Swimmers will be advised closer to the date about the details of the function.

The Club AGM will be held in conjunction with the presentation function.

## **Carnivals and Inter-Club Meets**

Club swimmers may participate in Inter-club meets, Invitational meets and SQ/BSA Carnivals.

### **INTER-CLUB MEETS**

These meets provide friendly competitive swimming against other clubs. Ribbons are usually awarded to the first, second and third place getters in each final. In order to comply with Swimming Australia's Junior Sport Policy those meets will have various forms. Carnivals have been arranged by the Carnival Organiser.

In fairness to all club members, and to promote the best interests of the club and the sport, it is anticipated that as many swimmers as possible will be given an opportunity to participate in some inter-club meets. Inter-club meet selection is not always based on the fastest swimmer for each age. Some carnivals are based on different selection criteria.. It will not be possible for every child to swim in every inter-club meet.

The rules for inter-club meets are as follows:

1. Selection generally takes place about 2 weeks before the carnival. Selection is initially based on the fastest swimmers in each event as recorded at Club Nights (the number will depend upon the type of meet). However, the Carnival Selector has discretion to alter these selections to allow more swimmers to compete or to allow a swimmer to compete in more events;
2. Preference will be given to swimmers who regularly attend Club Nights and who regularly make themselves available for inter-club meets;
3. Any swimmer or their parent feeling aggrieved by a decision of the Carnival Selector may request the Management Committee to review the decision provided such request is received by the Sunday after selection slips have been handed out. The decision of the Management Committee is final;
4. Shortly prior to a carnival, swimmers will be notified if they have been selected to compete in a carnival. The names of selected swimmers may also be posted on the club website. Parents are required to advise the Carnival Selector as early as possible if their child will not be able to compete in the carnival.
5. When selected swimmers are unavailable or withdraw from a carnival, replacements will be selected at the discretion of the Carnival Selector with due consideration being given to other clauses.
6. Swimmers will be selected to swim in their respective age groups whenever possible. Younger children will only swim in older age groups when there are no children of the relevant age group available to swim.
7. Those swimmers who, after being selected, are unexpectedly not able to attend a Carnival must notify the Carnival Selector as early as possible. Any swimmer who fails to notify the Carnival Selector as soon as possible of a late cancellation without good reason may not be

- selected for the next Carnival and up to 10 points may be deducted from their aggregate points tally;
8. Once selected in an event, a swimmer may only be removed from that event by the club marshall or the Carnival Selector and only then if there is good reason.
  9. For Home Carnivals age will be determined by the age at the time of carnival.
  10. Events for Home Carnivals will be at the discretion of the Home Carnival Organiser and the Management Committee.
  11. An admission fee is payable for carnivals.
  12. Swimmers are strongly encouraged to wear Graceville club togs (or blue togs) and Graceville caps at carnivals. Swimmers attend carnivals as a team. The wearing of club uniform encourages club spirit and promotes the club. The club swimwear is of high quality, long lasting chlorine resistant fabric and is sold to members at cost price.
  13. All swimmers are requested to sit in their designated areas at carnivals. If a swimmer is not present at the time of marshalling for a race a replacement will be made by the club marshall or Carnival Selector;

The Oxley Road Cup is the highlight of the inter-club meet season. Many swimmers wish to compete in this event but it is not possible to select all of them. Therefore this will be an A grade meet which means that, in general, the fastest swimmers at club nights will be selected. However the Carnival Selector still has the discretion referred to above.

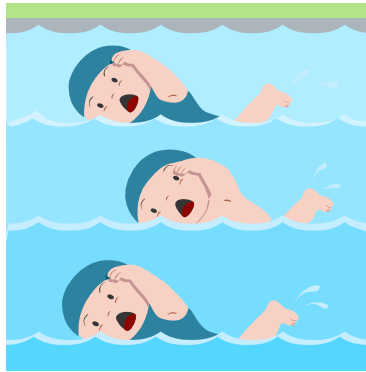
## **INVITATIONAL MEETS**

Throughout the season swimmers from our club will be invited to swim at meets hosted by other clubs. Generally these meets are open to all swimmers. Swimmers may, and are encouraged to swim in these meets. They may compete individually or as part of a club team. These meets have various forms. For example, Novice Meets exclude swimmers who have won medals at QSA/BSA championships in the past year. These meets are ideal for swimmers who are seeking the challenge of a higher level of competition.

Details of these meets and QSA/BSA meets will be posted on the notice board at the pool, mentioned in emails to parents and announced at Club Nights. There are fees to compete in both. Nominations and entry fees for both are to be given to the Race Secretary by the closing date.

## **SQ/BSA MEETS**

These meets take place throughout the season, many occurring at Chandler. Generally these meets are open to all swimmers. Swimmers who compete in these events accrue points for the club in the BSA Swimming Competition. Swimmers are strongly encouraged to participate in these meets. They provide a higher level of competition against swimmers of a number of other clubs. Swimmers of all standards participate in these events. They are not just for the good swimmers. Swimmers usually improve their times because of the competition.



## **Carnival Program – 2011/12**

Ashgrove three-way meet is currently scheduled for Saturday 3 March 2012.

We will be hosting the Oxley Road Cup on Sunday 11 March 2012.

## **Club Captains**

### **FUNCTIONS AND DUTIES**

1. To display high standards of conduct and behaviour and act as a role model for other children;
2. Helping younger children at Club Meets and Carnivals;
3. Speaking on behalf of the club at Carnivals and Club Championships;
4. Making announcements at Club nights and school assemblies as required;
5. Accepting trophies and congratulating winners;
6. Representing the club at Carnivals and other events;
7. Assisting the Management Committee with the running of the club, especially at Club Nights and carnivals.
8. Fostering club spirit at carnivals.

There are two Captains and two Vice Captains elected, in both cases one of each sex. The Captains and Vice Captains must, at the time of their appointment, be students in years 6 or above. These appointments shall be held for 1 season only. The Vice Captain is allowed to apply for the Senior Captain position the following year.

To be eligible for appointment, Captains and Vice Captains must have been eligible to swim in the previous year's Club Championships and they must have represented the club at Carnivals. Nominations must be submitted in writing at an appointed Club Night at the beginning of the season to the club secretary. The election will be by secret ballot at the following Club Night. Those eligible to vote are club swimmers who are in grades 4 and above. The final decision will be made by the club Management Committee with consideration given to the voting by the swimmers.

## **Club Swimwear**

This year the Club will have available for sale a brand new design for its club swimwear range. Swimwear, caps, shirts and other club clothing is available for purchase on Club nights or by contacting the clothing co-ordinator.

Whilst it is not compulsory we encourage all swimmers to wear the club togs when representing the club at inter-club or BSA/SQ meets.

## **Swimming Rules**

Rules are created as the standards of perfection and should be applied as much as is practical and reasonable and to the degree that they must be to protect all competitors. Fairness is the key to official decisions. Swimming Australia recommends implementation of the rules to match the age and skill level of the participants. At Graceville club nights and carnivals, swimmers will be expected to swim according to these rules and supported to understand and correct their mistakes.

More details of these rules are available on the Swimming Queensland website, [www.qld.swimming.org.au](http://www.qld.swimming.org.au) or in the Swimming Australia – Swimming Rules 2005 Booklet.

### **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 take up starting position with at least one foot at the front of the platform. When all swimmers are stationary, the starting signal is given.

Backstroke races 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. The command is then “take your marks” and when all are stationary the starting signal is given.

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 (“stand up and step down”) and then start again.

### **THE FINISH**

Swimming Australia has rules regarding the touch and finishing position for each stroke (see below). There are no rules regarding getting out of the pool, however at Graceville we expect the swimmers to stay in the water in their correct lane until all swimmers in an event have finished. The whistle will then be blown indicating that swimmers can exit the pool and should do so 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. Swimmers can not 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 water surface 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. Standing on the bottom during freestyle shall not disqualify a swimmer, but they must not walk.

## **BACKSTROKE**

Swimmers shall push off and swim the race on their back. During a turn, the shoulders may be turned over the vertical to the breast after which a continuous single arm 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. During the turn some part of the swimmer must touch the wall. Some part of the swimmer must break the surface throughout the race, however the swimmer may be completely submerged during the turn, during the last stroke and for up to 15m after the start and each turn. At the finish the wall must be touched while the swimmer is on their back.

## **BREASTSTROKE**

From the beginning of the first arm stroke after the start and after each turn, the body must remain on the breast. 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 can 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 are brought back on or under the surface and must 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. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, 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 water surface with feet is allowed. At each turn and at the finish, the touch must be made with both hands simultaneously at, above or below water level. The head may be submerged after the last arm pull, provided it breaks the surface at some point during the last complete or incomplete cycle preceding the touch.

## **BUTTERFLY**

Both arms must be brought forward together over the water and brought backwards simultaneously. All up and down leg movement must be simultaneous and underwater kicking on the side is allowed. The legs and feet need not be at the same level, but must not alternate in relation to each other. At each turn and at the finish, the touch must be made with both hands simultaneously. A swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring them to the surface. A swimmer can be completely submerged for a distance of up to 15m after the start and each turn.

## **MEDLEYS**

Individual medley order is Butterfly, Backstroke, Breaststroke, Freestyle.

Each section must be finished in accordance with the rule that applies to that stroke

Medley relay order is Backstroke, Breaststroke, Butterfly, Freestyle. If a swimmer breaks before the wall is touched, the team will be disqualified.

## **RACE RULES**

Pulling on lane ropes is not allowed.

There must be four swimmers on a relay team, each only swimming once.

The referee's decision is final.

While there are no Swimming Australia Rules regarding the wearing or removal of bathing caps, swimmers at Graceville are expected to always wear a cap while in the pool.

## **Codes of Conduct**

Graceville Amateur Swimming Club has adopted the following Swimming Australia standards of conduct:

### **PARENT/GUARDIAN CODE OF BEHAVIOUR**

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children always to compete according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skill by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

### **SPECTATOR CODE OF BEHAVIOUR**

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a child for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for your opponents. Without them there would be no competition.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass other competitors, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

## Club Awards – 2010/11

Congratulations to all of our points awards winners from the 2010/11 season.

### AGE CHAMPIONS

The flood of January 2011 resulted in the early ending of the 2010/11 season. The Club Championships were not contested, so there were no age champions. We look forward to the return of the Club Championships in March 2012.

## GIRLS

### CLUB CHAMPIONSHIP RECORD / POOL RECORD

EVENT   AGE   NAME   YEAR   TIME   NAME   CLUB   YEAR   TIME

#### BACKSTROKE

Back 25m	6yrs	S.Flottmann	2006	36.56	A. Provan	G'ville	2007	30.53
Back 25m	7yrs	T. Boon	2005	26.25	B. Lio	Moorooka	2002	23.23
Back 25m	8yrs	J. Green	2004	19.97	J. Green	G'ville	2004	19.97
Back 25m	9yrs	C. Wilson	1998	21.05	V. Carruthers	G'ville	1991	19.73

Back 50m	10yrs	C.Wilson	1999	42.16	T.Obeyesekere	Camp Hill	2004	37.14
Back 50m	11yrs	C. Wilson	2000	40.19	S. Nitis	G'ville	1998	37.05
Back 50m	12yrs	S. Nitis	1999	37.06	S. Nitis	G'ville	1999	35.05
Back 50m	13yrs	S. Howard	1999	34.53	S. Howard	G'ville	1999	34.53
Back 50m	13+	N. Morris		37.48	S. Nitis	G'ville	2001	35.63
Back 50m	14yrs	F. Johnston	1987	35.74	J. McMahon	G'ville		32.90
Back 50m	14+	N. Morris	2005	32.71	N. Morris	G'ville	2005	32.71
Back 50m	15yrs	S.Whiteman	1992	37.33	S. Whiteman	G'ville	1992	37.33

**BREASTSTROKE**

Brst 25m	6yrs	A. Provan	2006	39.90	A. Provan	G'ville	2007	32.38
Brst 25m	7yrs	A. McNee	1980	29.50	J. Osborne	Runcorn	2004	26.02
Brst 25m	8yrs	A. McNee	1982	24.84	C. Howard	G'ville	1998	23.43
Brst 25m	9yrs	A. McNee	1983	22.56	T. David	G'ville	2004	21.06

Brst 50m	10yrs	H.Casperson	1984	45.59	L. David	G'ville	2003	41.84
Brst 50m	11yrs	T. David	2006	41.19	L. David	G'ville	2004	38.75
Brst 50m	12yrs	H.Casperson	1986	39.50	H. Casperson	G'ville	1986	37.01
Brst 50m	13yrs	A. Hill	2004	38.43	S. Whiteman	G'ville	1990	38.36
Brst 50m	13 +	T. Minto	2002	43.22	R. Feeney	Wilston	2001	40.13
Brst 50m	14yrs	S. Whiteman	1991	38.16	S. Whiteman	G'ville	1991	38.16
Brst 50m	15+	N. Morris	2004	40.42	N. Morris	G'ville	2004	40.42

**BUTTERFLY**

Fly 25m	6yrs	A. Cameron	2007	51.95	A. Cameron	G'ville	2007	51.95
Fly 25m	7yrs	M.Chominsky	1984	25.36	B. Lio	Moorooka	2002	21.04
Fly 25m	8yrs	M.Chominsky	1985	22.52	M.Chominsky	G'ville	1984	20.07
Fly 25m	9yrs	M.Chominsky	1986	20.34	C. Wilson	G'ville	1999	18.17
Fly25m	10yrs	C. Wilson	1999	18.54	M.Chominsky	G'ville	1987	17.00

Fly 50m	10yrs	M. Kenwood	2010	45.05	C. Wilson	G'ville	2000	35.69
Fly 50m	11yrs	C. Wilson	2000	36.72	S. Nitis	G'ville	1999	32.69
Fly 50m	12yrs	S. Nitis	1999	31.78	S. Nitis	G'ville	1999	31.78

Fly 50m	13yrs	S. Nitis	2000	31.85	S. Nitis	G'ville	2000	31.57
Fly 50m	13+	N. Morris	2002	39.97	S. Nitis	G'ville	2001	31.67
Fly 50m	14yrs	S.Whiteman	1991	33.81	J. McMahon	G'ville	1987	31.73
Fly 50m	14 +	B. Kelly	2005	32.10	B. Kelly	G'ville	2005	32.10
Fly 50m	15+	S.Whiteman	1992	36.10	N. Morris	G'ville	2004	32.44

### FREESTYLE

Free25m	6yrs	C. Barry	2006	39.38	J. Cameron	Ithaca	2002	23.43
Free25m	7yrs	M Chominsky	1984	19.87	M. Chominsky	G'ville	1983	18.25
Free25m	8yrs	M.Chominsky	1985	18.21	K. Best	G'ville	1985	17.78
Free25m	9yrs	K. Roberts	1999	17.66	A. McEniery	Eagle Jcn	2004	16.54

Free50m	10yrs	C. Rogers	1995	35.45	T.Obeyesekere	Camp Hill	2004	32.41
Free50m	11yrs	C. Wilson	2000	32.36	S. Nitis	G'ville	1998	30.28
Free50m	12yrs	S. Nitis	1999	29.56	S. Nitis	G'ville	1999	29.56
Free50m	13yrs	S. Howard	1999	30.13	D. Porter	G'ville	1990	29.93
Free50m	13+	N. Morris	2002	31.62	S. Nitis	G'ville	2001	30.56
Free50m	14yrs	S. Whiteman	1991	29.66	S. Whiteman	G'ville	1991	29.66
Free50m	14+	N. Morris	2003	29.66	C. Kruse	Moorooka	2002	28.98
Free50m	15+	A.Williamson	1995	30.52	N. Morris	G'ville	2004	29.05

Free100m	6yrs							
Free100m	7yrs	A. Provan	2007	200.81	A. Provan	G'ville	2007	217.56
Free100m	8yrs	C. Clarke	2007	158.95	H. Grice	G'ville	2010	149.01
Free100m	9yrs	C. Wilson	1998	129.03	C. Wilson	G'ville	1998	129.03

Free100m	10yrs	C. Wilson	1999	120.37	C. Wilson	G'ville	1999	120.37
Free100m	11yrs	C. Wilson	2000	111.88	C. Wilson	G'ville	2000	111.88
Free100m	12yrs	S. Nitis	1999	107.93	S. Nitis	G'ville	1999	107.93
Free100m	13yrs	S. Howard	1999	105.78	S. Howard	G'ville	1999	105.78
Free100m	13+	E. Flack	2000	105.74	E. Flack	G'ville	2000	105.74
Fre100m	13/16				C. Kruse	Moorooka	2002	103.88
Free100m	14yrs	A. Williamson	1994	106.20	A. Williamson	G'ville	1994	106.25
Free100m	15yrs	S. Whiteman	1991	107.52	S. Whiteman	G'ville	1991	107.52

### MEDLEY

Med 4x25	6yrs				C. Clarke	G'ville	2006	212.56
Med 4x25	7yrs	C. Clarke	2006	212.56	C. Clarke	G'ville	2007	208.76
Med 4x25	8yrs	C. Clarke	2007	208.76	H. Grice	G'ville	2010	154.56
Med 4x25	9yrs	F. Farnell	1994	144.37	F. Farnell	G'ville	1994	144.37
Med 4x25	10yrs	C. Rogers	1995	130.17	J. Green	G'ville	2007	129.50
Med 4x25	11yrs	C. Wilson	2000	123.47	C. Wilson	G'ville	2000	123.47
Med 4x25	12yrs	H. Casperson	1993	119.29	H. Casperson	G'ville	1993	119.29
Med 4x25	13yrs	S. Howard	1999	114.90	S. Howard	G'ville	1999	114.90
Med 4x25	13+	N. Morris	2002	126.22	N. Morris	G'ville	2002	126.22
Med 4x25	14yrs	H. Casperson	1994	118.42	H. Casperson	G'ville	1994	118.42
Med 4x25	14+	N. Morris	2005	114.19	N. Morris	G'ville	2005	114.19
Med 4x25	15yrs	A. Williamson	1993	120.05	AWilliamson	G'ville	1993	120.05

# BOYS

## CLUB CHAMPIONSHIP RECORD / POOL RECORD

EVENT   AGE   NAME   YEAR TIME   NAME   CLUB   YEAR TIME

### BACKSTROKE

Back 25m	6yrs	E. Benjamin	2010	38.85	H. Walker	G'ville	2008	30.70
Back 25m	7yrs	T. Wikman	2006	26.79	D. Telfer	G'ville		23.24
Back 25m	8yrs	F. McCloy	2004	24.38	A.Elderkin	G'ville	2002	19.61
Back 25m	9yrs	N. Marshal	1986	20.99	A.Elderkin	G'ville	2003	18.17

Back 50m	10yrs	H. Gregory	1992	42.88	A. Elderkin	G'ville	2004	37.41
Back 50m	11yrs	S. McIntosh	1992	38.54	L. Lyons	G'ville	1997	34.30
Back 50m	12yrs	R. Thomas	2008	36.06	C. Morrison	Ironside	2002	33.43
Back 50m	13yrs	S. McIntosh	1994	34.57	B. Sprenger	G'ville	1994	33.56
Back 50m	14yrs	N. Marshall	1991	34.59	M. Stratton	G'ville	2004	30.95
Back 50m	14+	M. Stratton	2005	31.62	S. McIntosh	G'ville	2002	28.59
Back 50m	15yrs	N. Marshall	1992	33.33	J. Baranoff	G'ville	1991	31.66
Back 50m	15+	S. McIntosh	2002	29.79	S. McIntosh	G'ville	2002	29.12

### BREASTSTROKE

Brst 25m	6yrs	E. Jerrard	2007	42.23	H. Walker	G'ville	2008	29.38
Brst 25m	7yrs	M. Watson	2008	27.80	H. Watts	Oxley	1999	25.30
Brst 25m	8yrs	T. Somes	1979	24.40	R. Hurn	G'ville	2003	22.33
Brst 25m	9yrs	H. Walker	2010	22.73	J. Pershouse	Ithaca	2002	20.15

Brst 50m	10yrs	H. Gregory	1992	46.61	M. Parkinson	G'ville	1992	43.51
Brst 50m	11yrs	H. Gregory	1993	43.14	R. Russell	G'ville	1998	37.97
Brst 50m	12yrs	H. Gregory	1994	41.41	J. Baranoff	G'ville	1988	36.10
Brst 50m	13yrs	H. Gregory	1995	39.27	H. Gregory	G'ville	1995	36.61
Brst 50m	14yrs	H. Gregory	1996	35.95	M. Stratton	G'ville	2004	35.54
Brst 50m	14+	H. Gregory	1996	35.95	H. Gregory	G'ville	1996	35.95
Brst 50m	15yrs	S. Snow	1994	37.21	J. Baranoff	G'ville	1991	35.23
Brst 50m	18+	S. McIntosh	2002	32.70	S. McIntosh	G'ville	2002	32.70

### BUTTERFLY

Fly 25m	6yrs				H. Walker	G'ville	2008	29.10
Fly 25m	7yrs	B. McIntosh	1991	26.09	S. Nothling	G'ville	1985	19.24
Fly 25m	8yrs	R. Newing	1994	22.18	S. Nothling	G'ville	1986	18.51
Fly 25m	9yrs	A. Elderkin	2002	19.75	A. Elderkin	G'ville	2003	17.00
Fly 25m	10yrs	N. Marshall	1987	17.17	A. Elderkin	G'ville	2004	16.15

Fly 50m	10yrs	L.Cameron	2009	55.06	A. Elderkin	G'ville	2003	36.60
Fly 50m	11yrs	S. McIntosh	1992	35.72	L. Lyons	G'ville	1997	34.04
Fly 50m	12yrs	N. Marshall	1989	33.77	M. Hanson	G'ville	1998	32.75
Fly 50m	13yrs	P. Gibson	1989	32.32	P. Gibson	G'ville	1989	31.93
Fly 50m	14yrs	C. Elmore	1993	31.41	M. Stratton	G'ville	2004	29.44
Fly 50m	14+	M. Stratton	2005	30.16	M. Stratton	G'ville	2005	30.16
Fly 50m	15yrs	B. Henningham	1994	31.65	M. Marshall	G'ville	1992	29.76
Fly 50m	18+	S. McIntosh	2002	27.91	S. McIntosh	G'ville	2002	27.91

## FREESTYLE

Free 25m	6yrs	A. Webber	2007	37.35	H. Walker	G'ville	2008	21.70
Free 25m	7yrs	B. McIntosh	1991	20.00	M. Brunton	G'ville	1995	17.03
Free 25m	8yrs	B. McIntosh	1992	18.20	A. Elderkin	G'ville	2002	16.84
Free 25m	9yrs	A. Elderkin	2002	15.87	A. Elderkin	G'ville	2003	15.29

Free 50m	10yrs	H. Gregory	1992	34.04	S. McIntosh	G'ville	1991	32.25
Free 50m	11yrs	S. McIntosh	1992	32.10	L. Lyons	G'ville	1997	29.54
Free 50m	12yrs	S. McIntosh	1993	30.17	C. Morrison	Ironside	2002	28.52
Free 50m	13yrs	P. Gibson	1989	28.50	P. Gibson	G'ville	1989	27.57
Free 50m	14yrs	P. Gibson	1990	27.53	M. Stratton	G'ville	2004	26.61
Free 50m	15yrs	N. Marshall	1992	28.03	P. Gibson	G'ville	1991	26.20
Free 50m	15+	S. McIntosh	2002	25.50	S. McIntosh	G'ville	2002	25.36

Free 100m	8yrs	S. MacLean	1994	141.72	H. Walker	G'ville	2010	137.31
Free 100m	9yrs	M. Watson	2010	135.77	M. Watson	G'ville	2010	135.77
Free 100m	10yrs	H. Gregory	1992	114.97	H. Gregory	G'ville	1992	114.97
Free 100m	11yrs	H. Gregory	1993	113.16	H. Gregory	G'ville	1993	113.16
Free 100m	12yrs	S. McIntosh	1991	107.21	S. McIntosh	G'ville	1991	107.21
Free 100m	13yrs	P. Gibson	1989	103.31	P. Gibson	G'ville	1989	103.31
Free 100m	14yrs	P. Gibson	1990	58.63	P. Gibson	G'ville	1990	58.63
Free 100m	14+	M. Stratton		101.16	M. Hanson	G'ville	2000	57.73
Free 100m	15yrs	D. Shand	1996	104.17	D. Shand	G'ville	1996	104.17

**MEDLEY**

Med 4x25	8yrs	H. Walker	2009	212.42	H.Walker	G'ville	2010	144.08
Med 4x25	9yrs	H. Walker	2002	144.08	R. Kelly	G'ville	2002	144.20
Med 4x25	10yrs	H. Gregory	1992	126.43	H. Gregory	G'ville	1992	126.43
Med 4x25	11yrs	H. Gregory	1994	122.44	H. Gregory	G'ville	1994	122.44
Med 4x25	12yrs	S. McIntosh	1992	117.40	S. McIntosh	G'ville	1992	117.40
Med 4x25	13yrs	S. McIntosh	1993	114.88	S. McIntosh	G'ville	1993	114.88
Med 4x25	14yrs	H. Gregory	1994	111.99	H. Gregory	G'ville	1994	111.99
Med 4x25	14+	M. Stratton	2005	109.06	M. Stratton	G'ville	2005	109.06
Med 4x25	15yrs	D. Shand	1992	115.98	D. Shand	G'ville	1992	115.98
Med 4x25	18+	S. McIntosh	2002	102.03	S. McIntosh	G'ville	2002	102.03











# Sponsors:



Inner South West Specialist

***linda*johnston**

Licensed Real Estate Agent



*"Linda did it again"*

Mobile **0411 561 099**  
[www.lindajohnston.com.au](http://www.lindajohnston.com.au)

Linda Johnson  
0411 561 099

**P&L Fresh Meats.**

2/146 Blunder Road, Oxley.

Phone 3372 8856.

**Miettes  
Boulangerie  
Patisserie**

8/158 Graceville Ave, Graceville



**SUPERIOR FRUIT of GRACEVILLE**

**& WENDY'S KITCHEN**

365 Honour Avenue, Graceville Qld 4075

Ph: 07 3379 7508 email: [megethos@bigpond.com](mailto:megethos@bigpond.com)

*For a selection of perfection!*