

HANDBOOK FOR NEW PARENTS AND SWIMMERS



Welcome to the Onkaparinga Swimming Club Inc.

The Onkaparinga Swimming Club (Onka's) was reformed in 1990 and has been successfully competing at various meets and carnivals for the past 19 years. We have 125 swimmers participating in our programs from learn to swim program through to our State/National squad. The official colours of the club are green and gold.

The Club has been recognised for outstanding success and development over the last 9 years. Swimming SA has awarded the Onkaparinga Swimming Club "The Swimming Club of the Year" award for South Australia in 2006, 2004, 2002. The Club has continuing success competing in the SA Country Championships winning the Premier Club of this event with the Advertiser Shield being awarded for the past consecutive 9 years.

The Onkaparinga club is located in the Adelaide Hills town of Woodside and attract members from all areas of the Adelaide Hills and surrounds. Onka's is affiliated with Swimming SA which is the peak body for the administration of competitive swimming in South Australia. The Club and its registered members are bound by the Constitution, Rules, and By-laws (as amended from time to time) of Swimming SA Inc., Swimming Australia Ltd, and FINA.

Onka's is a member of the Eastern Districts Association SA along with the swimming clubs from Murray Bridge, Strathalbyn and Mount Barker (Mountain Pool).

The official swimming season is from 1st May to 30th April each year. Onka's also has the advantage of being able to train all year round by using the facilities at the Adelaide Hills Swimming Centre (Woodside pool) during summer and the Inverbrackie (Woodside Army Barracks) indoor pool facilities during winter. This enables our swimmers to maintain their fitness levels and competitiveness throughout the year.

Onka's structures its swimming program to encourage every swimmer to reach his or her maximum potential in competition swimming. The developmental program is designed with this aim in mind. The coaches encourage the swimmers to strive for their best and in doing this they will hopefully build their; character, confidence, determination, discipline and dedication.

Pat Wheeler is the Head Coach of the club. Pat is assisted by assistant coaches, Stephanie Palmer-White and Sarah Wheeler. Sarah Wheeler coordinates the "Learn to Swim" program assisted by Monica Kato.

Membership Categories

The following categories of membership apply to the Club:

1. Competitive membership for swimmers competing in events.
2. Associate Membership for all other persons with an interest in the Club.
3. Life Membership which may be conferred on any member who has rendered eminent service to the Club. Appointment of Life Membership is only be made at a general meeting after consideration of a recommendation from the Committee.
4. Technical Official Membership which is open to Swimming SA qualified technical officials only who shall hold Swimming Australia Limited Technical Official accreditation excluding Timekeeper accreditation.

Club Objectives

The Club's official objectives are to;

- Promote and facilitate the sport of swimming in a safe and fair environment,
- Do all things necessary for the effective management, operation and control of the Club, its members, and its property,
- To ensure compliance with the Policies as adopted by Swimming SA and complies with the Member Protection Policy and Code of Conduct,
- To develop swimmers race skills to enable them to participate at competition level.

Onka's operates under the terms and conditions as detailed in the Club Constitution which can be found on the club's web page.

Club Coaches will work with the swimmers on building confidence through the setting of long & short term goals for the team and each individual. The Head Coach will assist the assistant coaches with professional development. Our coaches believe in the importance of good communication between, swimmers, officials and parents.

Onka's expects all members to show respect and appropriate behaviours towards each other and to everyone associated with the Club and its activities. The Club has adopted the Swimming Australia behavioural guidelines but also has some additional expectations that are specifically relevant to Onkas. Please refer to the "Onkaparinga Swimming Club Behavioural Guidelines" published on the Onka's web page and to the Swimming Australia web page for their behavioural guidelines.

Team Goals

- To strengthen the team and the individual's character.
- To create an atmosphere of team spirit, unity and support.
- To develop competitive spirit as a team.
- To work hard in pursuit of team's excellence
- To attain the team's maximum potential in competition swimming

Club Committee

The Club has an elected Committee that oversees the administration of the club in accordance with the Constitution. The Committee has the management and control of the funds and other property of the Club. The Committee comprises of a President, Vice President, Secretary, Treasurer, Minutes Secretary and Committee members. The Head Coach attends the committee meetings as a consultant and is currently also a voting committee member. Any potential issues of conflict of interest are managed by the president of the committee.

Committee Members

President	David Hombsch
Vice President	Jo Tremellin
Secretary	Jane Pool
Treasurer	Chris Marshall
Committee Member	Pat Wheeler
Committee Member	Amanda Wheeler
Committee Member	Bob Harris
Committee Member	Stephanie Palmer-White
Committee Member (minutes secretary)	Jane Pickering
Committee Member	Ellen Brooks
Committee Member	Anat Goldstein
Committee Member	Hamish Nairn
Committee Member	Wendy Vidugiris

Office Bearers

Nominations Officer	Melody Remnant
Nominations Officer assistants	Ellen Brooks/ Wendy Vidugiris
Swimming SA Delegate	David Hombsch; Pat Wheeler
Recorder	Sarah Wheeler
Register	Stephanie Palmer-White
EDASA Delegate	Bob Harris, Pat Wheeler
Media/Publicity Officer	Pat Wheeler
Uniform Stewart	Amanda Wheeler
Newsletter	Wendy Vidugiris
Auditor	Gordon Papps
Public Officer	David Hombsch
Trophy Stewart	Sarah Wheeler
Patron	Mark Goldsworthy

Support Positions

Sponsorship	Dale Turner
Catering	Jane Pool, Anat Goldstein, Mark West
Open Carnival Director	John White

Annual General Meeting

The Annual General Meeting is held each year within one calendar month after the end of its financial year; i.e., before 31st May each year. At least 21 days notice of the meeting will be given to all club members. All club members are encouraged to attend the meeting. In 2009 the AGM was held on the same evening as the Annual Presentation Evening. Feedback from members has indicated that this was a success and there are plans to hold the two functions on the same evening again in 2010.

Eligibility for Squads

Swimmers must be prepared to compete in at least 4 carnivals or interclub events in each swimming year. Competitive membership is open to all age groups, both adults and children, but before joining the club swimmers interested in joining must be able to:

- Swim 1 x 25 metres freestyle showing acceptable breathing techniques
- Swim 1 x 25 metres in 1 x BBB stroke (Butterfly, Backstroke or Breaststroke).

Joining the Club

All prospective members are encouraged to first speak with the Head Coach and discuss the expectations of the club. Swimmers will need to meet the eligibility criteria listed above prior to joining the club. When you decide to join the club you will need to have:

- A medical certificate declaring the swimmer's fitness to swim and any medical conditions, asthma, allergies etc.
- A police clearance check if you are an adult swimmer
- A certified copy of the parent's and/or swimmer's driver's licence
- Details of the swimmer's or parent's vehicle's registration
- All swimmers must familiarise themselves with the Swimming Australia Member Welfare and Child Welfare Policy Documents and must be prepared to adhere to these policies when renewing membership yearly.

Training

The Club offers competitive swimming training sessions to improve strokes technique and performance. Skills taught at training include starts and turns as well as all four competitive strokes.

Training Squads

Swimmers will be placed in the appropriate squad based on performance, skills and the ability to train at the intensities and distances required in each squad. Pre-requisites for group advancement include positive attitude, desire to move up, and a commitment to the required workload and attendance for each squad. There are six training squads available.

Learn to Swim program: 7 children are supported in a small group with dedicated attention provided by trained instructors/assistant coaches. This is the only group of swimmers who the 4 carnivals per year rule does not apply to. The learn to swim session is held on Saturday afternoons.

Merit/transition: For the beginner swimmer who can swim 25m or more with basic stroke technique. 1-3 sessions per week. This squad are learning basic drills and given stroke correction. Swimmers may swim up to 2.0km per session.

Bronze: Stroke techniques for all four competitive strokes, drills, turn and dive are a strong focus. Competing at Interclub level and starting to compete at Open Carnivals in 50m & 100m events. This squad swims between 2.5kms to 3.0kms per session 2 – 3 times per week in winter and 3 -5 sessions in summer.

Silver: Attending 3-5 sessions in winter and between 4 - 8 sessions in summer leading up to Country and State Championships. This squad swims up to 4.8kms per session. Recommended distance for competitive events are 200m, 400m, 800m and our Open Water Swimming distances.

Gold: Must have Qualifying times for State Championships and/or National Championships. This group of swimmers are competing in all distances and strokes in both pool swimming & open water events. Swimmers are expected to attend up to ten training sessions each week in summer and 4 training sessions each week in winter. Swimmers must be proficient in all stroke and are expected to have excellent technique while training at higher intensities. Excellent communication skills are also expected at this level.

Masters: Are our parent swimmers or adult swimmers who are prepared to commit to competing for the club or contribute to club fundraising activities. Lane space is provided for this membership group at both the 5-6pm & 6-7.30pm sessions during the week and also Saturday afternoon sessions.

Swimmers will not be promoted to higher squads until the head coach talks with the swimmer and then with parent/s to ensure that the pre-requisites for moving up are established.

Training Times

Winter

At Woodside Army Pool

Monday, Wednesday and Thursday evenings

1st session 5pm to 6pm

2nd session 6pm to 7.30pm

Saturday afternoons

2pm to 4pm

Summer

At the Adelaide Hills Swimming Centre from November to March (times are subject to agreement with pool management each year)

Monday, Tuesday, Wednesday, Thursday, Friday mornings

5.30am to 7am

Saturday mornings

9am to 11am

Tuesday evenings

6pm to 8pm for those competing in country championships

At the Army Pool during summer

Monday, Wednesday and Thursday evenings

1st session 5pm to 6pm

2nd session 6pm to 7.30pm

Saturday afternoons

2pm to 4pm

Note these times maybe subject to change and therefore they should be confirmed at the start of each season.

At times the Army pool is not available due to maintenance or because of the priority needs of the Army. Members will be notified verbally at training and if possible by email if the pool is closed.

On public holidays training times may change due to pool closure time being 6.00pm. Members will be notified of the modified times by email and the times will be lodged on the Club Web Page.

Please note that you will need to show a current drivers licence to the security guards at the gate to gain entry into the Army base at Woodside.

Parents are expected to assist with packing up lane ropes and flags at the end of training sessions whenever possible.

Training Expectations

In order to establish a distraction free training environment free from distraction that will encourage the development of excellence, all swimmers will be expected to:

- Abide by the behavioural guidelines.
- Be on deck 10 minutes prior to starting, to warm up and stretch.
- Streamline at both ends with legal turns.
- Undertake legal strokes from wall to wall.
- Perform drills exactly as instructed.
- No talking or hanging off lane ropes during sets.
- Be happy to work with everyone in your lane.
- Leave the pool promptly at the completion of each session.

In order to benefit from training session, the swimmer must maintain a lifestyle that permits adequate rest and a good diet. To obtain the best results, the intensity and the degree to which the swimmer applies to oneself is critical.

Punctuality

Swimmers who arrive late can be very disruptive to other swimmers already in the pool. At the designated start time, swimmers should have stretched and warmed up on land prior to their swim session. This should be done 10 minutes before start time. Punctuality is absolutely essential to conduct successful training sessions. Parents must arrive 10 minutes prior to the completion of each session to collect their child/ren and to assist with the packing up of the training session.

Training Equipment

Squad groups will have specific requirements in regards to equipment and attendance needs.

All squad members should have the following equipment for training:

- 1 Net Bag
- 2 Pairs of goggles
- 1 Kick board
- 2 Water Bottles
- 1 Skipping rope
- 1 Pull buoy
- 1 Rubber Ankle band/strap
- 1 Pair of paddles
- 1 Pair of fins
- 1 Harness & Sponge

You are advised to discuss the training equipment with the head coach or assistant coaches prior to purchase. They will also be able to provide you instructions on how to put together the harness & sponge. The coach may also recommend the use of "drag pants". This requirement can also be discussed with the coach.

Swimmer's Personal Goal Setting

Goals should be achievable at short term, and longer term to specific time frames. Each swimmer's dream goals should be set for the future (2-6 years). All athletes strive to reach their dream goals, so they are set as a target to motivate swimmers and give them focus and commitment to training.

Ideas for longer term goals

- S.A. Short Course Championship - List date and qualifying times in the strokes you would like to swim.
- S.A. Championship January – List dates in diary and times needed to qualify for each distance and strokes.
- List dates of events and times needed to qualify, set a date you would like to be qualified by.
- Obtaining A, B or C grade scratch times as goals.
- Eastern District Super Challenge Team - List Events, who do you have to beat, to have the fastest time.
- Participation in a State Squad.
- Selection in a State Team.

Ideas for short term goals

- Improving your personal best (PB) times.
- Improving your technique in a stroke.

Coaches don't set goals; they just help swimmers try to reach them. Achieving goals becomes a three way partnership with the swimmer, coach and parents.

Management of Injuries

It is the responsibility of swimmers and/or parents to let the coach know if a swimmer has any strains, sprains, injuries or illness so that the coach can prepare a modified training program for the swimmer.

Membership Fees - 2009/2010 season

Swimming SA fees are due on the 1st May in each swimming year. Fees can be paid by logging on to the Swimming SA web page (your log on details will be provided once you have joined the club).

Swimming SA fee	\$55.00
Onkaparinga Swimming Club fee	\$68.50
Relay Levy fee	\$10.00
Swimming SA Handbook of Events	\$11.00
Total	\$142.50
2 nd and subsequent siblings	\$132.50
Non- Swimmer Associate fee	\$25.00
Swimming SA Officials fees	\$25.00
Parent Swimmer fee (includes relay levy)	\$120.00
Fee for swimmers joining later in the season (after January 30th) – includes Swimming SA fee	\$60.00

There will be no refunds for fees if leaving the club before the end of season.

Fees are set at the Annual General Meeting (AGM) held in May of each year. This sometimes means that the Swimming S.A. fee will need to be paid before the AGM. The balance paid after the Club AGM when the fees are ratified. The fees also cover the swimmer's insurance needs. The fees schedule is printed in the Club Newsletter in June.

Training Fees

Training fees are currently \$6 per session at the Army pool which includes entry to the pool. When training at the Adelaide Hills Swimming Centre the club training fee is \$6.00 and pool entry (set by the pool; in 2009 it was \$3.50) is additional to the training fee. Alternatively swimmers can pay a monthly training fee of \$40 per 4 weeks in the winter months and \$60 per 4 weeks in the summer months. This enables up to 10 sessions per week.

A season entry pass or family pass can be purchased from the Adelaide Hills Swimming Centre to reduce entry costs. This pass does not cover entry to Interclub & Carnivals.

Training fees can be paid on line over the Club web page. Parents and swimmers need to log on to this site to register their details to receive emails, notices and training fee payments. Further information about the on line payment system will be forwarded to all club members in July 2009.

Competitions

There are several types of events for swimmers to compete in throughout the year in both the summer and winter. These include interclub meets, open carnivals, open water swims and Swimming SA events. The entry level of competition is Club time trials and Interclub meets in the Easter District Association. Most swimmers pass this entry level and compete in Open Carnivals and the Swimming SA series which are held at the Adelaide Aquatic Centre in North Adelaide.

Competition Rules

All Swimming SA and Swimming Australia events or events conducted by affiliated clubs are governed by the Swimming Australia's Swimming Rules. All swimmers are expected to be familiar with these rules. The rules can be found on the Swimming Australia web page www.swimmingaustralia.org.au or a copy is available from the club secretary.

Interclub Events

All Club members are urged to attend Eastern District Interclub Competitions, this level of competition helps build confidence and enhances the skills required for race preparation for Open Carnivals and Championship Events. These events are held throughout the summer months at Strathalbyn, Murray Bridge, Mount Barker and Woodside either on a Friday evening or a Sunday. Details of these events are listed in the Swimming SA Handbook of Events which is produced by Swimming SA and issued in October each year. The responsibility for the organisation of these events rotates from Eastern Districts Club to Club. Onkaparinga is responsible for the organisation of these events for the 2009/10 season. Parents are needed to help with time keeping and other official duties at these events.

Open Carnivals

Many swimming clubs have an open carnival held throughout the swimming season. Any registered swimmer may enter these events as they are conducted in a fun environment and are a great way of developing swimming skills. Details of these events, including entry information, are in the Swimming SA Handbook of Events. We encourage members to attend Open Carnivals at Onkaparinga, Strathalbyn, Mountain Pool and Murray Bridge; these carnivals are listed in the Swimming SA Handbook of Events.

Onkaparinga Open Carnival

Every year the Onkaparinga Swimming Club holds its open carnival in February/March at the Adelaide Hills Swimming Centre on Nairne Road at Woodside (the Woodside Pool). This event provides the club and its membership a chance to showcase our club and provides an opportunity to raise funds for the club. The club appoints a carnival director who is responsible for the coordination of the meet. The carnival director for 2010 is John White and the carnival is scheduled for Sunday the 28th February. Every club family is expected to contribute to the day in some way. Further information about the carnival and its organisation will be distributed to club members early in 2010.

Country Championships

Country Championships are held in January each year usually the weekend before the Australia Day long weekend. These Championships are rotated across the state and are held in different regional towns each year. In 2010 the event will be held in Loxton on the 16th, 17th, 18th, 19th January (Superfish will be on the 15th January). The Country Championships standard qualifying times for entry are listed in the Swimming SA Handbook of events. This competition is open only to swimmers who qualify. Qualifying times must be obtained by the first week in December each year.

The Country Championships weekend is a social event for Club swimmers and their families. The meet has a festive atmosphere and swimmers and their families form a "cheer squad" for any of the swimmers competing. The Club usually holds a social event, such as a BBQ, following the presentations on the last evening of the Championships; all families are invited to attend this social event.

A briefing session and BBQ is held after training the week prior to the championships at the Adelaide Hills Swimming Centre. Younger swimmers are allocated a "buddy" from the older swimmers for the championships. This has been a successful strategy that has had a real positive impact on team morale. Swimmers and parents will be notified of the time of this briefing session closer to the date.

It is recommended that accommodation arrangements are made as early as possible for Country Championships as accommodation may be in short supply in some regional centres.

Superfish

Superfish is held on the Friday night prior to the Country Championships and had become an important part of the Country Championships weekend. This event is for all swimmers aged 13 years and under who have not achieved Country Championship standard or State Championship qualifying times. Onkaparinga Swimming Club encourages our young swimmers to compete in Superfish and most senior swimmers and club families attend this event to support our young swimmers.

Open Water Swimming

Swimmers are asked to consider participating in the Open Water Program with a commitment of three sessions in winter in preparation for the first interstate competition which is the Victorian Open Water Swimming Championships held at Hazelwood Water Pondage in the La Trobe Valley 16th -19th October 2009. In 2008 17 swimmers committed to the open water program and participated in a variety of swims in South Australia and Interstate. This program is developing and swimmers are finding that participating in these longer distance events has contributed to further successes in the pool in a variety of pool distances. This year acknowledgement of performances in the Open Water Events will be included in our Annual Presentation Evening.

The Head Coach has completed coaching qualifications in 2009 in Queensland and has been successful with swimmers competing at National level in the 5km distance. Long term goals were set 5 years ago for our swimmers to compete at National level in open water swimming. This year in 2010 we strive for a long term goal of 10km distance qualifying times to be recorded for National Level. It is a dream but we must dream, so let's hope we achieve this goal and good luck to our swimmers in open water swimming.

Swimming SA Events

Swimming SA conducts a number of events throughout the year. These events range from 12 & under through to State Championships. Some Swimming SA events have qualifying or break times. In order to

ender Swimming SA events, swimmers must be a registered swimmer and have a recognised time if required. Obtaining a qualifying time can be done at most Club carnivals (refer to the Swimming SA Handbook of Events).

Junior Sprints

Junior Sprints is a series of carnivals held across SA which form SA's largest "Come'N'Try" event. Heats and local finals are conducted by the Club at the Woodside pool usually in February. The local final sessions will be listed in the Swimming SA Events Handbook. The top three place getters in each event progress through to the State Final which is held at the Aquatic Centre in March each year.

Junior Excellence Program

The Australian Junior Excellence Program (JX), recognises rewards and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence. Under the program, swimmers aged from 9 to 13 years, who accomplish times set by Swimming Australia, qualify at Gold, Silver, Bronze or Green standard, depending on their best performance/s during the season. More information about the Junior Excellence Program is available on the Swimming SA web page.

Event Information Book

This is a comprehensive information book that can be found on the SwimmingSA web page that includes:

- Event By-Laws
- Championship By-Laws
- Swimming Rules
- Swimmers with a Disability Swimming Rules

It also contains information about time keeping and other official duties.

Australian Sports Anti-Doping Drug Agency (ASADA)

ASADA provides an independent high quality and accessible anti-doping program that deters athletes from banned doping practices.

ASADA educates and assists sport with Policy issues and provides information to athletes and coaches.

Random drug testing may occur at all SwimmingSA events. So that you may be better informed on the procedures involved in drug testing, the Australian Sports Anti-Doping Drug Agency has developed guidelines, which apply to swimmers selected to undergo a drug test. Please note blood samples may be required along with standard urine samples.

If you have any questions about drugs, and whether a drug a swimmer is taking or has been prescribed is a legal or a banned drug/medication, please ring the Hot line Number. Further information is also available in the Event Information Book which can be found on the SwimmingSA web page.

ASADA HOTLINE - 18 00 02 05 06

General Swimsuit Guidelines

The swimsuits of all swimmers shall be in good moral taste and suitable for the individual sports discipline.

- All swimsuits shall be non transparent and must conform with FINA approved standards in all respects.
- The referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this rule.

There are specific swimsuit guidelines for Age Group Events. It is recommended that swimmers and parents check the Swimming SA web page for details of swimsuit guidelines as these guidelines have changed several times over the past 2 years. These guidelines also include information on the permitted logos and advertising etc as well as information about caps.

Event Nomination and Entry Card Payment Procedures

Event Nominations

Last day for entries to be given to Nominations Officers is **one week** prior to the entry closure date that is listed in the Swimming SA Handbook of Events.

- Yellow cards are for Multi Entry Events - Championship events Both female & male.
- Pink cards are for female open carnivals that request entries to be submitted on these cards.
- Blue cards are for male open carnivals that request entries to be submitted on these cards.
- White cards are for handicap events at open carnivals.

All Interclub meets are on a white EDASA card and are entered on the day ½ hour prior to the meet starting time.

Card Entries

- If the event requires card entries all cards must be completed correctly, failure to do so may mean missing the event closure date.
- Put your entry fees in an envelope, with swimmers name, the event they are nominating for and amount enclosed; e.g. Jimmy Toogood- Murray Bridge Open carnival \$12.
- The correct money would be appreciated. You may have to wait for change.
- Staple the envelope to the completed cards and give to nominations officers at training.
- Stubs of the cards will be returned to the swimmer when the entries have been lodged. If you do not receive these it is your responsibility to check with Nominations Officers.
- The times put on the cards need to be valid recent times done in a recognised Long Course or Short Course pool. Please be aware that the club will incur a **\$50 fine** if we submit incorrect/misleading times. If you are unsure of your times please leave blank and the nominations officer will complete this section of the card.

Electronic Entries

Electronic entries are done when the event stipulates electronic entry in the Swimming SA Event Handbook.

- Place your entry fee in an envelope, give to Nominations Officer or place in the nominations box as above with the following information written on the envelope
 - Name
 - Event(s) you are nominating for including distance and date
 - Registration number

Purchasing Cards

- Pink, blue and white cards cost \$3 for 10.
- Interclub cards cost \$2 for 8.
- You must purchase cards in packs as above, if you want less cards please arrange to share with someone else.
- Cards will not be sold individually.
- Place the correct money for the cards you wish to purchase in an envelope with your name, the cards you have purchased and the correct money enclosed.
- Cards will be available in the nominations box at training.

- In 2009 we have a team effort for nominations officer this year, Ellen Brooks and Wendy Vidugiris will be the "faces of the nominations officers" collecting entries and all money.
- Melody Remnant will process all entries electronically and submit entries to Swimming SA and Regional clubs. Wendy and Ellen will share the role of taking nominations and entry money at training. Wendy will be the person to see regarding entries for 13 years and over and Ellen for 12 years and under.
- If you have swimmers in both age groups it is ok to give your nominations to either person. Please remember if entries are required on cards that you complete all sections of the cards as required. Where electronic entries are required please make it very clear what competition and events you are nominating for. Place the correct money in an envelope with name of swimmer, competition and event entries. Please ensure you give your nominations to the nominations officers not to the Coach as she is occupied with her training responsibilities at the training sessions.

If you have any questions about the above information please speak with Ellen or Wendy or Melody .

If you are new to the club and are not sure how to complete the card entries for events please speak with Ellen or Wendy.

Club Championship Day

Club Championship day is for the whole family to enjoy with different events being held for the competitive swimmer & non competitive family members. This day is usually scheduled in February or March. Events are conducted in all strokes over different distances, according to age groups. Age group events are 50m and 100m individual medley. The Championship events are 100m events & 200 individual medley. Winners are decided on points scored throughout the day in each competition. The day concludes with a club BBQ. Trophies/medals are awarded at a presentation evening in May.

Proficiency Awards

These awards are conducted by Swimming SA several times a year to encourage young swimmers to concentrate on developing correct technique and recognise improvement. The Head Coach can provide more information about proficiency awards to interested swimmers/parents.

Annual Presentation Evening

The Club holds an annual presentation evening in May (in 2009 it was held prior to the AGM on the same evening). Various awards are presented to swimmers at the presentation evening including the Club Champion for both males and females in each age group.

Club Social Events

The Club holds several social events throughout the year. Several of these events are also fund raising opportunities. Members and their families are encouraged to participate in the social events to assist in building a strong club culture.

These events include:

- Day trips during school holidays for the swimmers, e.g. movies etc.
- Christmas Steak and Claw Night and camp over.
- Quiz Night and Silent Auction – in 2009 will be on Saturday evening the 29th August.
- Parents, Officials & Supporters thank you dinner (dinner prepared for parents by the swimmers).
- Monthly BBQ's in summer after a training session.
- Weekly pancake breakfasts are a must after a busy and usually hard week of training. All swimmers bring a topping for pancakes to share.

Fundraising and Sponsorship

The Club's financial viability relies on sponsorship and fundraising. It would be impossible to overstate the importance of our sponsors to the success of the Onkaparinga Swimming Club. We are indebted to them. So

- support them in their business endeavours and
- let them know you do - how else can they measure us?

If you have a product to buy, a service you need or a restaurant to celebrate in then please check the list of Onkaparinga Swimming Club Sponsors before making your choice.

There is a full list of Sponsors and Friends of the Onkaparinga Swimming Club on the Club web page.

Communication

The Club communicates with swimmers and parents through a variety of methods. The web page is an important communication tool as is email. It is highly recommended that members have an email account as this has proven to be a very effective and timely form of communication. If you want to be on the member's email distribution list please forward your email address to the Club secretary, Jane Pool at westpool@bigpond.com

Notices are also frequently left near the sign in book at training at the Army pool. Keep an eye out for these notices.

The Club also produces a monthly newsletter. This is distributed by email and hard copies are left near the sign in book at training.

This year Wendy Vidugiris is the Newsletter coordinator so if you have any news that you would like to include in the newsletter please forward the information to Wendy at wendyvidugiris@bigpond.com

Swimming SA

Swimming SA is the peak administration body for swimming in South Australia. Our Club is affiliated with Swimming SA. All club members must be registered with Swimming S.A. Competitive swimmers will receive a registration card and number after paying club subscription. Swimming SA has officials who officiate at carnivals by acting as judges of strokes and turns, timekeepers, starter, marshals, recorders, referees etc. Swimming SA has a Board of Management that governs the sport of Swimming in South Australia. Swimming SA's web page is www.swimmingsa.org.au

Parents are encouraged to train for duties as officials. Information sheets outlining criteria are available from the Club Secretary.

Swimming Australia

Swimming Australia is the national sporting organisation which is responsible for the promotion and development of swimming in Australia at all levels. Home of the Telstra Dolphins Australian Swim Team, Swimming Australia is recognised as one of the leaders in Australian sport and has almost 100,000

members and just over 1100 swimming clubs nation wide. Swimming Australia's web page is www.swimmingaustralia.org.au

Management of Coaching

Parents are requested to refrain from consulting with the coaches or swimmers during training sessions. A distraction of this kind can prevent coaches from providing valuable coaching required by the swimmer. Consequently, parents are expected to remain in the spectator areas and not on pool deck during training. Good communication with parents, swimmers and coaches is vital to the success of the swimming program. Coaches are expected to be in control of decision relating to swimming and training. Coaches must maintain good communication with the club committee, swimmers and parents. The Head coach will be available by phone after hours to discuss swimmer's need if there are any concerns. Coaching time is valuable to the swimmers and parent's or swimmer's inquiries are best taken care of outside swimming training sessions or before training by appointment.

Team Uniform

The Club Uniform has a gold, green and black theme and our Kookaburra logo is easily recognised. The uniform must be worn at Carnivals and when swimming to represent the Onkaparinga Swimming Club. Club uniform prices and information about how and where to purchase uniform items can be discussed with our Uniform Steward (listed above).

The Club bathers are from Way Funky and are the "Green Weaver" pattern. They are available from the Way Funky web page at www.wayfunky.com.au

It is expected that the club bathers or plain black bathers are worn during competitions. It is also expected that the club swimming cap is worn during competitions.

Male & Female Uniform

- Onkaparinga Club bathers & Club Swimming Cap
- Club Polo Shirt
- Black Shorts/Track pants
- Onkaparinga Rugby Top or Jacket
- Onkaparinga Sun Hat (We are a sun smart club)

If you have any further questions please contact The Secretary or Head Coach. Phone details are listed in the front pages of the book.