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# **SOUTHERN CROSS SWIMMING CLUB INC**

## **CLUB HANDBOOK 2018 / 2019**

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# 1 INTRODUCTION

The Committee of Southern Cross Swimming Club (SCSC) welcomes you and your family to the 2018/2019 swimming season. We sincerely hope you enjoy your time with our Club, and look forward to your involvement throughout the season.

At SCSC we aim to provide a warm and friendly, family environment, through which our members can pursue their love of swimming. Whether you swim for fitness or aspire to be a National representative, we encourage everyone to give it their best, have fun, and take pride in being a part of Southern Cross Swimming Club.

This Handbook has been written in the best interest of all swimmers to assist the smooth running of the Club and as a means of explaining how the Club functions. Any member seeking clarification of this booklet, please feel free to speak to a member of the Committee. The Committee reserves the right to alter these guidelines after ratification at a Management Committee meeting.

## 2. CLUB ADMINISTRATION

### 2.1. MANAGEMENT COMMITTEE MEETINGS

Committee meetings are held in the Club House each month (generally 5pm on the first Tuesday of each month). General meeting may also be held throughout the year. Notifications of General meetings will be emailed to members, included in the monthly Club Newsletter and/or placed on the Club Facebook page.

Any topics for discussion must be added to the Meeting Agenda. Submissions for the Agenda must be emailed to the Secretary, at least 3 days prior to the meeting. **Please refer to the Break-up of Responsibilities diagram at the beginning of this Handbook, to ensure you are approaching the right party with your concerns.**

### 2.2. 2018/19 MANAGEMENT COMMITTEE

President – Steve Birch  
Vice President – Stu Koch  
Secretary – Jacqui Wright  
Treasurer – Joe Borger  
Registrar/ Race Secretary – Dee Sanderson  
Club Night Race Secretary – Vanessa Fenwick

Sub-Committee Member – Stacey Koch, assisting registrar  
Sub-Committee Member – Kerri O’Grady – assisting Club night  
Sub-Committee Member – Skye Tapping – assisting Club night  
Sub-Committee Member – Tania Kouvaras, Brisbane Swimming and Swimming QLD delegate  
Sub-Committee Member – Joe Borger, fundraising and grant applications

### 2.3. AGM

SCSC will hold an Annual General Meeting in June each year. Members will be notified of the date at least 4 weeks prior. Notification will be via the Club Newsletter, web site, Facebook and email to members.

### 2.4. DISPUTES & GREIVENCES

Any dispute arising from 'club activities' must be addressed to the Secretary **in writing**. To ensure confidentiality, please post concerns to:

The Secretary,  
Po Box 531  
Kippa Ring 4021.

Correspondence that is received by Email will be treated as general correspondence and dealt with in an open forum of a general committee meeting. Verbal and text messages are not acceptable. The Committee will address all issues and appropriate action will be taken in accordance with the Swim Australia Member Welfare Policy & Procedures (copy available on the Club Web Site).

Any dispute arising from 'training activities' including Squad fees and Swimmer/Coach concerns should be addressed to the Coach (Aquatic coaching Trust) in writing

### 2.5. CLUB CAPTAINS

At the beginning of each season, Captains (Senior & Junior), may be nominated by the club coaches.

#### **Club Captains - Duties & Responsibilities**

Club Captains support and promote the club by

- Being approachable & friendly to all swimmers & parents
- Encouraging participation and fostering team spirit in club members
- Being active and positive role models to other club members
- Participating regularly at club nights & assist with set-up/pack-up
- Participate at club fundraising activities
- Representing the club at carnivals, including BSA meets
- Assisting new & junior swimmers at carnivals with marshalling and procedures, warm ups (when Coach not attending)
- Represent the Club at public displays & functions
- Communicate swimmers issues, concerns or needs to the committee.

2018/19 Captains TBA

## 2.6. UNIFORMS

Club uniforms are not compulsory for Club activities, but we encourage everyone to purchase the club cap and shirt for club nights and competitions. The following Uniform Items are available.

**Club Cap (seamless)**  
**Club Polo Shirt**  
**Club Hoodie**  
**Jacket (fleece lined)**

**Club Caps are compulsory for those competing at external Carnivals and Championships.**

## 2.7. OTHER POLICIES

As SCSC is affiliated with Swimming Queensland, and through them, Swimming Australia, all SQ & Swim Australia (SA) policies apply. The following Policies can be accessed through the SCSC website.

*SCSC - Communication Policy*  
*Safe Sport Framework*

All other Policies can be found on the Swimming Queensland or Swimming Australia websites.

## FINANCIAL ASSISTANCE

Swimmers who achieve qualifying times to State and National competitions are eligible to request financial assistance. Each swimmer can nominate for Long or Short Course competitions with a maximum of 1 State and 1 National request per calendar year.

The Club will pay a maximum of \$50 for State and \$100 for National assistance per swimmer. This assistance will be assessed on a case by case basis and any initial enquiries are to be made in writing to the Club Secretary for consideration.

## 2.8. MEDIA

The website address is: [www.scsaints.org.au](http://www.scsaints.org.au)

This site has Meet flyers & results, Club Night online nominations link, results and Records & Club Documents.

The Facebook page can be found at: [www.facebook.com/southerncrosssc](https://www.facebook.com/southerncrosssc)

This site provides advice about links upcoming meets and events, links to sponsors and links to other information relevant to the swimming community.

### 3. CLUB REGISTRATION/MEMBERSHIP

**All swimmers participating in squad must be registered as full financial members.** The registration fee includes Swimming Qld fee, Swimming Australia fee, Brisbane Swimming affiliations fees, insurance and GST & a Club Fees component.

*Swimmers are required to complete Registration annually. SQ Registration is to be done via the Club Lane Online Registration. Current members will be sent an email inviting them to re-register at the start of the financial year. New members can register at any time, however please speak to the Coaching Staff first, to ensure there is a place available for your swimmer in the squad.*

#### 3.1. SQ REGISTRATION CATEGORIES:

Please note that from the 2018/2019 season there will no longer be two different 8 year old membership categories. To fall in line with the Swimming Australia 8YO Optus Junior Dolphin membership category; SQ, Regions and Clubs will have the following *swimming* Membership Categories.

Junior Dolphin 7 Years & Under (*Free Membership*)

Junior Dolphin 8 Year Old (*Half Price Membership*)

Competitive Swimmer 9 Years+

Recreational Swimmer 9 Years+

Please refer to the benefits of [being a member](#) or [contact SQ](#) if you have any queries related to membership categories.

**Junior Dolphins - 7yrs & Under swimmers** – All swimmers aged 7 & under **at the time of registration**, are eligible for **free** membership with all the eligibilities of a Competitive Swimmer. This Free membership is for the full financial year, regardless of when the swimmer turns 8. Learn to Swim students wishing to take part in club nights & club activities must also be registered members for insurance purposes.

**8 yrs Swimmers** – a category of SQ membership continuing from 2015. All swimmers aged 8 years **at the time of registration**, are eligible for half price membership with all the eligibilities of a Competitive Swimmer. This membership is for the full financial year, regardless of when the swimmer turns 9.

**All other Swimmers:** all swimmers aged 9 years & over, who attend squad training with SCSC. Swimmers are eligible to compete in meets against other clubs - including Relay meets - either at their home pool or away, as well as attending Club nights & Club functions.

**Parent Members:** - All parents/guardians & volunteers need to enrol to be covered by the Swimming Qld insurance. Parent/guardian membership is free.

Registered members are eligible to take part in Club events, whether they attend training sessions or not. Please complete the Swimming Qld online enrolment form if you are not yet a member.

### 3.2. 2018/19 REGISTRATION FEES:

Registration / Membership fees - 2018/2019 Season (1 July – 30 June) are:

First Swimmer	\$145.00
Second Swimmer	\$135.00
Third Swimmer	\$110.00
Fourth Swimmer	\$85.00
Swimmer 8yrs	\$80.00
Swimmer 7yrs & Under	Free
Parent Members	Free
Non-Swimmer	\$12.50

Once membership has been paid it is non-refundable, however all but the 'Club Fees' component of registration is transferable if a swimmer moves to another club. Likewise, if a registered swimmer transfers to Southern Cross Swim Club, only the 'Club Fees' component is payable on a pro-rata basis.

For members who join after Easter, only the SQ/Bris Swimming component of the registration fees apply for the rest of that season, however new members are not eligible for any subsidies if they choose to attend Presentation Night.

## 4. SQUAD COACHING

All Squad training and coaching is conducted by Ripple Swim. All enquiries are to be taken directly to the Coach who can be contacted at: [info@rippleswim.com.au](mailto:info@rippleswim.com.au). While Southern Cross Swimming Club has a close relationship with our coaches, it does not set coaching policies or select coaches. .

Parents, and swimmers not already in the pool are to remain on the grassed area at all times and are not permitted on the pool deck.

***Coaches are not to be approached while squad is in progress.***

***No swimmer is permitted to swim under the pool covers.***

***All Swimmers MUST wear a cap while in the pool. This is a school rule.***

## 5. EXTERNAL CARNIVALS & MEETS

Advice of Upcoming Meet will ONLY be emailed out to Club members who have advised they wish to be on the Race Secretary email list. State, Regional Points Meets and Local meets will be added to Facebook as Events. Flyers, Entries and Results will be placed on the Club Web site.

Swimmers may nominate for any Development or Transition meet but may only nominate for the Club's designated Preparation Meet in the Brisbane Region. These meets will be on the Club

MEETS web page. Swimmers may also nominate for any meet outside the Brisbane region unless excluded in the Meet Flyer.

All Meet Nominations are through the ONLINE process Only, via the ClubLane/MyLANE system. To Nominate, follow the link on the SCSC web site or the flyer. You will need the MyLANE logon of each swimmer who wishes to nominate. Nomination fees are payable immediately to complete the nomination.

*Short Course* carnivals are held in 25m pools. Short Course (SC) times cannot be used as qualifying times for Long Course meets.

*Long Course* carnivals are held in 50m pools. Long Course (LC) times may be used as qualifying times for some SC meets.

See the “Competitive Swimmer Information Sheet” on the MEETS or DOCUMENTS page of the Club web site for more information on the types of meets and how to nominate.

## 5.1. REGIONAL CARNIVALS

Swimmers are **strongly** urged to participate in Brisbane Swimming Premiership point’s meets. Every swimmer gains points for the club. The Club currently competes in the Brisbane Premiership Swimming competition, in Division 2 for 2018/19. The club gains recognition and monetary rewards for placing in the top three teams in the division.

These meets are the **Brisbane Short Course Championships**, the **Brisbane Open Water Championships**, the **Brisbane Sprint Championships** and the **Junior & Senior Metropolitan Championships & Brisbane Relay Championships**.

Similarly, swimmers who meet the qualifying times are encouraged to nominate for Qld Swimming State level meets.

A list of all available carnivals and their dates is available on the **Qld 'Happening Calendar 2018/2019**. This document is available on the “Competition, Happening Calendar” page of the Swimming Qld website [www.qld.swimming.org.au](http://www.qld.swimming.org.au). **This calendar is constantly being updated.**

**ALL SWIMMERS MUST WEAR A CLUB CAP WHEN REPRESENTING THE CLUB AT ANY CARNIVAL.**

**All parents are expected to assist with timekeeping at any carnivals the club attends. A timekeeping roster will be prepared where applicable.**

Please speak to the Race Secretary if you have any questions about qualifying or nominating for a Meet. The Race Secretary can also provide a list of a swimmers top recorded times. This information is also available on the Swimming Qld web site, under the “Results Central” side bar.



## 5.2. FINANCIAL ASSISTANCE FOR STATE & NATIONAL CLUB REPRESENTATIVES

### FINANCIAL ASSISTANCE

Swimmers who achieve qualifying times to State and National competitions are eligible to request financial assistance. Each swimmer can nominate for Long or Short Course competitions with a maximum of 2 requests per calendar year.

The Club will pay a maximum of \$50 for State and \$100 for National assistance per swimmer. This assistance will be assessed on a case by case basis and any initial enquiries are to be made in writing to the Club Secretary for consideration. Assistance will only be considered for Club representation events, not school based competitions.

## 6. CLUB NIGHTS

Club Nights are held weekly on Thursday evenings from the first week of school in October to March at the Southern Cross Catholic College Pool.

**Admission** is \$5.00 per family. All access is via the front gate.

**An adult must accompany and be responsible for their children (under 16yrs) for the whole of the time the club functions each evening. The committee and coaching staff cannot accept responsibility for the supervision of swimmers before, during or after these meets.**

**Marshalling** commences at 6:00 pm sharp, with the first event commencing soon after. Those events to be swum on a particular evening are below. Distance events will be swam first and qualifying times apply.

The following attire is required of all swimmers:

Girls are required to wear an appropriate one or two piece swimming costume

Boys are required to wear 'racers' and are not allowed to wear board shorts.

All swimmers **must** wear a cap while in the pool. (This is a school rule and cannot be varied)

### 6.1. CLUB NIGHT NOMINATIONS

All swimmers must nominate for those events in which they wish to swim prior to the meet. Any swimmer who has nominated to swim in an event and does not wish to do so, **MUST** notify the Marshall immediately **PRIOR** to the start of the meet.

Nominations for Club Nights are to be lodged via the online nomination system. A link to this is on the CLUB NIGHTS page of the club web site. Select the Week Number you wish to nominate for.

Nominations close by 4pm the prior **Tuesday**. **Late nominations cannot be accepted**. Once a swimmer has nominated he/she is unable to change that nomination unless they notify the club night

recorder on the Tuesday prior. Swimmers can only swim one distance per stroke per night. If multiple nominations are received, the latest nomination will be used.

**Swimmers who fail to nominate will not be permitted to swim** unless a lane is available. Times will be recorded but no points will be awarded. No changes or new entries will be accepted once the first race of the Night has commenced.

***10m events are classed as “Exhibition Swims” and no points will be awarded for this distance.***

**ONLY Registered and financial SCSC Members are eligible to compete at Club Nights or Club Championships.** All swimmers MUST be registered with Swimming QLD to be covered by SCSC Insurance. There can be NO exceptions. Please see the “Club Registration” section for more information and allow sufficient time for the Registration process, prior to nominating for Club Night.

## **6.2. CLUB NIGHT OFFICIALS & DUTIES**

All parents are required to assist the club in duties on club nights to enable the efficient and effective running of all events. You need not be experienced - all that is required is to be willing to assist.

- **REFEREE:** The Club will appoint a Referee. All swimming shall be under the control of the Referee.
- **STARTER:** One starter is required, and starts will be as per QSA rules.
- **RECORDER:** One recorder is required to monitor and process electronic results from the Semi-Automatic Timing System while the meet is in progress.
- **MARSHALL:** One Marshall is required to organise the swimmers into their heats and lanes as per the club night program supplied each week.
- **CHECK STARTER:** One Check Starter is required to ensure swimmers line up in correct lanes as per the club night program.
- **TIME KEEPERS:** Two timekeepers per lane are required (a total of 14 people) to ensure swimmers times are recorded accurately.

*(If you wish to learn a particular role, please let one of the committee members know so training can be arranged.)*

**The club night cannot commence until all these positions are filled.**

Assistance is also required for the following:

- **BBQ:** Each family is expected to take a turn at cooking the BBQ. This will be done on a roster system which will be put out prior to the first club night. Food for cooking will be provided by the club.
- **SETUP/PACK UP:** Assistance is required for the following jobs:
  - Put in the additional lane ropes and to remove them after swimming is finished.
  - Set up & pack up of chairs for time keepers & at marshalling
- **FRONT GATE:** A couple of people are required to collect and record family admission payment, and oversee the completion of the duties nomination roster for the evening.

**Be sure to put your name down on the duties roster sheet when you arrive at Club Night, to ensure your assistance is recorded so your family meets the minimum assistance requirement for Club Championships participation.**

### **6.3. STROKE RULES**

SCSC has adopted the QSA rules for each individual stroke. If you wish to have a rule clarified or discuss the disqualification of your child, the Coach or Referee will be only too pleased to assist. The Swimming Australia/SQ By Laws & Rule book is available on the DOCUMENTS page of the club website.

The *one start rule* applies for all club nights as per the QSA rules.  
Junior rule tolerances apply to swimmers 7 & Under, and to events of 25m or less.

### **6.4. CLUB SWIMS**

**SWIMMERS NEED NOT BE EXPERTS.** Swim distances start at 10 metres for the very beginner swimmers. There are no “races” at Club Meets, and heats of events are arranged according to a competitor’s time regardless of their age or gender.

The first time a child swims an event; that time is recorded as their best time. If the swimmer has attended Club meets from the previous season, their “times” for the commencement of the current season will be their BEST times from the previous season, including Club Championships. As they swim faster in the following weeks, these times will become their best times.

**Swimmers do not have to start with the shorter distances (10 & 25m),** however to ensure the smooth running of club nights, qualifying times must be met before swimmers are allowed to progress to longer distances. Proof of time may be required.

<b>Stroke</b>	<b>MUST</b> progress to 50 m after achieving 25m times	<b>MAY</b> progress to 100m after achieving 50m times	<b>MAY</b> swim in 200/400m after achieving the following 100m times
Free	25 sec	45sec	1min 40 sec
Back	27 sec	50sec	1min 50 sec
Breast	28 sec	55sec	1min 55 sec
Fly	25 sec	50sec	1min 50 sec
IM			1min 55 sec (or 50m Fly in 55 sec)

**DISTANCE EVENTS WILL BE SWUM FIRST ON CLUB NIGHTS.**

There will be two timekeepers for each lane. SCSC uses the CS Dolphin Semi-Automatic Timing (SAT) system to record swimmers times. The SAT program will average the recorded results, to produce the official time for a swim. The recorders result sheets are a manual back-up for the Semi-Automatic timing (SAT). They will only be used in the event of a failure of the SAT system.

Results will be posted on the CLUB NIGHTS page of the SCSC Web site as soon as possible after the event. .

*(Should we need to return to manual stopwatches, the official time for a swim is the slower of the times recorded by the two time-keepers.)*

Any queries regarding the posted results should be addressed to the Club Night Recorder at the club Gmail address. The official records of the club will form the only basis for making club awards. The swimmers own personal record of times and points will not be considered as a true record to debate towards club awards.

## 6.5. 2018/2019 CLUB NIGHT PROGRAM

Week No	Date	Distance 200	Event 2 10/25/50/100	Event 3 10/25/50/100	Event 4 10/25/50/100
1	11 <sup>th</sup> Oct	IM/Back	Free	Breast	Back
2	18 <sup>th</sup> Oct	Free	Fly	Free	Breast
3	25 <sup>th</sup> Oct	Breast/Fly	Back	Fly	Free
4	1 <sup>st</sup> Nov	400 free/IM	Breast	Free	Fly
5	8 <sup>th</sup> Nov	IM/Back	Free	Back	Breast
6	15 <sup>th</sup> Nov	Breast/Fly	Back	Free	Fly
7	22 <sup>nd</sup> Nov	Free	Breast	Back	Free
8	29 <sup>th</sup> Nov	IM/Back	Fly	Free	Back
9	6 <sup>th</sup> Dec	400 free/IM	Free	Breast	Fly
10	13 <sup>th</sup> Dec	Breast/Fly	Back	Free	Breast

## CHRISTMAS BREAK

11	31 <sup>st</sup> Jan	Free	Breast	Back	Free
12	7 <sup>th</sup> Feb	Breast/Fly	Back	Free	Fly
13	14 <sup>th</sup> Feb	Back/IM	Free	Breast	Fly
14	21 <sup>st</sup> Feb	400 Free/IM	Back	Free	Breast
15	28 <sup>th</sup> Feb	Free	Fly	Back	Free
16	7 <sup>th</sup> March	IM/Back	Breast	Free	Fly
17	14 <sup>th</sup> March	Breast/Fly	Free	Fly	Back
18	21 <sup>st</sup> March	Free	Breast	Free	Fly

TBA	CLUB CHAMPIONSHIPS
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## 6.6. CLUB RECORDS

All swimmers will be eligible for Club records every Club night. The records available to each age group can be found on the CLUB NIGHT page of the Club Web site. Records are updated twice per year – mid club night season (December/January) and after Club Championships (March) and will be reviewed annually.

There must be a minimum of two timekeepers per lane to have a record recognised if it is swum. It is important however to have enough timekeepers available, so please consider volunteering.

## 6.7. POINTS

Points are awarded for every swim (excluding the 10m events\*) – the better the time, the more points. At the end of the season all the points are aggregated and trophies awarded.  
*(\*Those who have only competed in 10m events will be eligible for an “Encouragement” trophy).*

From this, it can be seen that the maximum number of points can be gained by swimmers who swim every week, swimming in all events offered each meet, and regularly improve their times. In this way swimmers are encouraged to develop their own swimming ability and do not have to win ‘races’ to gain Club points.

**Points will be awarded as follows:**

TIMES IN SECONDS	POINTS
More than 2.5 slower than best time or a first swim (NT)	1
Between 1.6 & 2.5 slower than best time	2
Between 0.60 & 1.59 slower than best time	3
0.59 either side of best time	4
Between 0.60 & 1.59 faster than best time	5
Between 1.60 & 2.5 faster than best time	6
More than 2.5 faster than best time	7

- If a faster than best time is recorded, this time will become the swimmer’s best time for future points.
- No points will be awarded to a swimmer who is disqualified.
- When a swimmer increases distances for the first time, this swim is regarded as a base time and one point will be awarded.

**Sprint and Distance events are calculated separately. The award for Sprint Aggregate Points is calculated from Events 2, 3 and 4 (25, 50 & 100m events). The Distance Aggregate Points award is taken from the Distance Events (200 & 400m) events. These awards are presented separately on Trophy Night.**

*10m Events are classed as “Exhibition Events”, therefore NO points will be awarded.*

## **6.8. CLUB NIGHT RULES**

- Children are not to leave the pool area. (School buildings and playgrounds are off limits by order of the Principal).
- Swimmers must not walk in front of timekeepers at any stage when an event is in progress.
- Silence is required on the Referee’s whistle at the start of each event. **Any swimmer who breaks this rule may be disqualified from his/her next event.**
- The Marshall will not delay any event for any swimmer who does not report when called. Any such swimmer will forfeit his/her swim in the event.
- On completion of a race, competitors must leave the water from the side of the pool when instructed by the Referee.
- Please leave the pool area clean and tidy after all Club Activities. A few minutes spent by everyone makes all the difference.
- All swimmers **must** wear swimming caps while in the pool & these caps are to remain on their heads until the swimmer has exited the pool. (swim caps are available from the club shop)
- Observers are reminded that the pool concourse is out of bounds during all competition as per QSA ruling.
- Swimmers must remain on the grassed area when not marshalling or swimming their event.

## **6.9. CANCELLATION OF CLUB NIGHT**

The Committee will decide if the Club activities should be abandoned. The decision will be made on the evening of the Club meeting **at the pool NO EARLIER THAN 5.30PM.**

**In general, Club night will not be cancelled unless an electrical storm is present when club night is due to start.** The Program may be altered at the discretion of the Management committee or Club Nights may be cancelled or shortened due to weather.

## 7. CLUB CHAMPIONSHIPS

Club Championships are held annually in March, after the conclusion of Club Night Season. They are open to all registered swimmers provided that they are fully financial and that they also meet the following Club Championship qualifying criteria:

### 7.1. ELIGIBILITY CRITERIA

EITHER:

- swimmers must have swum a minimum of 8 club night swims, (or 50% of available Club nights since joining, if joined after the commencement of the Club Night season, with a minimum attendance of 4 club nights)
- all parents are required to assist the club in duties on club nights including time keeping, canteen, marshalling or other duties where required. A minimum of 8 nights per family is required for eligibility (or 50% as per the above)

OR:

- A combination of attending at least 5 Club Nights, plus representing SCSC at Club Points Meets, to make a minimum of 8 attendances.  
(Eligible points' meets are:
  - Brisbane Short Course Championships,
  - Senior or Junior Metropolitan Championships,
  - Brisbane Open Water Championships,
  - Brisbane Sprint Championships,
  - McDonald's Qld Championships
  - Brisbane Relay Championships.)

*Exemption may be given at the discretion of the committee. To apply for an exemption, a written submission must be lodged with the Club Secretary, no later than three weeks prior to the Club Championship date.*

### 7.2. CHAMPIONSHIP NOMINATIONS

Club Championship Flyer will be sent out approximately four weeks prior. Eligible swimmers need to complete the online nominations form and lodge full payment with the Club by the due date advised on the flyer, either by Internet transfer or EFT in the office.

Full details, including admission & the cost per nominated event, will be advised on the Flyer.

### 7.3. EVENTS

The age group swimmers compete in, is determined as age at the date of the Club Championship. Events swam at club championships will be as follows:

Age group	Sprint Freestyle	Backstroke & breast stroke	Butterfly	Distance Freestyle	Individual medley
6 yrs & Under EXHIBITION	10m	10m	10m	N/A	N/A
6 yrs	25m	25m	15m	N/A	N/A
7yrs	25m	25m	25m	50m	N/A
8yrs	50m	25m	25m	100m	N/A
9yrs,	50m	50m	50m	100m	N/A
10yrs, 11yrs	50m	50m	50m	100m	200m
12, 13, 14, 15 & over	100m	100m	50m	200m	200m

**Events are run according to age and gender**, however races will be combined to ensure no one is swimming by themselves. Combined events will still be scored separately.

- Medals will be presented on the day to swimmers who place 1st, 2nd and 3rd in each event & all 6yrs & under exhibition swimmers.
- Age championship trophies will be awarded on Presentation night for each age group, from 6yrs onwards (Excluding the 6&Under Exhibition swimmers)

All age group swims will count towards age champion on the basis of:

1st	5 points,
2 <sup>nd</sup>	3 points
3 <sup>rd</sup>	1 point

In the event of a tie, joint age champion will be presented. In cases where there is only one swimmer in an age group, no award will be given unless the swimmer enters at least 50% of the available events and completes the competition in the spirit in which it was intended.

### 7.4. CHAMPIONSHIP OFFICIALS

To ensure fairness and impartiality, the Committee will employ an independent Swimming Queensland Referee to oversee the Meet.

As with Club Nights, parents are required to assist with Meet duties such as Marshalling, Check Starting and Time Keeping and Canteen, as well as assisting with set up/pack up and other duties.

The day is divided into two sessions, with a different roster for each session to share the load. The Duties roster is made available at the final couple of Club Nights for the season.

**Please consider volunteering to ensure the day runs smoothly.**



## 8. PRESENTATION NIGHT

Presentation Night is the Clubs' Annual Awards night. It is held at the end of the swimming season, after the completion of the Club & Brisbane Premiership season. The Evening is a dinner with formal presentations, followed by dancing. Dress is Smart casual – no shorts or thongs.

The night is open to all swimmers and families that are fully financial, however to be eligible to receive a Club night points' trophy a swimmer must also meet the following criteria:

- Swimmers must have swum at a minimum of 8 club nights
- Or a minimum of 5 Club Nights **PLUS** 3 of the following Brisbane Premiership Points Meets:
  - Brisbane Short Course Championships
  - Brisbane Open Water Championships
  - Junior or Senior Metropolitan Championships
  - Brisbane Sprint Championships
  - Brisbane Relay Championships
- If joined after the commencement of the club night season, 50% of available club nights must have been swum (with a minimum attendance of 4 club nights).

*It is not necessary to have competed in the Club Championships to attend Presentation Night.*

**All fees must be paid in full in order to be eligible for any award.**

## 8.1. ANNUAL AWARDS & TROPHIES

### AGGREGATE TROPHIES

TROPHY	SPONSOR	COMMENTS
Sprint Points Aggregate	Club	Eligible swimmers will receive an award based on aggregate points earned during the season for all sprint events.
Sprint Champion	Club	The overall Sprint Points winner will be awarded the CLUB SPRINT CHAMPION trophy
Distance Points Aggregate	Club	Awarded to swimmers who have accrued at least 40 points during the season in all distance (200 & 400m) events
Distance Champion	Club	The overall Distance Points winner will be awarded CLUB DISTANCE CHAMPION

### PERPETUAL CLUB TROPHIES

TROPHY	SPONSOR	COMMENTS
The Patrons Award	Southern Cross Catholic College	This award is for the swimmer who brings the most recognition to the club throughout the season. (Does not have to be a SCCC Student)
The Dennis Longley Memorial Trophy	Diane and Tina Longley	In recognition of outstanding participation & contribution to swimming. It can be received by a swimmer 13 years & over, who has been a member of the Club for the full season.
The Coach's Awards	Coaches	To be awarded at the coach's discretion.
The Jayden Hadler Award	Club	Junior Rising Star award. This award can be received by a swimmer 12 years & under, who has been a member of the Club for the full season.
The Colleen Hadler Award	Club	A swimmer who embodies the spirit of the Club, friendship, support and role models a commitment to swimming training and club representation.
<b>Petrie Shield</b>  The Award consists of three individual awards:	Mr Luke Howarth MP,  Federal Member for Petrie	Named after Andrew Petrie, a local builder, explorer & pioneer, after whom this electorate is named. Petrie was a hard worker & the first white man to climb Mt Beerwah. He eventually lost his eyesight, yet continued to run his construction business. Today his legacy can still be seen in many of the buildings and foundations around the Moreton Bay region. They are his legacy not just because he built them but because he inspired & helped others to discover

<ul style="list-style-type: none"> <li>➤ Junior,</li> <li>➤ Intermediate</li> <li>➤ Senior</li> </ul> <p>All will be acknowledged on the one <b>Petrie Shield</b></p>		their strengths.
	<b>Junior Dolphin (8 &amp; Under)</b>	An Encouragement award for a swimmers who: <ul style="list-style-type: none"> <li>➤ Is a regular attendee at Club Night</li> <li>➤ Shows the right attitude and a continual improvement throughout the season</li> </ul>
	<b>Intermediate (Ages 9-13yrs)</b>	An Encouragement/Leadership award for a swimmer who: <ul style="list-style-type: none"> <li>➤ Shows commitment and dedication to swimming, (including training) and always tries their hardest</li> <li>➤ Represents the club on a regular basis</li> <li>➤ Displays great sportsmanship at all times.</li> </ul>
	<b>Senior (14yrs &amp; Over)</b>	A 'Clubbies Award' for a swimmer who: <ul style="list-style-type: none"> <li>➤ Shows commitment and dedication to swimming, (including training) and always tries their hardest</li> <li>➤ Represents the club on a regular basis</li> <li>➤ Displays great sportsmanship at all times.</li> <li>➤ Leads by example, offering assistance around the club, doing tasks that so often go unnoticed</li> <li>➤ Inspires others to discover their strengths and encourages them to become the best they can be</li> </ul>

## 9. SWIMMING AUSTRALIA SAFE SPORT FRAMEWORK,

The Safe Sport Framework (SSF) confirms the shared responsibility we all have for keeping each other safe in swimming - children and adults alike. It replaces Swimming Australia's previous child and member welfare policies and procedures from 29 July 2016, as well as our Codes of Conduct.

### 3.5 General Code of Conduct (extract from Part 3 of SSF)

Swimming Australia and Clubs expect that the following General Code of Conduct and the Code of Conduct for dealing with Children or Young People are followed at all times and by all people involved in any way with the Sport of swimming:

- a) Respect the rights, dignity and worth of others – treat others as you would like to be treated yourself.
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations.
- c) Be professional in, and accept responsibility, for your actions.
- d) Be aware of and follow - at all times - Swimming Australia's standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others. This includes the Code of Conduct for dealing with Children or Young People.
- e) Operate within the rules and spirit of the Sport, including the national and international guidelines that govern Swimming Australia.
- f) Understand the possible consequences of breaching the Safe Sport Framework.

- g) Report any breaches of the Swimming Australia Safe Sport Framework to the appropriate Person(s) in a Position of Authority, as appropriate.
- h) Refrain from any form of Abuse, Harassment, Discrimination and Victimisation towards others.
- i) Raise concerns regarding decisions or conduct of Persons in Positions of Authority through the appropriate channels and in a timely manner.
- j) Provide a safe environment for the conduct of activities in accordance with any relevant Swimming Australia policy.
- k) Show concern, empathy and caution toward others that may be sick or injured.
- l) Be a positive role model to all – particularly to your team.
- m) Respect and protect confidential information obtained through Swimming Australia activities or services – whether regarding individuals or organisational information.
- n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to your role(s).
- o) Ensure that any physical contact with others is appropriate to the situation, such as being necessary for the person's skill development.
- p) Subject to lawful exceptions, refrain from intimate relations with persons over whom you have authority.

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**Failure to abide by these rules may result in your removal from the venue.**

## 10. CLUB POSITIONS

### Southern Cross Swimming Club Committee and Positions 2018 / 19

<b>Position</b>	<b>Person</b>
<b>President</b>	Steve Birch
<b>Vice President</b>	Stu Koch
<b>Secretary</b>	Jacqui Wright
<b>Treasurer</b>	Joe Borger
<b>Registrar/ Race Secretary</b>	Dee Sanderson
<b>Club Night Race Secretary</b>	Vanessa Fenwick
<b>Committee Member</b>	Stacey Koch & Skye Tapping
<b>Committee Member</b>	Tania Kouvaras & Kerri O'Grady
<b>QSA/BSA Representative</b>	Lori Chaplin
<b>Head Coach</b>	Jayden Hadler
<b>Assistant Coach</b>	Paulo Alvear Fuji
<b>Club Night Recorder</b>	Vanessa Fenwick & Tania Kouvaras
<b>Chief Timekeeper</b>	As Per Roster
<b>Referee</b>	As Per Roster
<b>Marshall</b>	As Per Roster
<b>Starter</b>	As Per Roster
<b>Announcer</b>	As Available
<b>Club night BBQ co-ordinator</b>	Cheryl Birch
<b>Uniform Coordinator</b>	Jacqui Wright
<b>Grants Coordinator</b>	Joe Borger
<b>Website and Facebook, Team app</b>	Tania Kouvaras
<b>Swimming Brisbane and QLD delegate</b>	Tania Kouvaras

Thank you to all who have taken on a "Voluntary Position"