

**Central Aquatic  
Swimming and Lifesaving Club**

**CENTRAL**



**QUATIC**

Swimming  
and  
Lifesaving Club  
Swimmers Booklet  
2011/2012

<http://centralaquatic.info/>



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# Presidents Message

Welcome to Central Aquatic Swimming and Life Saving Club 2011-12 season.

On behalf of the Committee and Coaches I would like to take this opportunity to welcome all members of Central Aquatics Swimming and Life Saving Club to the 2011-12 season.

I would like to thank the past years committee members who have stood down from their positions on the committee. We have lost a wealth of experience from the committee with these retirements and their effort and input will be sadly missed. I would especially like to acknowledge my predecessor Perry de Lacy, the club is in a strong and healthy position due to the hard work of these people and the commitment of its members.

I would also like to thank this seasons committee, with special mention to Darryl Smith who has become our treasurer and Toni Saxon who has stepped up into the role of secretary. I look forward to working with you over the next year.

Our club strongly relies on the parents that volunteer to help out at club meets, I hope that support continues on into the new season.

We are changing the way we run the club nights this year, this is due to the limited response to winter club nights over the last few years. In place of the winter club swims we will be organising various sporting related social activities and starting the summer club night season earlier. It is hoped that this will create a closer team atmosphere, and give the kids the chance to interact in a neutral environment.

I hope this year our club continues to move forward, and good luck to all.

Jeff Dittrich

President

Central Aquatics Swimming and Life Saving Club

# Code of Conduct

## Central Aquatic Swimming and Lifesaving Club

Respect yourself: swim for personal goals, achievement and for fun, not just to please parents and coaches.

Respect the rules: do not argue with, or use offensive language against officials. If you disagree, inform your coach who will approach the official at an appropriate time to discuss the matter.

Respect your team mates: work equally hard for yourself and your club. Encourage your team mates, (peer support) and applaud all good efforts, regardless of winning or losing races.

Respect competitors from other clubs: treat all swimmers, as you would like to be treated yourself. Do not interfere with, bully or harass another swimmer or other club members.

Respect supporters: show appreciation to parents, volunteers, officials and administrators, they are there to support and encourage you.

Role modelling: remember that your club mates, especially those more junior, learn by your example and actions. Be constructive not destructive.

Drugs: Central Aquatic Swimming and Lifesaving Club has a **ZERO** tolerance to the use of illicit or performance enhancing drugs. There is a complete ban on the use of these substances and breaches to this Policy will result in withdrawal of membership from the Club.

Complaints will be dealt with seriously, confidentially and quickly. Please direct any complaints to the Club President or Secretary.

*Corrective measures will be undertaken  
or disciplinary action may follow.*

**Training Times**  
**Bayswater Waves Pool**

5.30am to 7.00am  
Monday, Wednesday & Friday

4.00pm to 6.30pm  
Monday to Friday

7.30am to 9.00am Saturday

**Royal Lifesaving**

9.00am to 10.30am  
Saturday

**No training on Public Holidays**

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**Pool Rules**

Change rooms and pool area are to be treated with care at all times.

Misbehaviour or vandalism will not be tolerated and will result in loss of pool access.

# Committee 2010 – 2011

Jeff Dittrich	President 0407 777 612
Darryl Smith	Treasurer
Toni Saxon	Secretary
Ross Rogers	Registrar
Wayne de Lacy	Head Coach
Danelle Rimmer	Committee Member - Life Saving
Ian Stoddart	Committee Member
Ken Foster	Committee Member 9306 1093 / 0411 748 073
Leanne Keohane	Committee Member



# Club Swimming Nights

The club competitive swimming nights are held every fortnight during the swimming season. The 2011 - 2012 nights are listed in this booklet. Swimmers will normally swim two races: one freestyle and the other the selected stroke for the evening. The club nights commence at 6.00pm sharp during the season.

**Registration for club nights can be added to the Register (to be found on the Central cage) during the proceeding fortnight, this gives the people entering the race program into the computer, time to do their job. Unregistered entrants (swimmers that turn up but have not added their name to the register) will still be allowed to swim, but they will be unseeded.**

Swimmers race in groups of similar ability, with the emphasis on time improvement rather than race placing. Distances are graduated according to appropriate ages and standards. Points are awarded based on time improvements. Points are accumulated during the season which are tallied for the age awards at the end of season.

**It is expected that at least one parent from each family will help with duties on the night. Some of the duties are;**

**Time keeping**

**Time recorders**

**Starter**

**Assisting the coaches and officials**

**Helping with the sausage sizzle or selling drinks**

We thank all parents for assisting with the smooth running of these nights, without parent involvement we would have no club.

Further information regarding the points system can be found on the club website.

## *Important dates for 2011/2012*

*Club Nights  
Outside Pool  
Start Time  
6.00pm*

*Club Championships  
Outside Pool  
Start Time  
6.00pm*

**Monday, 12 September**

**Monday, 12 March**

**Monday, 26 September**

**Monday, 26 March**

**Monday, 10 October**

*Reserve Night  
for Club Championship*

**Monday, 24 October**

**Monday, 7 November**

**Monday, 2 April**

**Monday, 21 November**

**Monday, 5 December**

**Monday, 19 December**

**Monday, 16 January**

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*Central Aquatics  
2012  
Swim Meet  
at  
Challenge Stadium*

**Monday, 30 January**

**Monday, 13 February**

**Saturday 17th March**

**Monday, 27 February**

# **CLUB CHAMPIONSHIPS**

## **2011/2012 Rules**

- Club Championships are for all swimmers over 10 years of age.
- Younger swimmers can swim on Club Championships nights however are not eligible for trophies.
- Swimmers must be fully registered and paid members of Central Aquatic Swimming and Lifesaving Club as at 1 December 2011. The total fees of \$195 must have been paid to Swimming WA prior to this date.
- Championship trophies will be awarded to swimmers over 10 years of age.
- Swimmers age is at the commencement of the summer club season.
- Disqualification rules will apply to all eligible swimmers over 10 years of age.
- Swimmers must have competed in a minimum of four (4) club nights from the commencement of the 2011/12 summer club to be eligible.
- Club champion dates are set by the committee members of Central Aquatic Swimming and Lifesaving Club and are included in this booklet. swimmers will be notified of any change to these dates, via email at least 2 weeks prior to championships. A reserve night is also set in case in case events beyond our control interfere.

# **Lifesaving**

Lifesaving classes are held at Bayswater Waves every Saturday during the summer season from 9am to 11am and instruction is by qualified instructors.

The club is very privileged to have a number of experienced national and international competitors and coaches as instructors.

The instructors have ensured that Central Aquatic has had a steady stream of State Team Members attending National Competitions in all states of Australia.

## **Awards include:**

Swim and Survive  
Bronze Star  
Bronze Medallion  
Bronze Cross  
Award of Merit  
Instructors Certificate

Classes include competition training and resuscitation certificates.

Contact: Danelle Rimmer

Email: [djrimmer@bigpond.com.au](mailto:djrimmer@bigpond.com.au)

## **Entering Swimming Competitions**

The process for entering swimming competitions is changing due to the online entry process that is soon to become the standard method of entering competitions. The Registrar or committee will keep you up to date as these changes take place. Our Club's entry closing date **will** be earlier than the events closing date. This is to give our registrar time to process our entries. Some important things to remember are:

**Discuss the event with club coaches**  
**Keep track of the closing dates of events**  
**Don't leave your entries until the last minute**  
**Ensure that correct entry times are submitted.**  
**If incorrect times are entered your entry**  
**may be rejected by Swimming WA.**

A timekeeping roster is produced prior to any swimming competitions. At least one parent from each family will be required to do timekeeping duties during the competition.

## **Interclub and Pennant Meets**

During the season, the club may compete in a series of meets with other clubs. These meets include both individual races and relay races in age groups. The interclub meets rotate between the club pools and allow swimmers to compete in a low key but competitive environment.

The pennant meets are at Challenge Stadium and include a full competitive structure, with officials and club rankings. Swimmers are expected to wear club uniform to these meets. The coaches will select swimmers for pennant meets based on their own assessment of the swimmers capacity and stage of development. The coaches will discuss selection and availability with parents directly. It is an honour to be chosen to represent your club.

# Club Fees

The club fees for 2011—2012 are unchanged  
Note: A new social membership has been introduced.

## COMPETITIVE SWIMMER

*\$195.00 - including the (\$95 to Swimming WA)*

## RECREATIONAL

*\$175.00 - including the (\$75 to Swimming WA)*

Please note a recreational swimmer  
**CAN** swim on **CLUB NIGHT**  
but **CANNOT** swim at Swimming WA sanctioned events

## SOCIAL/VOLUNTEER

*\$0 - registration must be done online*

## LIFESAVING

\$50.00

Any questions regarding the fees  
structure should be addressed to a current committee member.

Competitive or Recreational swimmer are entitled  
to take part in lifesaving. Or direct your enquiries to  
[centralaquatic@yahoo.com.au](mailto:centralaquatic@yahoo.com.au)

## **Positive Parenting Tips**

You can help your child enjoy swimming by:

- DEVELOPING AN “ATHLETES FIRST, WINNING SECOND” PERSPECTIVE
- BUILDING YOUR CHILDS SELF ESTEEM
- LETTING THE COACH, COACH
- HELPING AND ENCOURAGING YOUR CHILD IN SETTING REALISTIC GOALS

### **Developing an “athletes first, winning second” perspective**

Every decision parents make in supporting and directing their child in sport should be based on what is best for the child first and what may help the child win second. This perspective of athletes first, winning second can help some children achieve more than they would if they were consumed with the idea of winning. An obsession with winning can create a fear of failure, which may result in less than average performance and upset child.

### **Building your child’s self esteem**

As a parent, you are one of the main influence in your child’s life, and one of your most important roles is to build their self esteem. A child with good self esteem is more likely to be proud of their personal accomplishments, accept challenges and new tasks and also, help others. On the other hand, children who find their confidence through winning can go through some very hard times when they lose..

It is important that your child knows they can be successful without winning.

If your child is aiming to beat their personal best (PB) for a certain race, and they accomplish that, then they are successful regardless of what place they finish in.

As long as your child puts in their best effort, make then feel like a winner!

## The Officials—What do they do?

**Time Keepers**—use either watches or automatic timers depending on the facilities at the venue to record the official time for the swimmer in their lane.

**Turn Judges**—observe each end of the pool to ensure that the turns comply with rules applicable to each strokes.

**Judges of Strokes**—observe the swimmers, alongside the pool, ensuring that each rule relating to the different strokes is complied with.

**Starter**—takes control of the swimmers from the Referee to start the race by saying “take your mark” waiting until there is no movement from any swimmer on the blocks and giving the start signal.

**Referee**—has overall authority of the competition and ensures that all rules are followed. They instruct all officials and have any violations of the rules reported to them for action.

## How To Get Involved

Parents are one of the main secrets to success in the world of swimming.

Volunteering means that you not only have another avenue to have a great impact in your child’s athletic environment, but it also gives you a fun setting in which to meet other adults and make new friends.

Here are a few simple ways to get involved:

*Join the Club Committee - Become an official, timekeeper or announcer  
Maintain equipment or facilities - Raise money - Cook the BBQ - Sell programs*

As a volunteer, you can be instrumental in strengthening swimming in Australia.

Thank you to all parents who dedicate their time and efforts to their child’s swim club.

## Club clothing and accessories

Club Towels - \$30

Club Caps - \$10

Club Red T-shirts - \$35

Club White Hoody T-shirt \$35

New club Jackets (as pictured below) \$50 for members if fees are paid by 30th August - \$70 otherwise. Numbers are limited so get in quick.

Pre ordered jackets are available for collection from Danelle Rimmer. Please pay Danelle when you collect them.

Orders can be emailed to  
[centralaquatic@yahoo.com.au](mailto:centralaquatic@yahoo.com.au)



## **Let the Coach, Coach**

It is the coach's job to offer a child constructive criticism on their swimming. The parent's role is to support, encourage and recognise their child's effort. If a parent attempts to coach their child, the child may get confused with conflicting information, and their coach may be unimpressed. It is equally important to never undermine the coach in front of the athlete, as this can be extremely harmful to the coach and athlete relationship, which is necessary for success.

### **Help and encourage your child in setting realistic goals**

The competitive side of swimming is very important to the development of athlete and the sport of swimming. At junior level, the most important factor is participating, effort and skill development. Beating their PB and learning a new skill are both examples of realistic and attainable goals for junior swimmer.

Regardless of whether your child will win gold for Australia or whether they are equally happy competing at club events, the sport must be fun to maintain their interest.

Always ensure that your child has their PB recorded and that each time they race, this is what they are trying to beat rather than other people. PB recording ensures the focus is on individual improvement rather than purely winning or losing. Your child may come 10th in a race, but if they beat their PB, they are a winner.

Communication with your child is important. Talk to them about their training—are they getting along with their squad and most importantly with their coach. If they are not, you may need to assess the situation, and decide on what needs to be done to resolve any issue with the least amount of disruption to your child and the squad. Ask them questions after training such as: “What new skills did you learn today?”

“What was the best thing that happened today?”

“What does your coach think you need to work on?”

Communication with your child also requires your support in telling them how proud you are of them, no matter how they swam.







## **SPONSORS**

The club is happy to have several sponsors, however is always happy to accept further offers of sponsorship. To make an offer of sponsorship please talk to a committee member.

**Bayswater Waves**

**Clean-It**

**Sunny Brushware**

**Success Print**

**Williams Meats**

**Autospark Joondalup**

**PaperLinx**

**WorkPac**

**Tyre & Tube Specialists**

**Road Maintenance Australia**

## Useful Websites

Central Aquatic Swimming and  
Lifesaving Club

<http://www.centralaquatic.info/>

Swimming Western Australia

<http://www.wasa.asn.au/>

Western Australia Institute of Sport

<http://www.wais.org.au/>

Swimming Australia

<http://www.swimming.org.au>

Australian Institute of Sport

<http://www.ausport.gov.au/ais>