

GOSFORD STINGRAYS
SWIMMING
CLUB INC

HANDBOOK

Introduction

Welcome to Gosford Stingrays Swimming Club. Thank you for joining and we look forward to your participation in our Club's activities.

Gosford Stingrays was formed to promote swimming on the Central Coast. Our club's emphasis is on children's swimming and encourages children and adults to enjoy both the competitive and social aspects of the sport.

History

Gosford Amateur Swimming Club was formed in 1955 to promote swimming in the Gosford area and they swam in the sea baths located in Brisbane Water near the present location of Gosford Pool. Gosford ASC was the driving force behind the construction of Gosford Olympic Pool, which was opened in November 1955. Gosford ASC moved to West Gosford and Forresters Beach Pools in 1991 and Stingrays Swim Club was formed in 1993 and was based at Gosford Olympic Pool. In 2000 both Clubs merged and became Gosford Stingrays Swimming Club.

Throughout this history there have been many Australian representatives:

Peter Reynolds: finalist and medal winner 1964 Tokyo Olympic Games; Commonwealth and world record holder in backstroke, freestyle relay, individual medley.

Christine Deakes: represented at 1968 Mexico Olympic Games

Steven Dewick: represented and medal winner at 1996 Atlanta Olympic Games

Elizabeth Wright and Melissa Wilson: represented and medalled at the 2000 Sydney Paralympic Games

Kirra O'Cass: represented 2000 Sydney Paralympic Games

Grant Robinson: represented overseas and was 1996 Open Water World champion, also set a 24 hour endurance record in 1998.

Shelley Clark: represented overseas and won 2001 World Cup Open Water.

The following people have represented Australia overseas and or domestically: Mark Ikin, Michelle von Kotze, Lorayne Botwood, Emma McIntosh, Stephen Cresswell, Tracey Knowles, Ky Hurst, Brett Hawke and Malcolm van Drempt, Therese Jackson, Nathan Broadbent, Ryan Kenny and Lucy Wild.

How our Club Operates

Gosford Stingrays is an incorporated body. The Club is managed by a volunteer Committee, which consists of:

President
Vice President
Secretary
Treasurer
Race Secretary
Public Officer (does not have to be a member)
Handicapper
Publicity Officer
Delegates to the Coast & Valley Swimming Assoc
Registrar
Multi Disability Co-coordinator
Property Officer
Fund Raising Co-coordinator
Clothing Co-coordinator

A person must be a member of the Club and be aged 16 years of age and over to be eligible for to vote at all meetings. Committee members are elected at the Annual General Meeting, which is held around April each year and unless they resign or are removed, serve for a 12 month period.

The Committee meets every month and all members and supporters are welcome to attend, however only financial members may vote.

The business of the Club is governed by a Constitution. Copies of the Constitution are held by the Committee and are available to any member upon request.

Gosford Stingrays is a typical amateur sporting club, managed and run by the parents. There are many ways parents can help out and all parents are encouraged and expected to help in some way at Club night with the following:

- *Help set up – tables, chairs, entry boxes, stopwatches etc.
- *Sorting cards into heats (you will receive training)
- *Marshalling
- *Timekeeping (2 per lane), please note children under 12 must be assisted by an adult.
- *Starting
- * Packing up (see set up)

All parents should note that the Club will not be responsible for children who are left at the Swim Centre without adult supervision.

Registration

The registration year, as deemed by Swimming NSW, is from 1st October until 30th September the following year. It is a 12 month period. All swimming members must be registered to participate in local, regional, Country, State and National events. The fees are paid to the Registrar and include capitation fees for Swimming Australia, Swimming NSW and Coast & Valley Swimming as well as personal and public liability insurance.

The Club fees are set by the Committee prior to the new season and are advertised on the notice boards at the Pool. Swimmers joining the Club for the first time must show a birth certificate. Parents are welcome and encouraged to join the Club as a swimming member or non swimming member. All members, upon joining, will receive a capitation number, which is the registration number with Swimming NSW. A swimmer cannot compete at NSW sanctioned carnivals without a financial capitation number.

Children coming to the Club for the first time are allowed to swim two Club nights before joining and the points gained at these nights will count towards their point score once they join the Club. After two nights they must join the Club to continue swimming because they will not be covered by insurance and the Club will not accept any responsibility if something happens to the child at swim club.

The swimming club is over a full year. Program as follows:

Club Nights and Grades

Swimmers will swim 3 individual events at any Club night. This does not include relays. Where 'Choice' for distance is available, please enter only 3 events not 4.

February to April 2011: Swimming will be in the 50m pool and cards need to be in by 4.45pm.

April to September 2011: Swimming will be in the 25m pool and cards need to be in by 3.45pm.

October to December: 2011 Swimming will be in the 50m pool and cards need to be in by 4.45pm.

Club cards may be purchased in a bundle of 10 from the table at Club

Please note that Swim Club does not operate during the School holidays.

Please note it is the responsibility of the swimmer or swimmer's parent to ensure that cards are filled out correctly. The Handicapper will not be held responsible for errors on entry cards. Swimmers competing in the wrong grade will earn starting points only for that swim.

Grading times are set by the Committee. When a swimmer equals or betters the graduation time for a particular grade they must then compete in the new grade. Please see end page for grading times.

Gosford Stingrays conducts an annual club championship and all members are encouraged to participate. Only best club times are to be submitted for these championships. Dates and programmes are posted at the Pool. To be eligible to compete at these championships swimmers must have attended at least 50% of available Club nights for that season with at least half of these swum not timekeeping. An entry fee is payable per event entered with a maximum amount set by the Committee.

The championships are conducted under the ONE START RULE. Please refer to the season programme for more specific detail on attendance.

Gosford Stingrays holds Presentation night at the end of the season. Dates and times are notified to swimmers. Awards are presented to competitors according to the point score and championship results.

Club Point Score

1. Points are allocated for competing but disqualified, did not finish or wrong grade. 1 point allocated for relay participation.
2. Points are allocated for swimming more than 2 secs outside best time.
3. Points are allocated for time trial swim; for swimming more than 1 sec and up to 2 secs outside best time.
4. Points are allocated for up to 1 sec outside best time.
5. Points are allocated for first time swim up new grade, i.e. for swimming equal best time.
6. Points are allocated for swimming up to 1 sec better than best time.
7. Points are allocated for swimming between 1 sec and 2 secs better than best time.
8. Points are allocated for swimming more than 2 secs better than best time.

Points will be calculated on the best Club time from the past season until a new time is established. The age of the swimmer will be the age on the first day of the Point Score Competition.

External Carnivals

Upcoming carnivals are regularly posted, with closing dates, on the Club room window. If a swimmer wishes to enter any carnival, entries are on single or multi entry cards (pink for girls and blue for boys) and these cards are available for purchase at Club nights or the entry desk of Gosford Pool. Times for these carnivals are best times achieved at previous carnivals not club times. If swimming an event for the first time then N/T (no time) is written. Please ask for help in filling out cards for the first time. All Committee members are more than willing to explain the procedure to you. Completed cards must be placed in an envelope, marked with the swimmers name, carnival and date and must be accompanied with either the correct cash or a cheque (made payable to Gosford Stingrays). The sealed envelope is then placed in the carnival entry box, which is located on the left hand wall just inside the door of the indoor pool. The entry must be in the box by the closing date hand written on the posted carnival notice. This allows our Race

Race Secretary/ Club Organiser to check, collate and send all entries for Gosford Stingrays at the one time. If you are not sure about any of this information please ask a Committee member.

Parents must be aware that entry times for Country, State and National Championships must fall within the times and dates for qualifying as set out in the Swimming NSW Almanac. This almanac, along with carnival dates and programmes, is available online at the Swimming NSW website.

Swimmers who compete at Country, State and National Championships may be eligible to receive a representative package from the Club providing they have met criteria as set by the Committee and subject to Club finances. The criteria and packages are constantly reviewed by the Committee and are distributed on an individual basis at the discretion of the Committee.

Code of Conduct

Gosford Stingrays has adopted Swimming Australia's Code of Conduct, which covers the expected behavior of competitors, parents/guardians, and spectators. All parents upon registration will be asked to read and sign this Code of Conduct. Should members require additional guidance they should seek information from a Committee member or refer to the Codes of Conduct issued by Swimming Australia.

Competitors

- * Must participate within the rules of Gosford Stingrays Swimming Club and within the rules of the hosting club at any swim meet.
- * Never argue with an official. Always use the appropriate rules and guidelines to resolve a dispute.
- * Control your temper. Verbal abuse of officials and bullying other competitors, deliberately distracting or provoking an opponent, are not acceptable or permitted behaviour.
- * Work equally hard for yourself and/or your Club.
- * Be a good sport. Applaud all good performances made by your Club or other Club members.
- * Treat all participants, as you like to be treated. Do not bully or take unfair advantage of another swimmer.
- * Cooperate with your coach and other Swimming Club members.
- * Participate for your own enjoyment and benefit, not just to please parents and coaches.
- * Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Parents/Guardians

- * 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 race.
- * Remember that children learn best by example. Appreciate good performances and skills by all participants.
- * Support all efforts to remove verbal and physical abuse for 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 all participants regardless of their gender, ability, cultural background or religion.

Spectators

- * Remember that young people participate in swimming for their enjoyment and benefit not yours.
- * Applaud good performances and efforts from all individuals. Congratulate all participants on their performance regardless of the outcome.
- * Respect the decisions of officials and teach your people to do the same.
- * Condemn the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- * Never ridicule or scold a child for making a mistake. Positive comments are motivational.
- * Show respect for all competitors. Without them there would be no competition.

- * Encourage competitors to follow the rules and the official's decisions.
- * Do not use foul language, sledge or bully other competitors, coaches, spectators or officials.
- * Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

Club Uniform

Club swimmers must wear Gosford Stingrays caps at local carnivals and championship events. The Club also has swimmers, shirts etc available for purchase from the Clothing Co-coordinator at Swim Club on Saturdays and we encourage all swimmers to wear these items when competing for Gosford Stingrays.