



PLC SYDNEY
Swim Club



PLC SYDNEY

PLC SYDNEY SWIM CLUB

INFORMATION BOOKLET 2020

WELCOME FROM THE PRESIDENT

Hi everyone

On behalf of the committee, I would like to take this opportunity to welcome all swimmers and their parents to PLC Sydney Swim Club. The aim of the Club is to provide a fun and supportive environment in which swimmers of all skill levels and ages can develop their abilities and have the opportunity to compete at Invitational meets as well as District, Metropolitan, State and National Championships. The Club is actively committed to the promotion of excellence in all aspects of competitive swimming, recognising that the provision of a supportive, fun and cohesive environment is fundamental for a swimmer to realise their full potential.

PLC Sydney Swim Club is based in the J.D. Oates Aquatic Institute at PLC Sydney. The Club is affiliated with Swimming NSW Ltd and is a member of the Swimming Metro South East Area (MetSEA). The Club is run by a voluntary management committee and is a non-profit organisation, all funds raised being reinvested into the Club for the benefit of its members. The committee together with parent volunteers, hosts official swim nights and social events throughout the year to help raise funds.

Feedback from swimmers and parents is always welcomed and all members are encouraged to actively contribute to our endeavours to maintain and promote a successful, dedicated and collaborative team. Details regarding codes of behaviour, membership, training squads, competition and the management committee can be found in this booklet.

So welcome once again and I look forward to seeing you on pool deck.

Craig Stokes

MEMBERSHIP

An annual membership fee is payable covering the period 1 October to 30 September. This fee is comprised of membership to Swimming NSW and membership to PLC Sydney Swim Club. The annual fee is currently \$180 for a swimmer and \$35 for a non-swimmer.

It is a requirement of membership for swimmers under the age of 18, to have at least one parent/guardian registered as a non-swim member of the club.

Membership entitles swimmers to compete at PLC Sydney Swim Club race nights, typically held on a Friday night. The dates for 2019/20 will be displayed at the pool noticeboard and will also be communicated at the start of each term by the PLC Sydney Swim Club Race Secretary.

The SSPLC committee will arrange club activities, however:

- Swimmers and parents are expected to take an active part in all club activities;
- If necessary, swimmers and parents will be rostered for duty to ensure efficient running of Friday club night races;
- All members and parents are expected to actively participate in fundraising, without which we cannot ensure optimum facilities and opportunities for our swimmers; and
- At swim meets where the club is expected to provide timekeepers, runners or any other assistance, parents will be expected to assist.

SQUADS

MINI SQUAD (A,B & C levels): Developing strokes and confidence. Focus is on building skills and techniques.

JUNIOR DEVELOPMENT: Developing all 4 strokes. Focus is on skills and technique and a minimum of 2 training sessions per week are required.

TARGET: Swimmers attend at least 3 sessions per week and strong in all 4 strokes. They are encouraged to join PLC SYDNEY SWIM CLUB

REP: Competitive swimmers attending at least 3-4 sessions per week and a member of PLC Sydney Swim Club.

FITNESS SQUAD: For non-competitive swimmers.

SENIOR SQUAD: Improve fitness and cross training for all sports.

METRO SQUAD: For those swimmers who are competing at Metro level.

STATE SQUAD: For swimmers competing at State level.

NATIONAL SQUAD: For swimmers competing at National level.

CLOTHING

It is essential that at least PLC Sydney Swim Club t-shirts be worn when representing the club at any meets. These are available for purchase on club nights or through contacting our merchandise officer. From time to time, the club will also take orders for specially designed hoodies and swim parkas.

SWIM MEETS AND GUIDELINES FOR ENTERING

In addition to PLC Sydney Swim Club race nights, swimmers of competitive squads are expected to participate in external swim meets as recommended by their coaches from time to time. Participating in external swim meets allows swimmers to:

- put into practice the skills they have learned at training;
- gain valuable racing experience;
- gain officially recognized times by Swimming NSW and improve on ^{[[SEP]]}personal best (PB) times;
- qualify for Area Championships, Metro, State or Nationals; and, benefit from competing as part of a team and meeting swimmers from other clubs.

TYPES OF SWIM MEETS

The types of meets offered by Swimming NSW cater for a range of swimming abilities:

Development Meets – offer new or younger swimmers the opportunity to compete with others of a similar level. These meets are also great for gaining experience and official times in new events, as qualifying times are usually not a pre-requisite. MetSEA coordinate several development meets throughout the season and our Club Race Secretary will advise of these as they come up from time to time.

Qualifying Meets – provide the opportunity for swimmers to improve their own times and to achieve a qualifying time for Area, Metro & State Championships. These meets often have qualifying times for each event.

Championship Meets – MetSEA hold both summer and winter area championships for which qualifying times apply. At a higher level, NSW Metropolitan Championships and NSW State Age Championships are held for both long and short course seasons. Metro and State qualifying times are displayed on the club noticeboard at the pool.

It is best for the swimmer to discuss a competition strategy with their coach to suit their own individual swimming goals. The coach can advise which meets and events to enter, and the number of meets appropriate to the age of the swimmer.

It is important to note that not all meets are targeted by PLC Sydney Swim Club coaches. Our coaches will communicate to members which meets will be targeted and are preferred for our swimmers to compete in.

It is recommended that swimmers enter targeted swim meets well before the meet closing date, as some of them tend to reach capacity within a few days of opening.

LONG COURSE vs SHORT COURSE

The competitive swimming calendar consists of:

Summer Long Course Meets – events swum in a 50m pool, typically October to April.

Winter Short Course Meets – events swum in a 25m pool or over a 25m distance, typically May to September.

Times swum in short course competition are generally faster than those swum in long course. Short Course times can now no longer be used for Long Course Meets.

SWIM MEET INFORMATION

Information regarding upcoming swim meets can be obtained in several ways:

- **MetSEA website - www.metsea.swimming.org.au**

MetSEA manage area based carnivals such as development meets, summer and winter championships and Speedo Sprint competitions. An updated list of future meets open to clubs in our area can be accessed using the “Competition” tab on the MetSEA homepage.

- **Swimming NSW website** www.nsw.swimming.org.au

Swimming NSW provides information on meets open to all clubs in NSW, including development, qualifying and state championship events. Use the “Calendar” tab on the homepage to access meet programs and online meet entry links.

- **Personalised Swimmer Portals**

AnotherPB and SWIM CENTRAL also provide a list of upcoming carnivals relevant to the individual swimmer. See below for further information on online swimmer portals.

SWIM MEET ENTRIES

MetsSEA Most meets are via online entry only. There are 2 primary online entry systems.

- **AnotherPB** (www.anotherPB.com) - provides entry to swim meets hosted by MetSEA and clubs within the MetSEA area, as well as championship meets.

To access the website it is necessary to register with AnotherPB to create a login profile. Each account can manage up to 3 nominated swimmers. Use the “Online Entry” tab on the swimmer’s dashboard to select a swim meet and submit events.

- **Swim Central** provides entry to swim meets listed on the Swimming NSW Calendar.

These links can be accessed in the following ways:

- Swimming NSW Calendar
- Host club website homepage
- Swim Central (see below)

In summary, all area based meets can be entered using AnotherPB and all Swimming NSW meets can be entered through Swim Central. Some however, be entered using both.

ONLINE SWIMMER PORTALS

Personalised swimmer portals offer a “one stop shop” for general swim meet information, qualifying times, meet entries and results.

AnotherPB presents a range of information on an individual swimmer’s results, PBs and overall progress. It also provides a list of future MetSEA meets, specifying which events the swimmer has qualified for. How to register for anotherPB.com is covered in an earlier section, Swim Meet Entries.

Swim Central is a personalised portal for swimmers associated with Swimming NSW. It offers a one stop shop for all swimmers and guardians. Swimmers can make online meet entries and see upcoming area, state and national level meets. Visit the link <https://swimcentral.swimming.org.au>

RESPECT FOR OTHERS

All members of PLC Sydney Swim Club are expected to relate to one another in ways that ensure every person is able to:

- Be respected and valued as an individual
- Feel safe and secure
- Be free to work and learn in a positive environment
- Be treated fairly
- Be free from bullying
- Have his/her privacy and property respected
- Feel free to seek and accept appropriate help and support when it is needed

SWIMMERS CODE OF BEHAVIOUR

- Respect the rights, dignity and worth of fellow swimmers, coaches, officials and spectators.

- Do not tolerate acts of aggression.
- Respect the talent, potential and development of fellow swimmers and competitors.
- Care for and respect the equipment provided to you as part of your program.
- Be frank and honest with your coach concerning illness and injury and your ability to train fully within the program requirements.
- At all times avoid close personal relationships with your coach.
- Conduct yourself in a professional manner relating to language, temper and punctuality.
- Maintain high personal behaviour standards at all times.
- Abide by the rules and respect the decision of the official, making all appeals through the formal process and respecting the final decision.
- Be honest in your attitude and preparation to training.
- Work equally hard for yourself and your team.
- Cooperate with coaches and staff in development of programs to adequately prepare you for competition at the highest level.

PARENTS CODE OF BEHAVIOUR

- Respect the rights, dignity and worth of others.
- Remember that your child participates in sport for their own enjoyment, not yours.
- Focus on your child's efforts and performance rather than winning or losing.
- Show appreciation for good performance by all swimmers, including swimmers from other teams.
- Demonstrate a high degree of individual responsibility, as your words and actions are an example.
- Respect officials' decisions and teach children to do likewise.
- Only speak with respect and care to people associated with the sport (e.g. swimmer, judge, coach).
- Respect the rights, dignity and worth of every young person regardless

of their gender, ability, cultural background or religion.

- Be a positive role model. Poor behaviour by a parent damages the sport for all participants. You are a role model in the way that you solve problems. Resolve points of conflict with a generous and positive spirit.

PLC SYDNEY SWIM CLUB COMMITTEE AND CONTACT FOR 2019/20

Name	Position	Email
President	Craig Stokes	president@plcsydneyswimclub.com
Vice President	Kevin Kim	dwkevinkim@gmail.com
Club Secretary	Kate Kelly	secretary@plcsydneyswimclub.com
Treasurer	Effie Fildissis	Effie.Fildissis@BTFinancialgroup.com
Social Secretary	Paula Tierney	theloveypaula@gmail.com
Registrar	Nicholas Childs	registrar@plcsydneyswimclub.com
Merchandise Officer	Lynda Barakat	lyndabarakat@airefco.com.au
Principal's Representative	Belinda Harden	bharden@plc.nsw.edu.au
Parent Representatives	Nicole Elliott Leanne Toia	nelliott@plc.nsw.edu.au leanne_callil@hotmail.com
Coaches Representative	Brett Winkworth	coaches@plcsydneyswimclub.com bwinkworth@plc.nsw.edu.au



PLC

PRESBYTERIAN
LADIES' COLLEGE

SYDNEY

— 1888 —