

## WEEKLY PROGRAMME

Racing will start at 6.00 p.m. if a swimmer is late they will miss their event and no points awarded.

Swimmers times from the previous week will be posted on a board at the pool every Friday night.

## MOST IMPROVED

Most Improved Trophies are awarded to those children who accumulate the most points over the 20 week season in the 4 main strokes.

1 point for each of the 4 main strokes swum on Fridays

**Plus**

1 point for every ½ sec taken off a recorded personal best time (PB)

## 100 MTR CHAMPION

These points will be calculated exactly the same way as above separate trophies will be awarded to these winners.

TO BE ELIGIBLE FOR EITHER OF THESE AWARDS A CHILD MUST SWIM A MINIMUM OF 50% OF CLUB NIGHTS.

PARENTS: Please encourage children to participate, but do not force them if they are unwilling. Club nights are a chance to improve their personal best times. You are expected to attend with your children to support them.

CHILDREN: Must follow directions of officials at all times. But most importantly. HAVE FUN

## POINT SCORE CLUB CHAMPION

This trophy plus shield is for the overall Club Champion with points awarded as follows:

1 point for attending on Friday

1 point for every ½ sec taken off a recorded personal best time (PB)

1 point for every carnival attended

## HANDICAP RACE & RELAYS

Every Friday night we will have our popular Handicap Race and Relay races. Each team is made up of 4 swimmers

## GRADING

	FREE	BACK	BREAST	FLY
25m	22 secs	25 secs	30 secs	25 secs

All new swimmers on the first night will be required to swim 25 metres of each stroke to allow us to place them in their appropriate grade.

CLUB NIGHTS ARE NOT COMPETITIVE RACES BUT A CHANCE TO IMPROVE PREVIOUS BEST TIMES.

Once swimmers have attained the A Grade times, it is expected that they will swim in 50 metre events thereafter. The Chart above shows the times required for automatic upgrading.

## CLUB UNIFORM

Club Swimmers and Shirts will be available in October. It is expected that swimmers support our club by wearing their club swimmers and shirts wherever possible.

## HELP WANTED

Voluntary helpers can only enhance the success of our Club. We ask that as many parents as possible volunteer to help with Timekeeping, as this is the only indication of your child's progress.

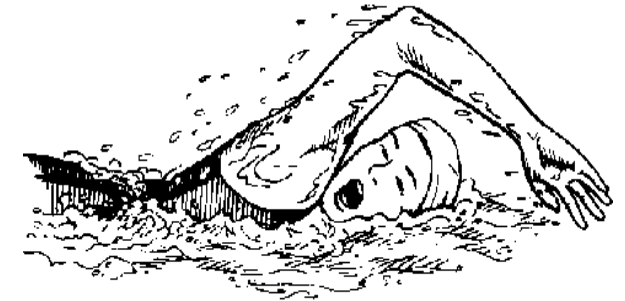
The proceeds from the BBQ are one of our main sources of income to provide medals and trophies for all children at the end of the season.

## MAJOR SPONSOR



Helensvale, Coomera and Westfield

# Information Booklet 2009/2010



[www.helensvaleswimmingclub.com](http://www.helensvaleswimmingclub.com)





We hope your time with our Club will be an enjoyable and rewarding experience.

This leaflet has been compiled to provide you with information and to answer most of your questions that will arise during the swimming season. However, if you have any enquires or suggestions, please do not hesitate in contacting any of the Committee.

### COMMITTEE 2009/2010

[www.helensvaleswimmingclub.com](http://www.helensvaleswimmingclub.com)

President	Jon Cook	0403 586700
Vice-President	Eddie Mills	0401 897581
Secretary	Kim Cook	0403 586701
Treasurer	Collette Dolan	0402 163371
Race Secretary	Jon Cook	0403 586700
Registrar	Jodie McAdam	

### CLUB OBJECTIVES

- ◆ To foster and develop competitive swimming for girls and boys, from 5 years upwards, capable of swimming 25 metres of any stroke.
- ◆ To promote good sportsmanship and loyalty at all times.
- ◆ To encourage parental participation wherever possible.

### BENEFITS FROM JOINING HELENSVALE SWIMMING CLUB

- ◆ Having Fun
- ◆ Making friends
- ◆ Developing interpersonal skills
- ◆ Improving self-esteem
- ◆ Developing a balanced attitude to competitiveness
- ◆ Participating in a safe, healthy physical activity
- ◆ Improving fitness and body development

### CLUB FEES

The Queensland Swimming Association (QSA) laws require Registration Fees must be paid within 2 weeks of commencement of swimming.

The first 2 weeks are offered as a trial period for your child to assess whether he/she wants to swim weekly activities. The fees have been kept to a minimum and cover our Registration Fees to the QSA and the Gold Coast Regional Swimming Association (GCRSA) and Insurance costs. The QSA Insurance will not cover any injury to a child until the fees have been fully paid.

The registration fee does NOT cover all Club running costs and is supplemented during the season by weekly sausage sizzles.

### CLUB SEASON

The season will run from 6pm Friday 9th October until the Easter Good Friday 2010.

There will be a break over Xmas from the 4th December 2009. We will resume on Friday the 8th January 2010.

Club Championships will be held on Sunday the 18th April 2010 and Club Presentation Night 7th May, 2010

(these dates are yet to be confirmed and are subject to change)

### ANNUAL REGISTRATION FEES

CLUB SWIMMERS \$70.00

(Every child will receive a swimming cap. It is recommended that swimmers wear their cap on Friday nights)

Discounts apply for families of 3 or more children and the swimming registration fees will not be in excess of \$200.00 per family.

**NOTE:** A Pool entry fee of \$2 per person must be paid at the gate every Friday night. This goes to the Lessee of the pool to cover the running costs.

Our Club does NOT profit from this.

### INTER-CLUB CARNIVALS

During the swimming season, many other Swimming Clubs hold carnivals. These carnivals are usually held on weekends and are open to all registered Members. We encourage as many swimmers as possible to participate, as they are a lot of fun for the children and often rewarding, as some come home with medals, ribbons, trophies and personal best times.

A list of all upcoming carnivals is available from the Race Secretary and if you are interested in nominating your child for any of these carnivals, or require any further information please see the Race Secretary.

IF PARTICIPATING IN INTER-CLUB CARNIVALS EVERY SWIMMER MUST BE IN FULL UNIFORM ATTIRE.

### CLUB CHAMPIONSHIPS

The Club Championships will be on Sunday 18th April 2010.

Nominations will close 2 weeks before, and NO changes can be made after this date. Children will swim in their own age group and will be required to swim the following distances:

6/7/8 yrs	25 mtrs
9 yrs & over	50 mtrs

### AGE CHAMPION

Age Champion Awards will be calculated on points allocated to the first 3 place getters ONLY in the 4 main strokes and individual medley.

FIRST: 5 pts SECOND: 3 pts THIRD: 1 pt

In an event of a tie, Multi Awards will be made and each will receive a trophy.

TO BE ELIGIBLE FOR THIS AWARD A CHILD MUST SWIM A MINIMUM OF 50% OF CLUB NIGHTS.