



www.wodenswimclub.org.au

<https://www.facebook.com/wodensharks>

2021

Contents

WELCOME TO THE WODEN SHARKS	3
OUR SENIOR SWIMMERS	4
WHO TO CONTACT	4
TRAINING SCHEDULE	5
TRAINING EQUIPMENT	6
CLUB MEMBERSHIP	7
SQUAD FEE WITH THE Y	7
DISCOUNTED FEES	7
SWIMMING NSW REGISTRATION	8
MEET MOBILE	13
UNIFORMS	9
YOUR FIRST SWIM MEET	11
CLUB NIGHT	14
FUNDRAISING – PLEASE SUPPORT OUR CLUB	14
Rebel Sports Card	14
CSSC Community Rewards Program	15

WELCOME TO THE WODEN SHARKS

The Executive Committee and members of the Woden Valley Swim Club would like to extend a warm welcome to swimmers and their parents joining our club.

Swimming is one of Australia's most popular sports. Our country is surrounded by water although Canberra isn't, and swimming is one of our nation's great passions. As well as being awesome fun, swimming is a great way to make new friends, keep fit and learn new skills.

We hope that you have a long and enjoyable association with our club and that you find both the swimming and social activities rewarding and fulfilling. This information has been prepared to help new club members understand a little more about club swimming and the way we operate.

We are located at Stromlo Leisure Centre (SLC) as shown by this Google map link <https://g.page/ymcastromlo?share>



Corner of Uriarra Road and, Dave McInnes Rd, Stromlo ACT 2611

SLC is owned by ACT Government and is managed by YMCA NSW (The Y).

OUR SENIOR SWIMMERS

Our senior swimmers are always happy to answer any questions your swimmer may have. Just ask and any of our

coaches can introduce your swimmer to one of our Senior swimmers.

WHO TO CONTACT

Committee Members

- **President: Marcus Stokes**
- **Vice President: Adrienne Hallam**
- **Secretary: Julia Graczyk**
- **Treasurer: Tina Gasnier**
- **Registrar: Lori Gould**
- **Race Secretary: Emma Keightly**
- **Property Officer: vacant**
- **Club Night Co-ordinator: Melissa Petropoulos**
- **Member Protection Information Officer: Monica Biddington**
- **Website and facebook: Nicole Wuth**

Please email: contact@wodenswimclub.org.au to reach any Committee member

Coaching Team:

- **James Critoph (head coach)**
- **Natalie Menzies**
- **Steve Meredith**

TRAINING SCHEDULE

These are our new squad times starting on 12 October 2020. Silver Squad will remain mixed with Bronze and Gold for the time being, once we have all coaches in place and assessments are made. This is a work in progress, thanks for your patience.

Development Squad	Monday	4:30pm – 5:30pm
	Tuesday	4:30pm – 5:30pm
	Wednesday	4:30pm – 5:30pm
	Thursday	4:30pm – 5:30pm

Bronze Squad	Monday		5:00pm – 6:30pm
	Tuesday		4:30pm – 6:00pm
	Wednesday		5:00pm – 6:30pm
	Thursday		4:30pm – 6:00pm
	Friday		
	Saturday	7:00am – 9:00am	

Silver Squad (start 30.11.20)	Monday		5.30pm – 6.30pm
	Tuesday		5:00pm – 6:30pm
	Wednesday	6:00am – 7:30am	
	Thursday		5:00pm – 6:30pm
	Friday	6:00am – 7:30am	
	Saturday	7:00am – 9:00am	

Gold Squad	Monday	5:30am – 7:30am	5.30pm – 6.30pm
	Tuesday		5:00pm – 6:30pm
	Wednesday	5:30am – 7:30am	5.30pm – 6.30pm
	Thursday		5:00pm – 6:30pm
	Friday	5:30am – 7:30am	
	Saturday	7:00am – 9:00am	

There is **NO TRAINING** on **Public Holidays**, unless otherwise advised. There will be a variable **Christmas to new year** shutdown, notifications will be sent early December each year.

TRAINING EQUIPMENT

Please have your own training equipment at all training sessions.

Development Squad	<p>Drink Bottle Goggles (plus a spare pair) Cap (plus a spare) Kickboard Pull Buoy Training Fins/Flippers</p>
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<p>Bronze Squad</p>	<p>Drink Bottle Goggles (plus a spare pair) Cap (plus a spare) Kickboard Pull Buoy Training Fins/Flippers Centre Snorkel Finger/Hand Paddles</p>
<p>Silver Squad & Gold Squad</p>	<p>Drink Bottle Goggles (plus a spare pair) Cap (plus a spare) Kickboard Pull Buoy Training fins/Flippers Centre Snorkel Finger/Hand Paddles Ankle Tie / Elastic Band</p>

If you need to purchase any items for your swimmer's kit bag, please keep in mind that our Club benefits from any purchases made at Rebel Sports under their "Support Your Sport Program". **Please see Page 14** for more information.

CLUB MEMBERSHIP

There is an annual fee of \$200 per family per year which is invoiced at \$50 per school term. Membership runs from 1 October – 30 September, in alignment with Swimming NSW Membership.

SQUAD FEE WITH THE Y

Squad fee are payable to the Y at Stromlo Leisure Centre on a fortnightly basis:

- Development \$56.65
- Bronze \$63.55
- Silver \$74.16
- Gold \$84.77

Please note squad fees are separate to Foundation/Family/Individual memberships

DISCOUNTED FEES

A discount of 20% applies to any squad swimmer with a pension card.

Parents who are spectating and not using facilities do not pay pool entry fees.

Parents who would like to join the Y and utilise the Aquatic (Pool only) or Active (Pool and Gym) Memberships will receive 50% off the fortnightly fee for each **individual** membership. **This does not apply to Foundation or Family Memberships.**

In the event that squad fees are not paid or fall into arrears with the Y, pool access will be suspended until regular payments and / or arrears are settled.

MANDATORY SWIMMING NSW REGISTRATION

All swimmers and committee members are required to be registered with Swimming NSW. It is also a requirement that one parent/carer is registered (as a non-swimmer) when the

swimmer is under the age of eighteen (18). Only one (1) non-swimmer is required per family. This registration fee covers insurance for all registered swimmers and non-swimmers who participate at club squad training sessions, club activities, club nights, official duties and all other level of competition.

Registration fees are annual and cover the period 1 October – 30 September:

- 8yrs and under \$62.00 per swimmer (ex gst)
- 9yrs and over \$74.00 per swimmer (ex gst)
- \$22.50 non swimmer (parent/carer) (ex gst)

Swim Central is the new, whole of sport administration system which has replaced ClubLANE and MyLANE. You can register using this link [SwimCentral NSW](#)

Club members (swimmers), parents and Committee members use Swim Central for registration, and meet entries. The system aims to be less complex for all involved. However it does require some getting used to – but all the user guides are here [SwimCentral Member Resources](#)

UNIFORMS

All swimmers are to wear the club uniform when competing, or when selected to represent their club. **The official (minimum) club uniform includes the Woden Racing Cap and Club Shirt and Shorts.**

Registration Process:

- Navigate to <https://next-player.com> - do note this is a HTTPS (secured site) not a WWW - if you try WWW you will not be able to find the site.
- Select 'my account' then select Register or login

- Select 'Woden Valley Swim Club' from the: Do you belong to a TEAM PLAYER PARTNER drop down box
- Registration will be confirmed online and via email

Shopping:

- Go to the main menu at top of site and select 'shop team player - select Woden Valley Swim Club - you can't miss the logo.
- Happy shopping
- Once finished Go to cart - click 'change address' and add your postcode - this will give you the option for local pick-up or local delivery to pool (choose local pick-up - add note re delivery preferences

Other details:

- Swimmer names or nicknames can be added to the back of polo's or hoodie's for \$3.30 - please ensure you vet it before ordering to ensure its appropriate
- Any problems with orders throughout the process - please utilise the 'Get in touch' option at the bottom of the Next-Player web page.
- Please do check the sizing instructions on the site before completing your order.
- If you would like to try sizes on before making an online purchase please contact Anthony on anthony@joma.com Next Player's address is: 2/57 Townsville Street, Fyshwick
- For Woden competition caps or replacement training caps can be purchased from our Property Officer on contact@wodenswimclub.org.au





YOUR FIRST SWIM MEET

WHAT TO DO? WHAT TO WEAR? WHAT TO BRING?

First, relax! Swim meets are a fun, learning experience. Getting nervous is normal, but don't let it ruin your experience of the meet. You are probably nervous because you don't know what to expect. After you participate in one meet, it gets much easier and you will not be so nervous.

Entering the meet

Our website provides a list of meets and can be found on the home page, in the left hand column under "Upcoming Meets".

Entry is usually via online entry, and to enter you must use your NSW SwimCentral username and password. (If you have forgotten your username/password, there is a reset link on the login page)

If you require any assistance with entering meets, please contact our Race Secretary at contact@wodenswimclub.org.au

Please ensure you keep a note of the events you have entered your swimmer in. Each meet lasts approximately 5 hours so expect to be at the pool for up to that length of time,

depending on how your swimmer's events are staggered throughout the day.

I'm at the meet, now what do I do?

Look for the Woden Valley Swim Club area. Our swimmers and coaches will be in Woden Valley Swim Club gear. Find a seat within the team area and prepare for warm-up.

A Woden coach will take you through a warm-up at the allocated time (see meet flyer). Attending warm-up is an important part of participating in meets and coaches expect swimmers to arrive in time for warm-up.

Purchase a program (if needed) and look up and note the event numbers of your swims. Some swimmers find it useful to have the event number written on their hand.

Usually you are required to report to the "Marshalling area" three events before your race. Speak to any of the coaching staff if you can't identify the event board of the marshalling area.

A Woden Coach will generally be present for a meet, depending how many swimmers are attending. Don't worry if it is not your usual coach, any of our coaches will provide guidance and feedback to your swimmer.

After you swim a race

When you've finished a race, talk to the Woden coach. Your coach has things to tell you about your swim. They will also provide guidance about what to do next, cool down, eat, etc. Get dressed, including footwear. It is important to STAY WARM!

What do I wear?

Dress warmly and be prepared for everything! You can always take layers off, but if you didn't bring enough, your body is wasting energy before you race. When representing our club at a meet, it is expected that you wear the Woden Club Shirt and shorts.

What do I bring?

In your swim bag you should pack:

- Towels (most people like to have two).
- Swim Suit (racing suit if you have one), club racing cap and goggles, and perhaps an extra suit and goggles. You never know when you're going to break something or lose something, so be prepared!
- Food and drinks: food choices from cafes are usually limited. Bring healthy snacks from home to eat and drink.
- Meets can be long, so bring things to do: homework, reading, cards, games, etc.

Do I have to wear a Team Cap?

Team Cap – Yes, they are mandatory for representing the club at meets. Silicone swim caps are available for purchase from the property officer for \$15.00

Things to remember

The coach is there to watch every swim, so their first priority is to the swimmers in the water. Please be patient when you come over before or after your swim. The coach will talk to you right away if possible; otherwise he/she will ask you to wait. They can't go into long discussions about everything, so do follow up at training or arrange a suitable time to discuss with the coach at the meet. There could be a quiet patch sometime during the meet where the coach has spare time.

Timekeeping

At every meet the club is required to provide timekeepers usually for one lane, it is expected that all parents will volunteer to help out with this task. Many parents find it more interesting to time keep while watching the meet, rather than sitting in the stands (don't be scared of the stopwatch, you won't be lynched for making a mistake). You will meet other parents and will help make the competition possible, as without officials, your swimmer cannot compete.

Additional information:

Swim meets held in 25 metre length pools are known as "short course" meets and are generally the focus of the winter season. Swim meets held in 50 metre length pools are known as "long course" meets and are generally the focus of the summer season.

Meet Mobile:

The essential swimming app for swimmers, coaches, meet hosts and fans, Meet Mobile provides real-time meet results and standings from anywhere, at any time.

Generally, most meets utilise this program (App) and it is available from the Apple and Android App Store – it does have a small annual fee. This is a link to their web page [Meet Mobile - web site](#)

GOOD LUCK AND HAVE FUN AT YOUR FIRST MEET!

CLUB NIGHT

Club Nights are a fun introduction to competitive swimming for our new swimmers and a chance to consolidate results for our seasoned veterans. Swimmers compete in a friendly, informal

environment with the emphasis on participation, personal improvement and having fun with family and friends.

Club Night takes place approximately once per month on a Friday night. The dates are publicised through our Coaching staff, emails and our website. Warm up is at 4.30pm, with races commencing at 5.30pm sharp. The night usually concludes by 7:00pm.

Swimmers may choose up to 5 events to compete in. Entries will be made available via SwimCentral. Entries are to be submitted by 7:00pm on the Thursday prior to Club Night.

Club Nights are run by parent volunteers, where we also have some Swimming ACT officials assist so the meet can be recorded with official times. We encourage **ALL** families to have a go at time keeping or other duties in order for the night to run smoothly and on time.

For any further information, please contact our Club Night Coordinator at contact@wodenswimclub.org.au

FUNDRAISING – PLEASE SUPPORT OUR CLUB

Rebel Sports Card

If you do require purchasing items for your kit bag, please keep in mind that our Club benefits from any purchases made at Rebel Sports under their "Support Your Sport Program".

Under this program, the club can earn 5% of your purchases as instore credit to allow the club to spend these credits on our sports program. All you need to do is join the Rebel Active Program, (if you don't have a card let us know) or you already have a card you can link it to Woden Swim Club when in store.

Once your card is set up, swipe it with every purchase. You will receive access to great Rebel member prices, deals and other initiatives and the club will receive a 5% credit.

CSSC Community Rewards Program

Our Club is also part of the **Canberra Southern Cross Club's Community Rewards Program**. If you are currently a member of the Canberra Southern Cross Club, or if you join, **please nominate our Club "Woden Valley Swim Club"** as your preferred Club for the Community Rewards Program.

By nominating our Club, we will receive 7.5% of your spend on food and beverages at the Canberra Southern Cross Club. Where 10% is calculated on purchases at Woden, Tuggeranong, Jamison and Yacht Club when a member uses their membership card at the point of purchase. (Purchases on the Boat or at functions are not included).

Please note: currently you are unable to select our Club on the online CSSC form. Reception will be able to assist.