



HANDBOOK  
2024-2025 SEASON

## Welcome to the Whitsunday Swimming Club...

A very warm welcome to all our new families, we hope you enjoy being a part of our wonderful club. Welcome back to all our existing members also. I hope this season is one where you achieve all your goals and dreams. Swimming is one of Australia's most recognised and successful sports. Not only does Australia produce some of the best swimmers in the world, but all of them also once started swimming at a local swimming club just like ours!

We encourage all members to attend squad training sessions to improve their stroke and their race fitness. We also encourage all members to attend the local swim meets hosted by the various swim clubs in our region. These meets are listed on the Swimming North Queensland Facebook page and website. Please follow the @WSCwhitsundayswimmingclub Facebook page for updates and meet information.

Club Nights are a very important part of our Whitsunday Swimming Club's identity. Members are encouraged to attend 1st Thursday of each month and put the skills they have learned at training into practise. Our focus at Club Night is not that of winning but competing to improve your personal best times (PBs). We encourage all parents to play an active role in the running of club nights. There are many jobs to do like setting up, marshalling, timekeeping, recording results, kitchen duty, serving food, cleaning up, entering results into the computer, and packing away equipment.

Finally, we hope you enjoy being a member of the Whitsunday Swimming Club. Please do not hesitate to contact one of our friendly committee members (listed in this handbook) if you have any questions or concerns.

2024-2025 Executive Committee

## WHITSUNDAY SWIMMING CLUB HISTORY

Originally known as Proserpine Amateur Swimming Club, our first general meeting was held on 30 October 1968, with Mr. Lance Walker being elected President, Mrs. Janet Erricker, Secretary and Mrs Fay Hamilton, Treasurer. We started with a very meagre bank balance, but thanks to the hard work and dedication of parents, past and present, and the generous, ongoing support of our local community, we have been able to build and equip a clubhouse with kitchen, office and gym facilities, and an observers' shed for our voluntary recorders.

We were successful in an application to the State Government for funds to assist us in building our Clubhouse and are grateful to the Office of Sport and Recreation for the opportunity to apply for a coaching grant.

We would also like to acknowledge the support we have received from the Breakwater Island Casino Community Benefit Fund Trust (computer), the Gaming Machine Community Benefit Fund (lane ropes, club house upgrades).

### WHITSUNDAY SWIMMING CLUB Acknowledges our ...

PATRONS	LIFE MEMBERS
Mr Col & Mrs Pat Mengel	Mr Des & Mrs Janet Erricker
Mr Bob & Mrs Kay Corskie	Mr Mel & Mrs Lola Mudie
Mr Kevin & Mrs Robyn Perkins	Mr Lex & Mrs Gayle Hinschen
Mr Arnold & Mrs Denise Legge	
Mrs Pat Gillen	

### Whitsunday swimming Club's Mission Statement:

To develop children of all abilities by promoting positive attitudes and a healthy lifestyle, through family and community involvement in swimming activities.

*Motto: 'You can, if you think you can!'*

**2023-2024 EXECUTIVE COMMITTEE**

Please do not hesitate to contact one of the committee members, if you have any queries or questions.

POSITION	NAME
President	Amanda Yuskan
Vice President	Nick Alexander
Secretary	Kelli McDonald
Treasurer	Emma Alexander
Minutes Secretary	Kelli McDonald
NQ Delegate 1	Amanda Yuskan
NQ Delegate 2	Emma Alexander
Club Coach	Jenny Rush
Executive Committee	Paula Parker

**IMPORTANT ADDRESSES**

Whitsunday Swimming Club- Email Address	<a href="mailto:whitsundayfrogs@gmail.com">whitsundayfrogs@gmail.com</a>
Club's Facebook Page	@W.S.C whitsunday swimming club
Proserpine Swimming Pool Management: LSA	55 Anzac Rd Proserpine 4800
North Queensland Swimming Association –	<a href="https://snq.swimmingclub.org.au/">https://snq.swimmingclub.org.au/</a> <b>Swimming North Queensland</b> <b>P.O. Box 1549</b> <b>Aitkenvale Qld 4814</b>
Swimming Queensland- Website	<a href="https://qld.swimming.org.au">https://qld.swimming.org.au</a>
Club Coach- Jenny Rush	aquaticrush@gmail.com

### **MEMBERSHIP/ REGISTRATION FEES 2022/2023**

<b>Registration type</b>	<b>Swimming Type</b>	<b>Cost</b>	<b>Includes</b>
<b>National Swimmer</b>	10 & over wishing to compete at Nationals*, State Champs*, Club Night & Inter Club Meets	<b>\$236.05</b>	<ul style="list-style-type: none"><li>• <b>Registration with Swimming Queensland fee</b></li><li>• <b>Swimming Australia fee</b></li><li>• <b>North Queensland Swimming fee</b></li><li>• <b>Club fee</b></li><li>• <b>JLT insurance</b></li><li>• <b>club cap</b></li><li>• <b>club shirt</b></li></ul>
<b>Youth Swimmer</b>	10 & over wishing to compete at Club Nights, Inter Club Meets & State Champs*	<b>\$200</b>	
<b>Junior Swimmer</b>	9 & under who wish to compete at Club Nights & Inter Club Meets	<b>\$177.86</b>	
<b>Non Swimmer</b>		<b>\$22.66</b>	
<b>Parent</b>		<b>Free</b>	
<b>Coach</b>		<b>\$22.66</b>	<b>Swimming Queensland fee</b>

\*Qualifying Times Apply

**This is all done via Swim Central <https://swimcentral.swimming.org.au>**  
Whitsunday Swimming Club accepts Fair Play Vouchers

### **CONDITIONS OF MEMBERSHIP**

\*Membership fees are due at the start of the season, or upon joining the club.

\*All registered swimmers must have a parent member. This entails Swim Central sign up with no accompanying fees.

\*All committee members must be WSC members. Office bearers, officials and parents assisting at club nights or carnivals should be WSC members.

\*Swimmers who have never been members of WSC previously, may swim one

club night before joining the Club.

\*Registered swimmers with other clubs are welcome to participate as guest swimmers.

\* Only swimmers competing as WSC swimmers will be eligible for Club Awards

\* All parents must have valid blue card

### **SQUAD TRAINING FEES**

**Please Note:** All squad bookings and coaching fees are organised directly through Aquatic Rush at Proserpine Pool

### **2024-2025 SQUAD TRAINING TIMETABLE**

<b>Squad</b>	<b>Days</b>	<b>Times</b>
Mini Squad	Monday, Tuesday, Wednesday & Thursday	3.45pm-4.15pm
Senior Squad	Monday, Tuesday, Wednesday & Thursday	3.30pm-5.00pm

**Please Note:** School holiday squad training times may vary. Coaches will notify squad members.

### **TRAINING EQUIPMENT**

**Members must bring their own equipment for squad training-** goggles, fins, (paddles-coach to notify), towel, drink bottle. All equipment should be clearly named. Members are responsible for their own belongings.

### **CLUB UNIFORM**

To be worn at all carnivals and encouraged at Club Nights. Club shirts and caps are provided with each membership. Parents are more than welcome to purchase shirts for themselves at their expense.

### Australian Junior Excellence (JX) Program

The Australian Junior Excellence (JX) Program recognises, rewards, and encourages junior swimmers who, through their development of aquatic skills and fitness, achieve a high standard of swimming excellence.

Swimmers aged from 9 to 16 years, who accomplish times set by Swimming Australia, qualify at gold, silver, bronze or blue standard, depending on their best performance/s during the season.

The JX Program was established in 2007 to recognise, reward and incentivise junior swimmers who are on a key part of their swimming journey, learning and refining as they develop into senior swimmers. Each year Swimming Australia releases the JX criteria and standards for the forthcoming season which swimmers, parents and coaches can use to as targets throughout the year.

All 'approved' swim meet results are loaded into the Swimming Australia Meet Manager system and used as results towards an overall award for each individual swimmer. At the end of the qualification period, Swimming Australia will publish the JX Results on the website and Facebook and update each swimmers Swim Central status.

## **SWIMMING RULES**

The Swimming Australia's rules can be found on the Swimming Australia website <https://swimming.org.au>

## **CLUB NIGHT/ POOL REGULATIONS**

All normal pool regulations apply to anyone in the centre whether they are swimming or not. These rules are enforced by the managers and lifeguards on behalf to the Whitsunday Regional Council and are part of their by-laws so they must be adhered to. When club night commences, it is the club's responsibility also to enforce these rules as we may be liable for any damage.

## **CLUB NIGHT RULES**

1. MEMBERS ARE TO BE SEATED IN THE FIRST TWO BAYS (CLUB HOUSE END) OF THE GRANDSTAND READY FOR MARSHALLING, PARENTS IN OTHER SECTIONS.
2. MEMBERS ARE NOT PERMITTED TO PLAY IN THE WADING POOL ONCE RACES HAVE STARTED.
3. NO PLAY WATER PARK ONCE RACES HAVE STARTED.
4. NO SITTING ON THE LANE ROPES - they are costly to replace and deadly if they snap.
5. NO RUNNING ON THE CEMENTED SURFACES
6. SHOWERS ARE TO BE KEPT CLEAN & TIDY AT ALL TIMES.
7. NO LITTERING

## **CLUB NIGHTS**

**Club Nights are 1<sup>st</sup> Thursday of each month. Starting promptly at 545pm**

For the Club Night Program of Events (races you can swim in), please check the Club House Notice Board, Facebook page and Swim Central. All swimmers must nominate via Swim Central to swim.

Club Nights will start with announcements and presentations of PB's, Upgrades and A Grades certificates and other important notices.



Parents are required to act as officials on Club Nights:

- Marshalling
- Recorders
- Food Prep etc

Assistance and training given to new parents. All children must be accompanied by an adult on Club Night

### **CLUB NIGHT ADMISSION**

All swimmers and spectators must pay a club night fee of **\$5 per family or \$3 for one swimmer** to the treasurer upon arrival at the Club House.

This fee is also payable by swimmers that are swimming in their one “Have-a-Go” night prior to joining the club.

### **WEATHER**

Club Night may be cancelled at the discretion of the Executive Committee due to unfavourable weather conditions.

**In the case of bad weather - please PM the WSC Facebook page or call/text Amanda 0458 511 981**

### **CLUB NIGHT-UPGRADE TIMES**

*To be eligible to swim certain distances, members must swim these upgrade times:*

<b>UPGRADE TIMES</b>				
<b>Distance</b>	<b>Freestyle</b>	<b>Breaststroke</b>	<b>Backstroke</b>	<b>Butterfly</b>
<b>25 m to 50 m</b>	25 sec	30 sec	28 sec	28 sec
<b>50 m to 100 m</b>	45 sec	60 sec	58 sec	59 sec
<b>200 IM</b>	Swimmers must be swimming 50 metres in all strokes			

<b>100m to 200m</b>	1 min 35 sec	2 min	2 min	2 min
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**Please note:** A swimmer does not have to swim the distance that they have upgraded to E.g., if you have upgraded to 100m Freestyle you still may choose to swim 50m Freestyle on some Club Nights.

For upgrades above 100 metres please refer to North Queensland A-Grade times in the back of your handbook. These are age appropriate. Requests for swims not on the club night program, to gain a qualifying time or attempt a record, should be made on Club Night nomination form or under discretion of Committee Members. Record attempts can be swum after Club Night swims. These attempts must comply with Swimming rules SW 12.

### **HOW TO NOMINATE FOR CLUB NIGHTS**

***Please Note: Club Night Nominations close 12 MIDNIGHT Monday!  
NO LATE NOMINATIONS ACCEPTED!***

1. Log onto <https://swimcentral.swimming.org.au>
2. Find Relevant Club Night
4. Nominate for 4 swims of different strokes

### **SWIMMING NORTH QUEENSLAND MEETS/ AWAY MEETS**

Please refer to the Meet Calendar (in handbook) for up-coming meets.

### **HOW TO NOMINATE:**

1. Please refer to the **Meet Flyer** on Facebook or emails for a particular carnival.

2. Go to <https://swimcentral.swimming.org.au>
3. Find relevant meet
4. Select the races you wish to compete in.
5. Submit and pay online before the closing date

**Please Note:**

At away meets, all swimmers are to arrive at pool at least 45 minutes before advertised start time and report to coach for warm up.

Parents are required to time keep at meets on a rotational basis with other parents.

**CLUB AWARDS and COMPETITIONS**

**CLUB NIGHT COMPETITION**

Swimmers to complete in a maximum of four races (non-competitive), aiming to improve own Personal Best Times (PBs).

**Please note:** Swimming Queensland's 7 years and under policy will be followed at Club Nights. Please read this policy.

**WEEKLY AWARDS**

**PB Awards, Up-grade and A-Grade Awards, State Time Awards, Pool and Club Records.** These awards will be derived from Club Night and Away Meets. Awards and certificates will be presented at the commencement of each Club Night. Each member is encouraged to keep a record of the personal times, upgrade, and A-Grade times for future reference.

**ANNUAL AWARDS-**

**CLUB CHAMPIONSHIPS/ AGE AGGREGATE AWARDS**

**To be eligible to swim in the Club Championships for Age Aggregate Points, members must be:**

- Financial
- **Competed in at least 70% of club nights** since date of joining for the current season. It is up to members to keep a record of how many club nights they have missed. Parents, please inform the management

committee of the reason for the member's absence.

- In extenuating circumstances, it will be at the discretion of the management committee as to whether the member is eligible for annual awards.
- Please notify the committee if your child will be away for an extended period due to other commitments.
- Members who are ineligible to swim for aggregate points, may still compete at Club Championships for ribbons.
- All qualifying times for these Annual Awards must be swum in the current swimming season (2023/2024) and in the competitor's applicable age group.
- If you are in arrears for any club fees at the end of the season, the participating members of your family will not be eligible for the Club Championships.
- All fees (including club night and carnival fees) are to be paid by closing date for nominations for Club Championships.



## 2024 – 2025 SNQ Meet Applications Summary

	Date	Meet Application	Designation	Course	Venue	Days Meet Covers	Flyer etc due in by:
<b>2024</b>							
Club	May 19	Pioneer	Transition	Short	Mackay ARC	1	
Regional	May 26	SNQ AGM -			Bowen		
	June 1/2						
	June 8/9						
National	June 10-15	AUSTRALIAN SWIMMING TRIALS					
Regional	June 22/23	SNQ Stroke Clinic – Mackay & Townsville					
	June 29/30						
	July 6/7						
Club	July 13	Cannonvale	Transition	Short	Cannonvale	1	
	July 20/21						
National	July 24-31	SCHOOL SPORT AUSTRALAI NATIONALS 10-19yrs					
Club	July 27-28	Gardens	Transition	Short	Townsville	2	15/06/24
	August 3/4						
State	August 9-11	QUEENSLAND SHORT COURSE CHAMPIONSHIPS - BRISBANE					
SNQ & CQ	August 17/18	Coaches Conference					
Regional	August 24/25	Junior Achievers Squad Technique & Skills Clinic - Mackay and Townsville					
Club	Aug 31-Sept 1	Tourist	Transition	Long	Townsville	2	20/07/24
Regional	Sept 8	State and National Squad Training & Education Day					
	Sept 14/15						
	Sept 21/22						
National	Sept 26-29	2024 AUSTRALIA SC CHAMPIONSHIP					
	Oct 5/6						
State	Oct 12	QUEENSLAND OPEN WATER CHAMPIONSHIPS					
Club	Oct 12	Herbert River	Transition	Long	Ingham	1	31/08/24
Club	Oct 19/20	Whitsunday	Transition	Long	Proserpine	2	7/09/24
Club	Oct 26/27	CTASC	Transition	Long	Ch Towers	2	14/09/24
Club	Nov 2/3	Gardens	Preparation	Long	Townsville	2	21/09/24
Club	Nov 8/9	Richmond	Transition	Short	Richmond	2	28/09/24
Regional	Nov 10	Junior Achievers Squad Technique & Skills Clinic - Richmond					
Club	Nov 16/17	GBR	Transition	Long	Mackay	2	5/10/24
	Nov 23/24	Hamilton Island Triathlon					
Clubs	Nov 23	Isa Heat	Transition	Long	Mt Isa	1	12/10/24
Regional	Nov 30	SNQ Relay Meet - TBA					
Regional	Dec 1	SNQ Relay Practice and Shirt Presentation for SQ Championship					
	Dec 7/8	Block out weekend					
	Dec 14-20	QUEENSLAND LONG COURSE CHAMPIONSHIPS - BRISBANE					
	Dec 21/22						
	Dec 28/29						



## 2024 – 2025 SNQ Meet Applications Summary

	Date	Meet Application	Designation	Course	Venue	Days Meet Covers	Flyer etc due in by:
2025							
	Jan 4/5						
Club	Jan 11	Mirani	Transition	Long	Mirani	1	30/11/24
Club	Jan 18	Burdekin	Transition	Long	Ayr	1	07/12/24
Club	Jan 25/26	Cannonvale	Transition	Short	Cannonvale	2	07/12/24
Club	Feb 1/2	Tourist	Transition	Long	Townville	2	14/12/24
State	Feb 8/9	QLD SPRINT CHAMPIONSHIPS - BRISBANE					
	Feb 15/16						
Regional	Feb 23	Planning Day					
Regional	Feb 28-Mar 2	NORTH QUEENSLAND CHAMPIONSHIPS - TOWNSVILLE					
Club	Mar 8/9	Bowen	Transition	Long	Bowen	2	25/01/25
Club	Mar 15	Lightning	Transition	Long	Townsville	1	1/02/25
	Mar 22/23						
	Mar 29/30						
	April 5/6						
	April 12/13						
	April 19/20	Easter					
	Apr 26/27						
	May 3/4						
	May 10/11						
Club	May 18	Pioneer	Transition	Short	Mackay ARC	1	6/04/25
Regional	May 25	SNQ AGM			Bowen		
	May 31 June 1						
	June 7/8						
	June 14/15						
	June 21/22						
	June 28/29						

### Legend

Club
Regional
State
National
SNQ & CQ
QLD State School Holidays

