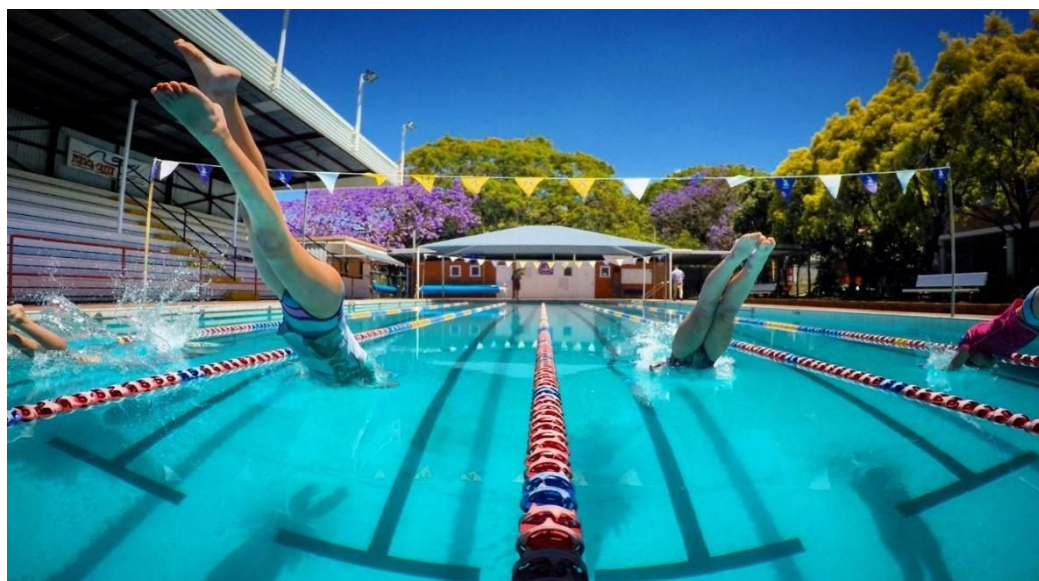# SHARX
ITHACA CREEK
SWIMMING CLUB
Est. 1968

CLUB HANDBOOK

2019 - 2020

We Coach, We Encourage, We Care

www.sharx.com.au

Ithaca Creek Swimming Club Sub-Committee

ICSC Sub-Committee Positions	Name
Chair	James Knowles
Treasurer	Brett Spicer
Secretary	Kate Quinn
Vice Chair – IT	Anthony Sheedy
Vice Chair – Events and Carnivals	Kylie Raymond
Vice-Chair – Race Secretary	Darryl Vaughan
Vice-Chair	Scott Hooper
Club Support Roles	Name
Head Coach	Peter Rosengren
Breakfast Co-ordinator	Kate Quinn
BBQ Co-ordinator	Lynda Pretty-Glen
Race Timing	Mark Bullock
SQ/BSA Membership Registrar	Marie Koorpoo
Canteen Co-ordinator	Lizzy Quinn
Merchandise Manager	Kylie Raymond
Club Gardener	Reuben Garlick
Website Manager	Ian Connor

Contact Details

Pool address: Ithaca Creek State School
Dacca Street, Red Hill
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Purpose

The purpose of this information booklet is to ensure that members derive the maximum benefit and enjoyment from the Club's activities through a clear understanding of the Club's aims, points system and rules.

Table of Contents

1.1 Aim

The aim of the Ithaca Creek Swimming Club ("Club") is to provide the following for the families of our school and broader community:

- Opportunities for safe, competitive and recreational swimming; and
- Enjoyment, fitness and self-esteem through personal achievement.

1.2 Administration

The Club exists through the efforts of a sub-committee of the Ithaca Creek State School P&C Association.

It is administered by a management committee elected by the Club's members at its Annual General Meeting, which occurs towards the end of the summer season.

The sub-committee meets monthly (or more often as required).

All Club members are welcome to attend the AGM, where Sub-committee members are elected. Ordinary sub-committee meetings are attended by the sub-committee and invited club members or staff.

Any Club member or parent wishing to obtain more information regarding the Club, Sub-committee activities, or matters that are not detailed in this booklet, should contact a member of the Sub-committee.

1.3 Membership

1.3.1 Ithaca Creek 'Sharx' Swimming Club

Membership is open to all members of the community. Swimmers and their families who participate in the Club's coaching program are members of the Club. Membership fees paid to the Club provide for an annual contribution toward the Clubs coaching program as well as much needed pool equipment and consumables.

1.3.2 Swimming Queensland

Access the swimming queensland website.

All swimmers who compete in Friday Club Nights, inter-club carnivals, events or meets are also required to register with Swimming Queensland (**SQ**).

Registration fees will vary depending on whether your swimmer is a:

- A **Competitive Swimmer** is a swimmer who competes on Friday Club nights and may compete at interclub carnivals and Swimming Queensland affiliated meets.
- A **Recreational Swimmer** is a swimmer who competes on Friday Club nights only.
- A **Dolphin Swimmer** is a swimmer under the age of 8 years.

All swimmers who choose to race for the Club over the summer season must register with SQ. It is recommended that SQ membership be completed at the same time as lessons/squad training and Club membership are paid.

The benefits of SQ membership are:

- Members of SQ will have their race times recorded whenever they swim at qualifying meets;
- Personal accident insurance for each member;
- Variety of promotional material such as caps and posters;
- Eligibility to participate in improvement programs, which offer great prizes for swimmers, clubs and coaches; and
- Eligibility to qualify for the Australian Junior Excellence Program.

Payment of membership fees by Club Night swimmers to SQ must be made by no later than the second Club night and swimmers who are not financial members of SQ will be precluded from competing on Club nights and in carnivals until the membership is paid.

1.3.3   Brisbane Swimming Association Competition

Access the Brisbane Swimming website.

SQ Membership entitles swimmers to compete in swimming carnivals conducted under the auspices of the SQ.

The Club is currently placed in Second Division in the Brisbane Swimming Association (**BSA)** swimming competition. Each year there are meets in the BSA Events Calendar from which points accumulate towards our divisional placing and in recent years, the club has been climbing the BSA ladder.

Club swimmers are strongly encouraged (and supported) to participate in these meets. Any swimmers wishing to compete in any of the meets for the season should contact the Head Coach, SQ/BSA Registrar or Race Secretary for further details.

The

2   Club Activities

2.1   Coaching Program

The Club runs a comprehensive coaching program, including:

- Learn-to-Swim and Stroke Correction;
- Squad Training (Mini, Junior, Intermediate, State and National);
- Adult squads;
- One-on-one coaching; and
- Casual swimming sessions.

Holiday swimming programmes are available over some school holidays at the discretion of the club. The Head Coach or Club Secretary provide regular communications to swimmers and parents. If you wish to discuss your swimmer's development and coaching needs of your child please contact the Coach to arrange a mutually suitable time. Depending on time available, the Head Coach may also be available on Friday nights to discuss a swimmer's progress.

A coaching progression guide for each program is available and on the Club website. The progression guide includes a brief description of drills and strokes that swimmers will be instructed in, as well as the level of skills required to progress to the next level.

2.2   Club Nights

Club Night swimming meets will be conducted on Friday evenings as per the programme contained in Section 8.1.

Swimmers compete in races based on competencies and swimmers are encouraged to race against their personal best times to achieve Aggregate Points.

Club night times are posted to the Meet Mobile app.

2.3 Club Championships

Club Age Championships is held at the end of each season. Championships are swum in accordance with age groups from 6 years and under up to 16 years and over. For younger swimmers, 12.5m events will also be contested however there is no club champion. At Club Championships, competitors shall swim only in the age group they belong: Age on the Championship Day will apply (not year of birth).

For swimmers to be eligible for Championships they must be a current financial member of the Club and SQ and not be a member of any other swim club. Swimmers must also have competed in a minimum of 6 Club Nights over the season. Eligibility of swimmers who join once the season has commenced or other circumstances will be at the discretion of the Committee. Should any Club Nights be cancelled during the season, the required minimum number of Club Nights swum may be reduced accordingly.

Distances

- 6, 7, 8 yrs – all strokes swum over 25m;
- 9- all strokes other than butterfly swum over 50m, butterfly swum over 25m; and
- 10-16 yrs and over – all strokes swum over 50m.

Events held in the following order: backstroke, butterfly, breaststroke and freestyle and place-getters for each stroke will be awarded medals/ribbons on the day. Club Champions for each age group, will be presented with an award at the annual trophy day.

All Club Championship races will be conducted in accordance with the current rules as laid down by the SQ, but relaxed for ages 9 and under.

In events where there are only a small number of swimmers, these may be combined with other events. In the case where there are combined events, points and places will be awarded for each event within the race.

Points Tally Table for Club Champion

Placing	Points Awarded
1st	3
2nd	2
3rd	1

Points achieved are added together for each swimmer and used to determine Club Age Champions.

DEAD HEAT BY TWO OR MORE SWIMMERS

In the event of two or more swimmers dead heating for a particular place in an event, the points allocated to that placing shall be added together with the points allocated to the next place or placings involved and then divided equally among the swimmers concerned.

EQUAL SCORE BY TWO OR MORE SWIMMERS

Should there be a tie for first place by two (2) Club members, then the (2) first placings are awarded. NO second place will be awarded but third place award is given to the swimmer with the next highest score.

Should there be a tie for second place by two or more swimmers then a first placing is awarded, second placing is awarded to those Club members tied for second place and NO third place is awarded.

Should there be a tie for third place by two or more swimmers then awards are given for first second and third placing. However, there is NO limit to the number of third placings.

In the event of a tie, Club Champion trophies will be awarded equally.

The judges' decision is official and final in multiple placing irrespective of times recorded.

2.4   Trophy Day

At the end of each season, the Club will hold a Trophy Day where presentations are made for the Aggregate Points winners, Club Champions for each age group and major awards.

2.5 Club Racing and Development Program

Ithaca Creek Swimming Club is affiliated with Swimming Australia and Swimming Queensland via its membership in the Brisbane Swimming Association. As such, the Club is eligible to enter competitions in the Brisbane Premiership.

The Club gains points for each meet and each swimmer that participates in racing meets during the season.

There are four levels of meets available within the Brisbane Region for Club members. These are summarised as follows;

- Introductory (non-qualifying meets): Times cannot be used to qualify for any meet but provide a good opportunity to experience how to race.
- Development (all other qualifying meets): Times may be used to qualify for all meets except Queensland and Australian Championships (Must include Rule Tolerance events for less experienced swimmers)
- A Grade (major qualifying meets): Times may be used to qualify for all qualification meets and Championships.
- Championships: Queensland and Brisbane championships are held at Chandler. Qualifying times apply. The exception is Open Water which is held at Kawana Lake.

The Club's premiership points will be totaled from each race meet, so as to obtain final placings in each of the four divisions (Premier, 1st, 2nd, 3rd) to determine each season's Champion Clubs. Swimmers also accumulate individual points that go towards age champion awards, which are awarded by BSA.

The Club's Head Coach, in consultation with the Vice Chair Racing and Development prepare a racing program the summer and winter racing season.

Targeted meets, closing dates and results are advertised and emailed out, so if you wish to receive these racing emails, please send a request to swimclubsecretary@icsspandc.com to be included on the mailing list.

2.6 Club Captains

Each year, the role of Club Captain is nominated and selected. Nominations for positions of Club Captains (Boy and Girl) and Club Vice-Captains (Boy and Girl) will be sought by the sub-committee at the beginning of the season.

To be eligible for nomination, the swimmer must be in Grade 5 or higher at school and have been a member of the Club for at least 3 years.

The Club Captains and Vice-Captains are appointed by the Sub-committee and will be based on the following criteria:

1. Demonstrated qualities of leadership, maturity and cooperation;
2. Long-term membership of the Club;
3. Regular attendance at Club Nights, Carnivals, SQ events and other Club activities;

4. Role model for all members of the Club both as an athlete and member of the community;

5. Active interest in Club and community affairs; and

6. Good communication skills.

Club Captains support and promote the Club among their peers and they do this by:

1. Representing the views of swimmers to Club Officials, or at Club Sub-committee meetings;

2. Participate in the formulation of Club rules, plans and policies;

3. Promote a spirit of sportsmanship throughout the Club;

4. Regularly attend Club Nights and Carnivals;

5. Assist with the selection and marshalling of swimmers at Carnivals;

6. Act as Club Ambassadors, including:

   o Making and accepting presentations at Club events including Friday club nights and carnivals;

   o Welcoming Club Captains and other members from visiting Clubs;

   o Welcoming and mentoring new swimmers; and

   o Presenting news and information to school peers

7. Projecting a positive Club image.

2.7 Club Volunteers

Parents are encouraged to assist with the running of Club Nights and Carnivals, as either officials (referee, starter) or on rostered duties. These duties include time-keeping, canteen, Sharx (swimmer) spotting, marshalling, time-keeping computer, gate and BBQ (cooking and sales).

The Club maintains a Club Night roster where possible and generally calls for volunteers throughout the season from families and friends that attend events. Ideally, each family completes six (6) roster duties during the season with an equal split between Terms 1 and 4.

The Club is a volunteer organisation and runs more smoothly, the more volunteers get involved, so don't be shy and get yourself involved!

2.8 Club Swimming Records

The Club maintains a comprehensive account of all Club and Pool swimming records.

Records can be achieved during the normal course of a club night (if that event is part of the programme) or Club Championships. Please note that the following applies:

- The swimmer must be a member of the Club and hold a current membership with SQ;
- Two timekeepers are required to ratify the record;
- Age is taken from the age at the date of setting time;
- Where there is no previous record, a record attempt is at the Race – secretary's discretion (and approval); and
- Record attempts will abide by BSA/SQ policy relating to the minimum requirements for a swimmer's age and distance swum.

2.9 Club Attire

All swimmers wear suitable bathing caps at all times - this is a mandatory requirement of swimming in the pool.

<div align="center">**NO CAP = NO SWIM = NO RACE.**</div>

Club caps are available for purchase from the canteen. The canteen also sells a range of caps and goggles at reasonable prices.

Club swimming suits and T-shirts are available for purchase at the canteen and via the Club's online booking system. Pre-payment for swimming suits and T-shirts is sometimes requested, normally when the club creates a special run of clothing, or for bulk orders.

As a member of the Club, our swimmers wear their Club attire with pride and it is an expectation of our members that when swimming in external meets or championships, the following Club attire is worn:

- Club swimming cap when in the pool; and
- Club shirt at all times when out of the pool.

Club togs are recommended for swimmers at all meets but are not compulsory attire.

3   Club Night

Club nights are held every Friday afternoon/evening during Term 4 and Term 1 with the pool gates open at 5.45pm and events commence at 6.15pm.

The following entry requirements apply for Club Nights:

1. Prior to the first Club night on 11th October, Swimmers must register as a Club member via the booking system.
2. First time swimmers must show their birth certificate to confirm their age, validate Club records and for SQ documentation.
3. Friday Club night nominations must be submitted prior to **Thursday 8.00pm.**
4. Swimmers who do not make the deadline for nominations can still race if there are lanes available. Times are recorded by stopwatch rather than the electronic timing system but the swim will not contribute to their personal aggregate points for the season, nor will it be recorded in the electronic timing system.
5. Each competitor is responsible for nominating themselves.
6. Unless officially withdrawn by the Head Coach or Timing Operator prior to 6.00pm on Club Night, there will be a deduction of two (2) aggregate points per nominated swim for non-attendance.
7. A maximum of 3 computer timed swims on a Club Night which will allow for a swimmer to accrue a maximum of 21 points on a Club Night (except for 25m nights when 4 computer timed swims are allowed and a swimmer can accrue a maximum of 28 points on the night).

There is a nominal entry charge on Club Nights of $2.00 per swimmer ($5 per family).

3.1   Club Night Nominations

Swimmers Nominate for Club Night via the on the Club website, via the ithacasharx Facebook page, or through the weekly email link).

All nominations will be via the SQ SwimCentral online system.

Friday Club night nominations must be submitted prior to **Thursday 8.00pm** (nominate via the the Club's website, via the ithacasharx Facebook page, or via a link in the Club's weekly email.

3.2   Cancellation of Club Night

The sub-committee will decide when Club Night should be abandoned (e.g. such as in the case of a thunderstorm). This decision **is not normally** made until after 6.00pm on Club Night.

Cancellation of Club Night will be communicated via email, updates to the Club's Facebook page and by signage placed on the pool fence.

The Club's Thunderstorm Risk Management Plan is available on the Club's website.

3.3   Club Night Racing Procedures and Rules

3.3.1   Race Procedures

On Club Nights, the following race procedures and rules apply:

1. The Referee's decision is final and binding for all swimming meetings conducted by the Club.
2. 12.5m races start with swimmers in the water.
3. Advancement to 25m distance will only be permitted after the correct technique has been displayed for each particular stroke and a qualifying time of **16 seconds for 12.5m is achieved for that stroke**.
4. Swimmers are encouraged to swim 50m and 100m upon achieving the following standard times:

Stroke	25m time to qualify for 50m	50m time to qualify for 100m	100m time to qualify for 200m
Freestyle	24 seconds	44 seconds	1 min 35 seconds
Breaststroke	29 seconds	55 seconds	2 min or Coach's discretion
Backstroke	26 seconds	50 seconds	1 min 55 secs or Coach's discretion
Butterfly	26 seconds	50 seconds or Coach's discretion	Coach's discretion

5. Swimmers are not generally allowed to revert to 25m or 12.5m, unless the Referee determines there are special circumstances, or the Club is conducting a 25m Club Night.
6. Swimmers may be elevated to 50m or retained at 25m at the discretion of the Referee.
7. 100m or 200m events (Coach's choice) may be included in the Club Night program. Eligibility is based on a swimmer meeting the particular qualifying time.
8. Times for Coach's choice events do not go towards the Aggregate Points trophies.
9. 100m and 200m medley swims may also form part of the season's events. To be eligible to swim in the 100m medley, competitors must have swum each stroke at least once and meet the qualifying time in three of the four strokes for 50m.
10. Special events such as a handicap relay race may also be swum at the discretion of officials. To be eligible for these events the swimmer must have swum at least 25m in the stroke that is being swum in the relay.

3.3.2   Marshalling

Swimmers proceed to the marshaling area when called over the public address (**PA**) system. Marshalling for events occurs behind the diving shelter, where swimmers are allocated to heats and lanes. As the heats progress,

swimmers move forward along the rows of chairs until their heat is called. Swimmers then move behind their designated starting block.

Swimmers for 12.5m events marshal at the shallow end of the pool.

Please note that parents of swimmers play a critical role in assisting Marshalling, by organising and instructing swimmers to pay attention to the Marshalling announcements.

3.3.3   Race Starting

When heats are called, swimmers step onto the first step at the rear of the starting block. Swimmers are encouraged to be aware of their lane number and to attract the Starter's attention if they are not in the correct lane.

The following is the correct procedure for starting a race from the diving blocks:

1.   When the Referee blows the whistle, swimmers are to step onto the rear part of the top of the starting block.
2.   Swimmer, timekeepers and spectators are to be silent, with no movement near, behind, or on the starting blocks.
3.   The Starter then calls the race distance and stroke followed by "Take your marks".
4.   Swimmers then move to the front of the block and take up their starting position.
5.   Once all swimmers are still, the starting tone sounds to start the race.

The following is the correct procedure for starting a race from the shallow end of the pool:

1.   When the Referee blows the whistle, swimmers get into the water.
2.   Swimmer, timekeepers and spectators are to be silent, with no movement near, behind, or in the pool.
3.   The Starter then calls the race distance and stroke followed by "Take your marks".
4.   Swimmers then ready themselves by holding one hand on the end wall of the pool.
5.   Once all swimmers are still, the starting tone sounds to start the race.

3.3.4   One start rule and False Starts

A one-start rule applies to all 50m and longer distance events as per SQ rules. There are no false starts for these races and any swimmer who breaks at the start of the race will be disqualified at the end of the race.

12.5m and 25m swimmers are allowed one **false start**. The swimmer(s) responsible for the false start will be warned by the Referee prior to the next start when all swimmers will start at the sound of the starting gun.

Any swimmer/s who false starts on the second start **will be disqualified** at the end of the race. After a false start all swimmers must stand on the first step of their starting block until the Referee blows the whistle when the same starting procedure previously described is repeated.

3.3.5   Finishing and Turning

When finishing a race, the timekeepers press their buttons when the swimmer touches the wall or in the case of 12.5m swims touches the finishing rope. To finish correctly in **breaststroke and butterfly** events both hands must contact the wall or rope at the same time. In **freestyle and backstroke** events touching with one hand is necessary.

Generally, these rules apply to turns but variations are allowed and are regularly varied by swimming authorities. Current turning and finishing procedures are in accordance with the FINA standards and Coaches are available to provide swimmers with advice and recommendations.

3.3.6   Exiting of Pool

Except for false starts and legs of relays other than the final leg, swimmers shall not leave their lane or exit the pool until the Referee's whistle has sounded after the finish of the race. Swimmers must exit the pool on either side, **not** via the end of the pool.

Where 'over the top' starts are in force, swimmers shall remain in the water against the diving block whilst the next swimmer dives over the top. This occurs for all strokes except backstroke where swimmers shall exit the pool as described above. Once the next swimmer has dived over and entered the race, swimmers will exit the pool to the side, as directed by the race marshal.

NON-COMPLIANCE WITH THESE RULES MAY RESULT IN DISQUALIFICATION OF SWIMMERS BY THE REFEREE.

4   Aggregate Points System

Points are allocated to each swimmer on the basis of a variation in time over that swimmer's previous best time for a range of strokes and events set down for each Club Night.

Details of the points system and how they are allocated are shown in the Points Table located in Section 5.

Trophies are awarded at the end of the season to the top 20 swimmers, with the highest number of aggregate points awarded throughout the season. The Aggregate Points Age Champion, is the swimmer who achieves the highest number of aggregate points awarded throughout the season.

Therefore, participation in events as well as improvement in times has an important bearing on the outcome of performance, measured at the end of the season. Please note that swimmers must have competed in a minimum of **6 Club Nights** during the season**.**

After each Club Night, the aggregate points for all swimmers are collated and the swimmer with the most aggregate points for that week will be awarded Swimmer of the Week on the following Club Night (or if the last Club Night of the season, at that Club Night). In the event of a tie, the award is presented to all eligible swimmers with the equal highest aggregate points.

Eligibility of swimmers who join once the season has commenced will be at the discretion of Committee. Should any Club Nights be cancelled during the season, the required minimum number of Club Nights swum will be reduced accordingly.

Swimmers are normally graded for Club events based on 'personal best' (**PB**) times regardless of age or gender. The following rules also apply:

1. Competition will extend to all strokes including individual medley. The computer automatically updates the swimmer's 'best time' as the competitor improves upon the previous time in each event.
2. Heats of events will be arranged wherever possible according to swimmer's times, regardless of age or gender.
3. When calculating points, the swimmer's 'PB' that has been swum for that identical distance and stroke at a previous Club Night is used as a basis for calculation. If a faster time is recorded, then this becomes the 'best time' for future points.
4. Equal points have been allocated to each stroke for the same distance categories.
5. A nominal three (3) points will be allocated for the first time a longer distance is swum.
6. The total points amassed by the 'Top 40' swimmers at any one meet will be published each week on the Club Notice Board.

7. Weekly awards will be presented at the discretion of the Committee.

8. Only the official records of the Club will form the basis for making Club awards. The swimmer's own personal record of times and points may be entered on the chart provided but will not be considered as a true record by Club officials. Times or points missed will not be made available from Club records; the onus is on the swimmer to keep their own records.

4.1 Points Table

Points are allocated to each swimmer on the basis of a variation in time over that swimmer's personal best (PB) time. This is for a range of strokes and events set down for each Club Night. These points are amassed for each swimmer for the end of season Aggregate Points Age Champion trophies. The table is as follows:

Points	Time Swum	For All Race Distances (Seconds)
1	Slower than PB by	2.6 or more
2	Slower than PB by	1.6-2.5
3	Slower than PB by	0.6-1.5
4	Slower or faster by	0.5
5	Faster than PB by	0.6-1.5
6	Faster than PB by	1.6-2.5
7	Faster than PB by	2.6 or more

Note: PB = Personal Best time

5   Club Carnivals and Meets

The Club competes in a number of inter-club carnivals (non-BSA/SQ) during each season. The Club selectors (i.e. Head Coach and Race Secretary) will recommend the composition of carnival participants.

Club carnivals are not always based on the fastest swimmer for each age. Indeed, some carnivals are based on different selection criteria, which aim to give as many swimmers as possible the opportunity to participate in carnivals.

If a swimmer has accepted a nomination and fails to attend and swim at that carnival without a valid excuse, then a deduction of two (2) points per event will be made from their Aggregate Points for the season.

Program of Carnivals / events involving Ithaca Creek Swim Club over the 2018 - 2019 season can be viewed on the website and also posted on the race board at the diving blocks end of the pool.

5.1   Selection of Teams for Inter-Club Carnivals

The Club will be competing in a number of carnivals during the season. The Club selectors will recommend the composition of Carnival participants. If a swimmer has accepted nomination for a Carnival and fails to attend and swim at that Carnival without a valid excuse, then a deduction of two (2) points per event will be made from the swimmer's accumulated points for the season.

6   Club Policies and Code of Conduct

The Club maintains a number of policies that are separately provided on the Club website. These currently are:

- Thunderstorm Risk Management Policy
- Swim Lesson Enrolment and Fee Payment Policy
- Child Protection Policy

When enrolling swimmers in Club lessons, squads, Friday Club nights and carnivals, parents of swimmers and adult swimmers agree to abide by the rules, policies, procedures and codes of behaviour of Ithaca Creek Swimming Club, Swimming Queensland ("SQ"), Swimming Australia Limited ("SAL"), and our Regional Swimming Association ("BSA").

Relevant SQ and SAL policies can be found here:

SQ Policies and Procedures

The following relate to all Ithaca Creek Swim Club activities that a member may be involved in. This may include but not be limited to squad sessions, LTS lessons, Friday Club nights, inter club carnivals and BSA/SQ events.

6.1   Codes of Behaviour - Swimmer

- Compete by the rules set by the coaches and officials.
- Never argue with an official at a competition. If you disagree, have your captain or coach approach the official during a break or after the competition.
- Own your behaviour and be controlled. Verbal abuse of officials and other competitors, deliberately distracting or provoking an opponent are not acceptable.
- Be a good sport. Applaud all good performances.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, fellow Ithaca Creek Swim Club teammates and opponents.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion

6.2   Codes of Behaviour - Parent

- Encourage children to participate and focus on the child's efforts and performance rather than winning or losing. Children participate in sport for their enjoyment.
- Encourage children always to swim according to the rules and to settle disagreements without resorting to hostility or violence.
- Children learn best by example. Appreciate good performances by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect coaches' and officials' decisions and teach children to do likewise.
- Please do not approach teaching or coaching staff while lessons and training are in progress.
- Show appreciation for volunteer coaches, helpers and officials. Get involved, put your hand up to help out at your club.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion

6.3   Codes of Behaviour – Coaches and Officials

- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.

- Be consistent, objective and courteous when making decisions
- Condemn unsporting behaviour and promote respect for all opponents.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Coaches and Officials set an example. Behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.
- Comply with all relevant Swimming Qld and club policies

6.4   Club Rules

Parents are responsible for their children's behaviour at all times during Club activities. If any person disobeys an instruction given by a Committee member, Coach or Club official, the Referee or appointed official may expel such person from taking any further part in the swimming activities for the night. The Referee or appointed official will report the names of any such person to the Committee who will decide whether any further action is warranted.

For safe and efficient running of Friday Club nights and other Club events at Ithaca Creek Swim Club pool, swimmers and non-swimmers must:

1. Remain within the pool enclosure at all times
2. Refrain from dangerous behaviour in and/or around the pool at all times. **NO RUNNING**
3. During all announcements and the start of events it is requested that noise be kept to a minimum
4. Swimmers and non-swimmers failing to observe these rules will be disciplined by the Committee in the following manner:
   a. Cautioned
   b. Suspended from remaining events
   c. Suspended for the following Club Night (any person under suspension will not be eligible to swim for the Club in any inter- club competition while they are suspended)
5. Offenders suspended for the night must remain in the area designated by a Club official
6. Swimmers and non-swimmers who do not respond appropriately to disciplinary action **may be barred** from further attendance at the Club Nights
7. Out of bounds areas are: under or behind the stands; behind the timekeepers (unless marshalling); behind the dressing sheds, in the timing hut, and in the canteen
8. Pool area must always be left clean and tidy after all club activities
9. No dogs are allowed into the pool area
10. Ball games, unless part of a scheduled Club activity, are strictly prohibited within the pool area at all times
11. Smoking and alcohol in glass containers are prohibited anywhere within the pool area. No glass is permitted within the pool area.

7   Friday Club Night 2019 - 2020 Season

7.1   Club Night Program

Three events are scheduled each night, except on 25m nights, when only 25m distance events are offered for all four strokes. Longer events (100m, 200m and 400m) may be scheduled by the Club in addition to the routine three events. <u>Note</u>: 12.5m events will be run before each selected stroke. Where possible, 12.5m events will be scheduled earlier in the club night program.

2019 - 2020 Friday Club Night Program of Events

Date	Butterfly			Backstroke			Breaststroke			Freestyle			Coach's Choice Distance/stroke
	12.5	25	50	12.5	25	50	12.5	25	50	12.5	25	50	
11 Oct	✓	✓	✗	✓	✓	✗	✓	✓	✗	✓	✓	✗	100/200 IM
18 Oct #	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	100/200 Breaststroke
25 Oct	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	100 Butterfly
1 Nov **	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	100/200 Free
08 Nov	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	100/200 IM
15 Nov	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	100/200 Backstroke
22 Nov	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	100/200 Breaststroke
29 Nov	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	100 Butterfly
6 Dec **	✓	✓	✗	✓	✓	✗	✓	✓	✗	✓	✓	✗	No Coach's Choice
Christmas Holidays - Friday 13 December to Tuesday 28 January													
31 Jan	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	100/200 IM
7 Feb #	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	100/200 Backstroke
14 Feb **	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	100/200 Breaststroke
21 Feb	✗	✗	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	100 Butterfly
28 Mar	✓	✓	✗	✓	✓	✗	✓	✓	✗	✓	✓	✗	100/200 Free
6 Mar	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	100/200 IM
13 Mar	✓	✓	✓	✗	✗	✗	✓	✓	✓	✓	✓	✓	100/200 Backstroke
20 Mar	✓	✓	✓	✓	✓	✓	✗	✗	✗	✓	✓	✓	100/200 Breaststroke
29 March (Sunday) Club Championships													
Easter School Holiday - Friday 3 April to Monday 20 April													

learn to swim - come and try

** bring a friend night

INTERCLUB CARNIVALS

Lickiss Cup – TBC

WIM Carnival – TBC

IWO Carnival – TBC

8   Club Trophy, Awards and Selection Criteria

8.1   2017 - 2018 Trophy Recipients and Criteria

Outstanding Clubmanship Trophy	Stella Knowles

Criteria:
Awarded to the Club member who demonstrates a high level of commitment to the Club through regular attendance and specific support for Club activities including coaching program, Club nights, swimming carnivals and other events.
- ✓ Regular attendance at club nights (1 point per event).
- ✓ Regular attendance at swim carnivals (3 points per event).
- ✓ Regular attendance at coaching/training – 2 or more sessions /week (1 point for every 3 sessions).
- ✓ Representing the Club at BSA events (3 points per event).

Sherrington Family Cup - Excellence in Swimming	Zac Pickering

Criteria:
For the swimmer who, as a representative of the Ithaca Creek Swimming Club, gains the highest level of recognition in competition outside of Club night competition.
- ✓ Must swim as a representative for ICSC or ICSS.
- ✓ Highest level of recognition outside club nights, calculated as the best ranked performance (placing by time) in any stroke at a major SAL/SQ or BSA championship.

Candidates are selected from those competing in the highest level of competition in the relevant year. The relevant championship in order of importance, are:
- ✓ International competition.
- ✓ National Championships (e.g. Australian or School Championships).
- ✓ State Championships (e.g. Qld Sprints, Qld Age Championships, Qld Championships & School Championships).
- ✓ Regional Championships (Brisbane Sprints).

Wendy Edmond Trophy - Outstanding Sportsmanship	Ingrid Kerr

Criteria:
For
 the swimmer who displays a fair and sportsmanlike attitude on a regular basis. This award is not for excellence in swimming.

Rising Star - Senior	Matteo Stagg
Rising Star - Junior	George Stewart

Criteria:
For a junior and senior swimmer who, as a representative of the Ithaca Creek Swimming Club, is showing emerging talent through their ongoing performances at competitive meets that may include; club nights, inter-club meets, BSA and QSA meets.
- ✓ Candidates must be registered members of the club

Junior Age - 5-8   Senior Age 9+

Coaches' Choice – Senior Squad Girl	Ella Welsh
Coaches' Choice – Senior Squad Boy	Max Pickering
Coaches' Choice – Junior Squad Boy	Luke Williams

Coaches' Choice – Junior Squad Girl	**Phillipa Andersen**

Criteria:
For swimmers who displayed dedication to their training, attending squad regularly and striving to improve. These are selected by the Head Coach.
Junior Age: 5-8 and Senior Age: 9+

Arch Bevis Trophy - Records Broken in the Season	**Stella Knowles**

Criteria:
For the swimmer who breaks the most number of ICSC records in one season.
- ✓   Greatest number of records broken

Keith Nash Shield - Aggregate Points Champion	**Zac Pickering**

Criteria:
Highest accolade awarded by the Club. For the swimmer who has the greatest improvements in times swum in one season as shown by obtaining the most number of aggregate points during the season.
- ✓   Decided by aggregate points and the computer.

8.2   2018 – 2019 Aggregate Points Age Champions

Place	Swimmer	Points
1	Zac Pickering	143
2	Katie Kneebone	135
3	Miranda Stewart	132
3	Tim Yousseph	132
4	Lucy Curley	130
4	Sandy Yousseph	130
5	Holly Jillard	129
6	Ella Wishart	128
7	Samuel Cross	125
8	Aimee Jillard	124
9	George Stewart	123
10	Monty Knowles	121
11	Max Pickering	117
12	Elsie Crosby	115
13	Ellen Robinson	113
14	Ziggy Arumugam	112
14	Joe Welsh	112
15	Eloise Pilbeam	111
16	Frederick Vaughan	106
17	Isabelle Kneebone	105

8.3   2018 - 2019 Club Champions (c)

Age	Girls	Boys
6 yrs & under	Miranda Stewart	George Robertson
7 years	Phillipa Andersen	Monty Knowles
8 years	Lucy Curley	George Stewart
9 years	Abby Novosel	Frederick Vaughan
10 years	Ella Wishart	Matteo Stagg
11 years	Gemma Glen	Lachlan Krueger
12 years	Stella Knowles	Lucas De Zubicaray
13 years	NA	Samuel Welsh
14 years	NA	Max Pickering
15 years	NA	NA

9   Club Records (as at 30 March 2019)

A new record for the 2018 – 2019 Season is identified in red.

Ithaca Creek Swimming Club

2019 - 2020 Handbook

BACKSTROKE			GIRLS RECORDS			BOYS RECORDS		
Age	Distance		Name	Time	Date	Name	Time	Date
6	25m		Sophie Gerber	25.44	05/04/09	Harry Hall	26.05	05/4/09
7	25m		Catherine Eckersley	23.44	28/03/04	Ayrton Cois	21.59	28/10/00
8	25m		Caitlin Small	20.31	22/03/15	Jack Pershouse	19.06	24/03/02
9	25m		Caitlin Small	18.24	7/10/16	Joseph Hicks	19.59	22/02/97
6	50m							
7	50m							
8	50m		Caitlin Small	43.93	22/03/15	George Stewart	44.18	01/03/19
9	50m		Elly McGregor	40.69	26/03/00	Jack Pershouse	39.46	13/04/03
10	50m		Caitlin Small	38.25	26/03/17	Jack Seawright	38.50	19/10/07
11	50m		Coco Fallon	36.43	15/02/19	Chris Briscoe	33.11	26/03/98
12	50m		Pamela Dickinson	34.35	30/03/96	Jacob Toole	36.58	26/03/00
13	50m		Kaitlin Borgeaud-Moo	32.95	01/02/08	Chris Briscoe	29.99	26/03/00
14	50m		Kaitlin Borgeaud-Moo	33.46	28/03/08	Chris Briscoe	31.50	28/10/00
15	50m		Jamila Lyndon-Watt	35.57	26/03/98	Jake Williams	31.20	05/04/09
16	50m		Emma Herron	36.16	24/03/02	Jake Williams	30.47	27/03/10
17	50m		Emma Herron	36.56	13/04/03	Scott Richardson	30.40	14/02/87
9	100m		Caitlin Small	1:26.46	7/10/16	Harrison Small	1:28.90	17/2/17
10	100m		Caitlin Small	1.22.14	6/10/17	Harrison Small	1:24.72	25/03/18
11	100m		Kaitlin Borgeaud-Moo	1.20.15	10/02/06	Oscar Spicer	1:22.73	16/11/2018
12	100m		Kaitlin Borgeaud-Moo	1.17.06	20/10/06	Chris Briscoe	1:07.36	26/03/99
13	100m		Kaitlin Borgeaud-Moo	1:12.59	30/11/07	Leon Julius	1:17.61	26/03/99
14	100m		Georgia Walker	1:18.01	10/11/17	Rupert Wells	1:11.69	17/2/17
15	100m							
16	100m							
17	100m		Akari Hori	1:15.89	6/10/17			
10	200m		Caitlin Doyle	3:22.90	20/03/09			
11	200m		Alex Snellgrove	3:03:27	19/03/10	Jack Seawright	2:42:41	03/04/09
12	200m		Kaitlin Borgeaud-Moo	2.43.16	16/02/07	Chris Briscoe	2:34.21	13/11/98
13	200m					Chris Briscoe	2:26.23	12/10/99
14	200m		Phoebe Duke	3:26:89	03/04/09	Leon Julius	2:42.94	12/11/99
15	200m		Phoebe Duke	3:32:15	12/03/10	Chris Hassall	2:39.03	12/11/99

BUTTERFLY		GIRLS RECORDS			BOYS RECORDS		
Age	Distance	Name	Time	Date	Name	Time	Date
6	25m	Scout Fihelly	24.21	10/03/17	Matthew Manzie	25.96	14/11/87
7	25m	Ashleigh Toole	21.12	28/03/99	Ayrton Cois	19.21	28/10/00
8	25m	Megan Brunton	18.46	26/03/98	Michael Brunton	17.91	30/03/96
9	25m	Elly McGregor	18.11	19/02/00	Michael Brunton	16.70	22/02/97
10	25m	Pamela Dickinson	16.97	12/02/94	Kristian Lund	18.94	05/11/88
* 7	50m				Brendan Garbutt	59.79	14/12/07
8	50m	Bridget Seawright	48.94	16/11/07	Jack Seawright	42.26	2/12/05
9	50m	Megan Brunton	40.34	28/03/98	Jack Pershouse	39.07	13/04/03
10	50m	Holly Roads	36.24	23/03/13	Jack Seawright	35.81	02/11/07
11	50m	Stella Knowles	34.77	19/10/2018	Chris Briscoe	32.42	26/03/98
12	50m	Pamela Dickinson	32.85	29/03/96	Chris Briscoe	30.83	28/03/99
13	50m	Pamela Dickinson	32.20	22/02/97	Chris Briscoe	28.76	26/03/00
14	50m	Kimberley Hicks	32.99	26/03/00	Chris Briscoe	28.42	28/10/00
15	50m	Lily Boland	33.78	25/03/18	Daniel Ede	31.14	28/03/99
16	50m	Brooke Ryan	35.07	24/02/96	Leon Julius	29.65	24/03/02
17	50m	Christine Kramarenko	34.60	08/11/86	Scott Richardson	30.20	14/02/87
9	100m	Mia Crystal	1:55.68	3/02/17			
10	100m	Stella Knowles	1:30.15	20/10/17	Lex Tucker	1.38.07	27/02/15
11	100m	Stella Knowles	1:22.78	16/03/17	Joseph Hicks	1:23.69	26/03/99
12	100m	Stella Knowles	1:15.99	31/03/19	Cameron Edwards	1:24:97	15/02/13
13	100m	Macy Quinn	1:15.01	16/03/18	Rupert Wells	1.14.44	17/3/17
14	100m	Georgia Walker	1:19.43	16/3/18	Chris Hassall	1:19.11	06/11/98
15	100m	Meg FitzGerald	1.27.03	17/02/06	Daniel Ede	1:08.54	26/03/99
16	100m						
17	100m	Akari Hori	1:25.76	20/10/17			
10	200m	Amy Smith	3:08.83	20/10/00			

· Record no longer recorded – 50m butterfly not encouraged until 8yo

BREASTSTROKE		GIRLS RECORDS			BOYS RECORDS		
Age	Distance	Name	Time	Date	Name	Time	Date
6	25m	Georgia Powell	28.99	05/04/09	Jack Pershouse	29.28	26/03/00
7	25m	Catherine Eckersley	25.04	28/03/04	Ayrton Cois	23.66	28/10/00
8	25m	Catherine Eckersley	22.94	12/02/05	Jack Pershouse	21.57	24/03/02
9	25m	Tess Cawley	21.54	19/02/00	Joseph Hicks	20.04	22/02/97
6	50m	Georgia Powell	1:05:53	06/03/09			
7	50m	Phoebe Powell	59.80	07/03/08			
8	50m	Catherine Eckersley	50.05	18/03/05	Brendan Garbutt	50.06	07/11/08
9	50m	Tess Cawley	46.95	26/03/00	Jack Pershouse	43.16	13/04/03
10	50m	Pamela Dickinson/ Ella Martinkovic	41.81 41.81	16/12/93 27/03/10	Joseph Hicks	40.84	28/03/98
11	50m	Natalie Thompson	39.31	02/04/92	Chris Briscoe	40.12	28/03/98
12	50m	Pamela Dickinson	37.64	30/03/96	Chris Briscoe	37.48	28/03/99
13	50m	Georgia Walker	36.87	26/3/17	Chris Briscoe	35.92	26/03/00
14	50m	Georgia Walker	36.67	26/03/18	Scott Wacker	35.34	20/03/05
15	50m	Shaan Martyr	41.07	08/04/95	Angus Herron	35.06	20/03/05
16	50m	Natasha McIntosh	42.06	19/11/93	Neil Beltz	34.30	28/11/87
17	50m	Emma Herron	45.04	13/04/03	Peter Bishop	40.40	19/03/94
9	100m	Lucy Vaughan	1:54.75	11/03/16	Harrison Small	1:39.56	17/11/17
10	100m	Lucy Vaughan	1:40.48	26/3/17	Stephan Turner	1:35.39	05/02/99
11	100m	Jessica Cameron	1:32.64	7/12/07	Joseph Hicks	1:25.13	19/03/99
12	100m	Georgia Walker	1:29.96	11/03/16	Chris Briscoe	1:25.13	19/03/99
13	100m	Sophie Bailey	1:20.35	18/03/05	Chris Briscoe	1:24.80	22/10/99
14	100m	Georgia Walker	1:21.79	13/10/17	Chris Hassall	1:19.11	06/11/98
15	100m				Chris Hassall	1:23.03	22/10/99
16	100m						
17	100m						
10	200m	Mia Crystal	3:47.19	13/10/17			
11	200m	Lucy Vaughan	3:18.70	25/03/18			
12	200m	Macy Quinn	3:18.23	17/10/17	Joseph Hicks	3:02.97	25/11/97
13	200m	Patricia Redmond	3:14.21	25/11/99	Chris Briscoe	3:06.40	25/11/99
14	200m	Kimberley Hicks	3:09.82	25/11/99	Jake Williams	3:01.47	27/03/09

FREESTYLE		GIRLS RECORDS			BOYS RECORDS		
Age	Distance	Name	Time	Date	Name	Time	Date
6	25m	Ashleigh Toole	21.61	28/03/98	Matthew Manzie	19.24	14/11/87
7	25m	Tess Cawley	18.50	28/03/98	Michael Brunton	18.58	18/11/95
8	25m	Phoebe Powell	17.71	21/11/08	Jack Pershouse	16.07	24/03/02
9	25m	Elly McGregor	16.11	19/02/00	Michael Brunton	15.52	01/11/97
6	50m	Phoebe Powell	49.41	09/03/07	Matthew Cameron	51.58	2/12/05
7	50m	Phoebe Powell	45.13	28/03/08	George Stewart	42.64	16/03/18
8	50m	Elly McGregor	37.53	28/03/99	Harrison Small	37.50	25/11/16
9	50m	Elly McGregor	34.54	13/11/99	Harrison Small	34.23	9/02/18
10	50m	Pamela Dickinson	32.25	19/03/94	Jack Seawright	30.93	07/12/07
11	50m	Pamela Dickinson	31.82	25/02/95	Chris Briscoe	30.05	28/03/98
12	50m	Pamela Dickinson	30.13	30/03/96	Chris Briscoe	28.86	23/10/98
13	50m	Georgia Walker	28.59	26/3/17	Chris Briscoe	27.08	26/03/00
14	50m	Georgia Walker	28.59	25/03/18	Chris Briscoe	27.01	28/10/00
15	50m	Jamila Lyndon-Watt	30.13	03/04/95	Angus Herron	27.00	20/03/05
16	50m	Emma Herron	30.15	24/03/02	Leon Julius	26.86	24/03/02
17	50m	Emma Herron	30.95	13/04/03			
9	100m	Ella Welsh	1:35.74	24/2/17	Harrison Small	1:17.75	27/10/17
10	100m	Chloe Green	1:17.39	29/10/99	Jack Seawright	1:08.97	16/11/07
11	100m	Caitlin Small	1:10.46	2/03/18	Jacob Toole	1:12.71	30/10/98
12	100m	Stella Knowles	1:08.19	31/03/19	Chris Briscoe	1:02.32	19/02/99
13	100m	Kimberley Hicks	1:07.01	19/03/99	Chris Briscoe	1:00.62	11/02/00
14	100m	Joanna Schmidt	1:13.86	19/03/99	Chris Hassall	1:01.44	19/03/99
15	100m	Hilary Morrison	1.12.97	10/03/06	Angus Herron	59.17	18/03/05
16	100m						
17	100m						
10	200m	Caitlin Small	2:52.15	24/03/17	Jack Seawright	2:35.34	02/11/07
11	200m	Stella Knowles	2:47:07	02/03/18	Lachlan Krueger	2:33.87	31/03/19
12	200m	Macy Quinn	2:39.71	24/03/17	Chris Briscoe	2:21.53	20/11/98
13	200m	Macy Quinn	2:33.38	25/03/18	Chris Briscoe	2:14.18	19/11/99

14	200m	Georgia Walker	2:29.49	25/03/18	Chris Briscoe	2:12.68	20/10/00
15	200m	Lauren Champion	2:52.04	25/03/18	Daniel Ede	2:13.95	20/11/98
16	200m	Hilary Morrison	2.54.07	16/02/07			

MEDLEY		GIRLS RECORDS			BOYS RECORDS		
Age	Distance	Name	Time	Date	Name	Time	Date
8	100m	Katie Kneebone	2:03.67	31/03/19	Harrison Small	1:38.43	4/11/16
9	100m	Bridget Seawright	1:30.68	05/11/08	Brendan Manzie	1:36.80	18/03/88
10	100m	Jessica Cameron	1.27.61	03/11/06	Jack Seawright	1:20.27	09/11/07
11	100m	Lucy Vaughan	1:22.65	25/03/18	Mitchell Wishart	1:31.45	4/11/16
12	100m	Kaitlin Borgeaud-Moo	1.19.50	01/12/06	Darren Siiankowski	1:30.50	15/03/88
13	100m	Macy Quinn	1:16.61	25/03/18	Jake Williams	1.19.68	02/03/07
14	100m	Georgia Walker	1:15.85	9/03/17	Jake Williams	1:15.06	04/04/07
15	100m	Lauren Champion	1:26.34	09/03/18	Jake Williams	1:12.60	31/10/08
16							
10	200m	Caitlin Doyle	3:32:53	03/04/09	Mathew Cameron	3:19.03	20/03/09
11	200m	Lucy Vaughan	2:57.70	09/03/18	Joseph Hicks	2:54.58	09/10/98
12	200m	Macy Quinn	2:53.37	3/11/17	Chris Briscoe	2:35.58	12/03/99
13	200m	Macy Quinn	2:49.15	09/03/18	Jake Williams	2.55.61	09/03/07
14	200m				Cameron Edwards	2.44.63	21/11/14
15	200m				Daniel Ede	2:33.79	09/10/98
16	200m				Jake Williams	2:35:39	12/03/10
17	200m	Akari Hori	2:53.95	3/11/17			

10 Honorary Club Members

Club Patrons

Arch Bevis

Col Millar

Life Members

Keith Nash (Dec'd)

Jenny Mrak

Michael Potter

Jan Hogan

Sean Garbett

Fergus FitzGerald

John Tojnar

Ian Turner

Maree Williams

Alan Swan (Dec'd)

10 Year Members

Kylie Hogan

Michelle Hogan

Jamila Lyndon-Watt

Peter Bishop

Heidi Bishop

Daniel Ede

Stephen Turner

Angus Herron

Sarah Rush

Meg FitzGerald

Hilary Morrison

Tom Cohen

Kaitlin Borgeaud-Moo

Rebecca Williams

Jake Williams

GO THE SHARX!!

2019 - 2020

We Coach, We Encourage, We Care