

RIVER CITY



SWIM CLUB

**Creating healthy bodies and minds through the
pursuit of excellence in swimming.**

- **Providing opportunities for swimmers to develop their physical, mental, technical and lifeskills.**
- **Instilling a sense of self-confidence and self-esteem.**
- **Encouraging respect, honesty and self motivation.**
- **Promotes positive social interaction through the encouragement of sportsmanship and club spirit.**
- **Promoting swimming from the school level.**
- **Provides an environment where swimmers can reach their potential in competition.**

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WELCOME TO RIVER CITY SWIMMING CLUB

The Committee of RIVER CITY SWIMMING CLUB would like to welcome you to the 2010/11 Summer Season and our Club's 13th year.

Our Club aims to promote competition, fitness and fun, and is designed to bring the whole family together in a healthy outdoor sport! We also aim to cater for everyone, from swimmers who wish to compete purely on a Club level through to aspiring Australian Representatives. And for those that would like to get involved in the swimming community as volunteers and/or officials – you are also most certainly welcome.

This booklet has been compiled to provide you with information as to the Club's procedures and activities for the forthcoming season together with important dates for various meets that our Club swimmers will be encouraged to attend. We hope we have been able to anticipate most of your queries, however should you require any further information, please do not hesitate to contact any one of our Committee Members or our Club Coach, Dion Walmsley.

We wish all our members a successful Summer Season and hope this season will be a rewarding one.

CLUB COMMITTEE 2010/11

President	Dion Walmsley
Vice President	Kerri Mann
Secretary	Veronica Green
Treasurer	Bill Schafer
Club Coach	Dion Walmsley
External Meet Registrar & Race Secretary, Club Registrar	Kym Walmsley
BSA Delegate	Di Greene
SQ Delegate	Di Greene
Team Selector	Dion Walmsley

FROM THE PRESIDENT (& COACH)

Last season River City introduced several strategies with the goal of increasing the strength of our junior membership. Fortnightly club-nights throughout the season allowed our juniors to practice their skills and release their competitive nature. A great spin-off of these nights was the involvement of our senior swimmers as starters, recorders and timekeepers. Our February novice meet grew in numbers and looks to be an annual must-go-to for the junior swimmers in the area.

We also trialed a junior camp during the summer school holidays with our more committed swimmers, which was a resounding success. This will definitely become part of this year's calendar, and will provide an opportunity for all juniors to quickly develop their skills going into the 'serious' part of the swim season. The seniors were definitely not left out with a boot camp at Maleny the following week. They learnt new and challenging skills such as tent construction, BBQ101 and cane toad termination. This year there is not one, but two boot camps for the seniors – with a whole new forest track to run through!

We are very excited this year to further strengthen our relationship with Somerville House by offering a very appealing package, which covers training and membership. In fact, my wife is at this very moment going through the first round of acceptances (she loves it!). Already we have a large number of Somerville students taking up the offer and I know this increase will greatly benefit both the school and the club. I have wonderful memories of River City and Somerville being at the top of their respective competitions with a very strong junior base. We thank the school for giving us this opportunity and for their ongoing support of the club.

While we have focused on our juniors over the past two years, our seniors have definitely not being neglected – nor have they being complacent. The club has a very strong core of seniors that (looking into my crystal ball) will take the club to great heights on the State, National and International arena. Already this season, we had Taylor Green and Lauren Rettie make their first State team at the recent State team competition held at the AIS. We also had Nick Schafer as our first Target Squad member, wining gold medals at the recent Youth Olympics and Junior Pan Pacs. While it is a long and arduous journey to making national open teams, our swimmers have definitely taken their first steps.

It is not only our swimmers that are making national teams, but also our officials and coaches! Di Greene continues to be involved in the sport from a Club to International level. In the past season she was involved in the Commonwealth Trials, national Short Course and the Oceania Games and is a regular on the tv for nearly all televised meets! Di's knowledge is put to very good use at our meets and we are very fortunate to have such experience and knowledge within the club. I have also being very fortunate to have been placed on several teams this past season including the Junior Pan Pacs, QAS/SQ China Development trip and the Qld Male Head Coach of the recent Australia Teams Age Championships. All excellent learning experiences that I know will assist all our River City swimmers achieve this season.

We also have extra coaches on pool deck with a strong commitment to a constant improvement in both coach to swimmer ratio and coaching skills. With Cian, Geaty and Lana becoming regulars on pool deck and establishing a great rapport with the squads, our swimmers can expect quality coaching every session. Along with a very dedicated committee the club is indeed in very good hands.

Of course we are always on the lookout for further volunteers. A club such as River City relies heavily on the help of parents. So if you think we're doing a good job then show your appreciation by assisting where you can. All our committee hold down full-time jobs so any offers, no matter how brief or small, are greatly appreciated. It's also a good chance to get involved in something that I know your child will remember in years to come as a friendly and supportive club.

Dion Walmsley

President/Coach

MEMBERSHIP DETAILS

River City Swim Club has 2 types of membership, Competitive Swimmer and Recreational Swimmer. The two memberships differ substantially, so please read carefully before signing up.

Competitive Swimmer

\$90.00 for one child

\$180.00 for 2 children

\$225.00 for 3 children

\$30 for each child after

Who does this suit?

This type of membership is targeted at the swimmer who wants to obtain all the benefits available to a full member with no limitations.

Benefits

Registered with BSA and SQ so able to swim BSA & SQ events

No nomination fees for River City Spring Meet or Novice Meet

Eligible for Club nights and trophies

Members rate training fees (For Nippers/Mini Squads)

Subsidised rates for Meet Trips and Squad Camps

Support when selected in Brisbane Torpedoes teams

Support when attending National Championships

Recreational Swimmer

\$80.00 for 1st and 2nd child

\$40.00 for 3rd child

\$30.00 for 4th or more children

Who does this suit?

This type of membership is aimed at the swimmers who do not wish to compete at club, regional, state or national meets. You will still be registered with BSA/SQ however you are only able to compete at club nights.

Benefits

Registered with BSA and SQ (insured at club nights)

Members rate training fees

Eligible for Club nights and trophies

No nomination fees for River City Spring Meet or Novice Meet

Club Membership Fees

A large portion of Club Membership fees, whether for a Full Member or an Associate Member goes to registrations with the parent bodies - Brisbane Swimming, Queensland Swimming and Australian Swimming. Membership comprises Queensland Swimming Association and Brisbane Swimming Association registration fees. This fee also includes Queensland Swimming Association arranged insurance charges – so to ensure all our Club members are protected by insurance cover, we must request that membership fees are paid at the commencement of the Season. No registration form will be accepted without payment.

SQUAD INFORMATION

Mini - Squad 3:30 - 4:15pm

Technique refinement is still a priority however there will be an emphasis on breaststroke and butterfly, as these are generally the hardest strokes for the young swimmer. Swimmers will be building up to 50m of freestyle and backstroke and 25m of butterfly and breaststroke, all with good technique.

Generally a maximum of 8 swimmers to a class and suggested attendance is two sessions per week.

Junior Blue Squad 3:30pm - 4:30pm

This is one of the first 'real' squads that swimmers enter into. It is for the younger swimmer aged approximately 7 to 10 years of age. To be eligible for this squad, swimmers will have to be able to perform all strokes correctly. They should be able to swim 50m of freestyle and backstroke and 25m of breaststroke and butterfly.

The typical session will be approximately 50% drills and 25% kick and swim. During their time in this squad we will be aiming to increase the distances the swimmers can swim while continuing to improve technique.

Swimmers will be introduced to training skills such as knowing their order in the lane, leaving by the clock and how to read the clock, streamlining off the wall and correct turns and dives. There will be some time spent on racing skills such as diving. Some swimmers may wish to enter club meets and/or appropriate BSA meets throughout the season.

Suggested attendance is two to four sessions per week.

Junior Gold Squad 3:30pm – 4:30pm

This is the next squad up from the Junior Blue. Typical swimmer age in this squad is about 9 to 12 years of age. All swimmers should be able to swim 200m of freestyle (bilateral breathing) and 100m backstroke and breaststroke and 50m butterfly. Sessions will still include a lot of drill work as it is very important to ensure all swimmers have a good stroke if they wish to keep progressing.

Coaches will also work on strengthening the swimmers kick and building distance up. Swimmers will start to do 'main sets' but as mentioned before these will contain a lot of drill work.

Training and racing skills such as those described in Mini squad will continue to be taught, plus new skills such as stroke counting and correct pacing will be introduced. There will also be regular speed work, usually in the form of 10m – 25m sprints.

Suggested attendance is three to five sessions per week.

Intermediate Squad 4:00pm – 5:30pm

This squad is for the swimmer who is looking to enter into, or improve in, competitive swimming. To enter this squad, swimmers must be able to complete the following sets:

- 10 x 50m freestyle on 1.00
- 10 x 50m best form stroke order on 1.15
- 10 x 50m choice kick on 1.30

Training emphasis will be on developing progression drill sets and building endurance through main sets. Kicking will also play a major role within the session. There will be more speed sets such as 25m dives where the swimmer's racing skills will be refined.

Suggested attendance is three to five sessions per week.

Senior Squad

Swimmers in the Senior Squad may have goals that come under Triathlons, Surf Swimming, or different levels of competitive pool swimming such as State, National Age, or National Open. While this squad caters for many types of swimmers, all swimmers need to be proficient enough to undertake this level of training.

Swimmers in this squad will have clear goals that need to be planned with the Dion. The number of sessions each swimmer trains will depend on their goals. Generally swimmers at a State level should be training five to seven sessions, National Age seven to nine sessions and National Open ten sessions.

Training Fees

Note that Lane 8 club members, Somerville House Students Year 1 to 7 & 2nd/3rd family members receive the reduced fee. To receive reduced fees you must be a River City member.

	Casual		Weekly		Monthly	
	Non-member	Member	Non-member	Member	Non-member	Member
Mini Lane 8	\$10.00	\$8.00	\$25.00	\$22.00	\$90.00	\$70.00
Junior Blue/Gold	\$10.00	\$8.00	\$30.00	\$25.00	\$95.00	\$80.00
Intermediate	\$10.00	\$8.00	\$30.00	\$25.00	\$100.00	\$80.00
Seniors	\$12.00	\$10.00	\$40.00	\$35.00	\$120.00	\$100.00

Yearly Season Pass: \$900 per annum (July 1st to July 1st)

Training fee includes pool entry for squad training.

NB: Monthly Fees are due on the 10th OF EACH MONTH.

River City Rapids relies on members paying for the services and goods that they purchase. All members of River City Rapids will need to have a zero balance on their account. A member that owes monies to the club will not have race nominations accepted.

CLUB INFORMATION

Guidelines for Parents

- Remember to check the Club's Newsletter, which is numbered and will be issued on a regular basis.
- **The club does not run without the parents support. This includes club nights where it is expected all parents will assist with the running of club nights including timekeeping and BBQ's**
- There are two notice boards located at the pool. The first is the coach's whiteboard. This will have details of upcoming events. The second is on the wall under the clock. Here you will find information on swim meets, the current newsletter and other miscellaneous information.

Nominations for Swim Meets

The River City Swimming Club competes in Brisbane Swimming Association (BSA), Queensland Swimming Association (SQ) and Swimming Australia (SAL) meets as well as meets offered by other clubs. Details of these meets are placed on the notice board and are also kept in a folder at the canteen. Every swim meet will have a **specific closing date for nominations**. Members can also check the web site for event details.

- Nomination envelopes for all meets are available at the canteen. Nominations for meets should be made out neatly and legibly in biro on appropriate envelope and, with correct money, placed in the club letterbox outside the canteen. ***Please make sure you complete the nominations envelope fully. BSA/SQ/SAL will not accept nominations without all this information.***
- The Club offers no guarantee that nominations without payment or handed in after the closing date will be accepted

Long Course Club Records

Club records (Long course only) can only be set in the following ways:

- At a BSA, SQ or Australian Swimming meet
- At the River City Club Championships.

Pool Records

Pool records can only be set at Somerville House Pool during any BSA/SQ sanctioned meet, River City Swim Meets or Club Championships.

Club Awards and Trophies

All swimmers participating in Club activities will be eligible for an award at the end of the season.

All Club swimmers are eligible for trophies in the following categories:-

- Most Improved – Male and Female, 12 years and under, 13 years and over
 - This will be awarded based on points achieved on Club Nights.
- Coaches Award – The Benson Family Perpetual Trophy
- Most Outstanding Achievement
- Participation and Encouragement Awards

Awards will be decided by Coach Dion Walmsley and will be based upon the swimmer's results over the entire season.

Club Clothing

ALL swimmers representing the Club at Swim Meets are required to wear the Club Shirt and caps and are encouraged to wear the club togs.

Club Rules

Rules 1 to 18 are in relation to Club Nights or Any Meet Hosted by River City

1. No child will be admitted to the pool enclosure unless accompanied by an ADULT who will be responsible for their child's conduct at the pool and on the way home. A child shall be a person 12 years of age or under.
2. POOL SAFETY: Responsible people will be in attendance each Club Nights or any meet hosted by River City. Competitors who are in trouble in the water should support themselves on a lane rope until help arrives. Raising the hand is a sign of difficulty.
3. No swimmer will pull or swing on lane ropes at any time. Swimmers **MUST GO UNDER** the ropes at all Club Nights and/or meets.
4. Change rooms must be kept neat and tidy. No swimmer should loiter in this area and personal items are not to be left in the dressing sheds. Unclaimed lost property will be given to charity.
5. **SMOKING IS STRICTLY FORBIDDEN** within the precincts of the Somerville Sports & Aquatic Center.

6. Except when permitted by officials, movement along the pool concourse is not permitted. Running and pushing is not permitted.

7. PARENTS

(a) Behaviour and Safety

Your children are your responsibility. Look after them and ensure that they abide by the Club Rules.

(b) Health

Each parent should ensure their child's fitness to engage in Club activities.

8. Swimmers must remain in their allotted areas and keep clear of timekeepers at all times.

9. Call stewards will not delay any race for any swimmer who does not report when called to the blocks. If the Marshall has called the swimmers name and they do not respond – they will not be allowed to swim later. (This rule will be waived for new participants at Club Nights)

10. At the whistle, there must be absolute silence for the start until swimmers are in the water. Races will not begin until absolute silence prevails.

11. The President and/or the Executive Committee can cancel Club Nights at the pool by prior announcement at the canteen. Thereafter that time and at the referee's discretion, a Club Night may be cancelled during the course of the program if considered by the referee that weather conditions will endanger the safety of the swimmers. If abandonment is due to weather conditions, certificates and awards will not be allocated for events not held.

12. At all swim meets conducted by the Club; the referee's decision shall be final and binding in all cases. A verbal protest must be submitted to the referee within fifteen (15) minutes, followed up in writing before the next meeting. The protester must appear at the meeting to speak for the protest.

13. All grievances should be referred IN WRITING to a Swimming Club meeting for consideration, and will not be dealt with by any individual committee member.

14. Should any person disobey an instruction given by a Committee member or Club official, the referee may expel such person from the pool area, and bar such person from taking any further part in swimming activities on that day or subsequent days until the matter is heard by the Committee. The referee will report the name of any such person to the Committee, who will decide what further action is to be taken.

15. Age Grouping

JUNIOR	9 years and under
INTERMEDIATE	10, 11, & 12 years
SENIOR	13 years and over

16. Graduating times for 25 metres to 50 metres

Freestyle	25 seconds
Breaststroke	33 seconds
Backstroke	30 seconds
Butterfly	30 seconds

17. Once a swimmer has qualified to do 50 metres in any stroke, he/she must continue in that distance and not revert to 25 metres on any subsequent Club Night excepting any pool record attempt in accordance with

the provisions of Rule 26. Intermediate and Senior swimmers may elect to swim 50 metres regardless of previous times but must not revert back to 25 metres.

18. Heats of events will be seeded in order of swimming times without regard to age.

19. CLUB MEETINGS

The Club generally meets at 8.00am, Saturday on a monthly basis unless otherwise decided by the Committee. The meeting takes place at the Sports Complex

20. CLUB COMMITTEE

A Committee will be formed at each Annual General Meeting and will comprise those elected to positions at such meeting by the members of the Club. Members will comprise of swimmers and parents of swimmers.

21. CLUB EXECUTIVE COMMITTEE

The executive will comprise of the President, Secretary and Treasurer.

22. A Quorum will consist of 2 Executives and 2 members as a minimum.

SOMERVILLE HOUSE SPORTS AND AQUATIC CENTRE

RULES OF CONDUCT

The hourly rate charged applied to that part of any hour used by the hiring body or club.

The hirer and/or clubs are directly responsible for the behavior and actions, of any visiting members, and burdens the cost of damage caused by a visiting member while a guest at the facility.

Unruly behavior or inappropriate actions, such as bad language or physical violence, will not be tolerated and will result in the removal of the offending persons from the facility. This is consistent with the guiding principles of Somerville House.

Parents are not permitted on the pool deck during any instructional program.

Parents who wish to discuss any aspect of coaching with the coaches must make an appointment with that person; appointments can be made through the facility manager.

Club officials and committee members are expected to abide by these rules.

No smoking in the Sports Complex or pool area.

No alcohol is permitted on the premises.

Appropriate swimwear must be worn.

Aaron Clarke
Facility Manager

Club Calendar

	Holidays	Club Events	BSA/QS/SAL Events	Comments
October		Club Night 8	SQ LC 9-10 (Chandler)	SQ is a qualifier
		River City Spring Novice 9th		Open to all swimmers. Will require volunteers
		River City S.C. Meet 17th		Will require lots of volunteers
		Club Night 22		
			BSA LC 30	
November		Club Night 5	BSA 6th Intradivisional Meet	Team is selected for Intradivisional Meet for 8 years and over.
		Club Night 19	SQ LC 13-14 (Chandler)	
			City of Charm 19-21	A great trip away for the club!
December		Club Night 3		
			SQ Champs 11-17	Compulsory for all qualifying swimmers.
	11 Dec to 23 Jan holidays	Club End of Year Breakup 18		This will start at approximately 4:30pm. Xmas Hamper raffle drawn today.
January	26 Australia Day		BSA Restricted 30-31	
February			River City BSA Meet 13th	Lots of volunteers needed.
		Club Night 3	BSA Jnr Mets 18-20	Compulsory for all Juniors who qualify
		Club Night 17	SQ LC Qualifier 26-27	
		River City Meet 20		River City Rapids Swim Club Summer Short Course Novice Meet
March	QGSSSA 10	Club Night 3	BSA Snr Mets 11-13	
		Club Night 17	SQ LC Qualifier 26-27	
		Club Championships 31		
April			SAL Opens 1-8 SOPAC	
	2 - 11 Holiday		Sal Age 18 - 22 Adelaide	Club End of Season Breakup 16

Please note that the club encourages swimmers to attend other swim meets not on the calendar at the time of printing. As these meets come up we will put all relevant information on the notice board on pool deck.

Web site: rivercityrapids.org.au