

WELCOME TO WEST COAST SWIMMING CLUB

We have an official web site. www.westcoast.asn.au

You can find a lot of useful information, including the Newsletter, details of target meets and Club day results. If you have any questions feel free to contact:

JUNIOR LIAISON - Paulette Contessi Email- jnrliaison@people.net.au (0438 908 264)

SENIOR LIAISON - Francis Williams Email- roarfinancewa@gmail.com (0415 819825)

REGISTRAR (Membership) Rebecca Glover Email - mibec@westnet.com.au (0417 956 945)

MEET ENTRIES - CJ (Christian Jongsma) Email - cj49@inet.net.au (0438 810 166)

SECRETARY - Sam Shields Email - shields@inet.net.au (0430 208 722)

UNIFORMS

The “**Uniform Shop**” is located at the club rooms(at the café end of inside pool), and is open every **Monday from 4.30pm to 5.30pm** . If anybody has any queries they may contact:

JANE ROBINSON -Email - janerobinson67@yahoo.com.au mob - (0400 023 772)

CLUB NIGHT

Club Nights are usually scheduled **MONTHLY on the 1st Thursday of each Month** at Challenge Stadium commencing at **5.00pm**. Entries must be submitted by **5.00pm** on Wednesday the day before Club Night by placing entries into the mail box outside the club rooms or entries maybe emailed:

CLUB NIGHT CO-ORDINATOR :

STEVE HILL clubnight@inet.net.au phone - 0418 877 277

Recreational and Competitive swimmers must attend three or more Club Nights to be eligible for a trophy at Club Championships , normally held near the end of March.

CLUB NIGHT CHAMPIONSHIP - BOY & GIRL OVERALL TROPHIES - Is achieved through a point system by attending Club Nights and Targeted Meets. Points are accrued by;

1 point - for each event swam at Club Night

2 points - for each Club Night PB (not WA Swimming PB's)

1 point - for attending a Targeted Meet

P.T.O

About My Membership

Enquires - Rebecca Glover (mobile – 0417 956 945)

Email - mibec@westnet.com.au

Membership for the West Coast Swim Club covers a 12 Month period from 1st July through to 30th June the following year, although you can join at any time during the year.

There are two types of membership.

- 1. Competitive - \$242** (discounted if more than 1 child)
- 2. Recreational - \$146**

COMPETITIVE MEMBER

www.wa.swimming.org.au

A Competitive member is registered with Swimming W.A (SWA). This membership entitles a member to attend Club Nights and compete in all swim meets throughout Australia and overseas. All Swimming competitions and results can be found on the Swimming W.A. website. Personal Best times are also recorded on the website which can be printed .

The **ALMANAC** is a booklet produced by SWA showing all the competition details for the season. One book for the Winter Season and one book for the Summer Season. All State Meets require Qualifying times that you need to have achieved in order to be able to compete at these Meets . These Qualifying times are referred to as (State Times) “AA” times. To check if you qualify, you can find the AA times in the front of the Almanac.

Apart from qualifying for Club Champs (3 Club Nights), Competitive Swimmers must swim a minimum of five Club Nights to obtain National funding (full details on our website).

RECREATIONAL MEMBER

A Recreational member is registered with SWA. Membership enables you to attend “Club Nights” usually held on the 1st Thursday of each month & also swim in the West Coast Club Championships near the end of March annually, provided they have done three Club Nights.

IF A SWIMMER WANTS TO COMPETE IN MORE MEETS THEY CAN JOIN IN THE FUN BY “UPGRADING” TO BE A Competitive Member. (recommended)

PARENTS

AT ALL CLUB NIGHTS AND COMPETITIONS TIMEKEEPERS ARE REQUIRED.

At competitions, we usually only need to provide 2 or 3 timekeepers so a roster will be drawn up from the parents of the children who are attending the meet. At some high profile meets we may also need to provide parents to do medal presentations or someone to do the results running. These small jobs are shared and remain small jobs if everyone helps out . It is **expected** that parents stay at the meet and help (whether it be a Club Night or an interclub Competition) . Remember it is your Childs Club and the greater parent support the better the Club operates.

HOW TO ENTER A MEET

To enter a meet an Entry card needs to be filled in. They can be found in a plastic sleeve outside the club rooms. (**white form**)

All of the top section needs to be filled in. Fill in the Meet Name and name of Club.

What is the Rego No?

- The first three boxes are the first three letters of the child's surname;
- The next two boxes are the first two letters of the child's first name;
- The final six boxes are the child's birthdate;

Eg: Peter Bloggs, birthday 1 July 1998 - **Rego No: BLOPE010798**

Please make sure you complete the following ;

- Event Number
- Entry time (Personal Best) If swimmer has no time please write N.T. (No Time)
- Distance of race to be swum
- Stroke
- Achieved At - Meet where the personal Best Time was achieved. If you do not have any time - leave blank. For important State meets, entry times must be achieved at official meets (not at Club Nights unless the Club Night is specially endorsed).

Place completed card with **correct money** in a **secure** envelope and clearly mark:

- the Meet name on the front of envelope,
- swimmers name ,
- amount of money paid (**please include an additional \$2 Club Meet Admin fee**).

Place in mail box outside of club rooms.

(Cheques or Money Orders to be made out to West Coast Swimming Club)

*****ENTRIES WILL NOT BE ACCEPTED WITHOUT PAYMENT INCLUDED*****

Please take note of closing date of Meet. **West Coast closing date is approximately one week prior to the SWA/Almanac date.** Always check the Almanac or the SWA website to make sure you have met all requirements for the Meet. **P.T.O.**

What Meets Do I attend?

- The Coaching staff decide which meets the Club will “target”. This means we will encourage all competitive swimmers to enter targeted meets and a Club coach will be present (not necessarily your child’s coach) . The meets are selected primarily on what best suits our swimmers.
- The Club members sit together and the swimmers see the coach before and after their race for advice, support, encouragement and feedback. These meets are also good for team bonding (relays etc) and also a good chance for parents to mingle.
- A swimmer may attend any other meet they wish (providing they have a qualifying time for those meets which require them). A Coach however will not normally be in attendance for those meets.

PAYMENTS

Club Membership

Payment of Club Membership can be made two ways:

1. Cheques made out to West Coast Swimming Club and put in the mail box in an envelope addressed to “The Registrar – Membership”.
2. Payment with Credit Card can be made via Clubs On Line which can be accessed through the SWA website at www.wa.swimming.org.au **Payments via this method will incur a 6% Clubs On Line Administration Fee**

Coaching Fees (These are totally separate to the West Coast Swimming Club fees)

Coaching fees can be paid by either Direct Credit or Cheque. Any cheques are to be made out to Mel Tantrum Coaching and either given to Mel personally or put in the drop box. Please ensure envelopes are clearly marked “Mel Tantrum Coaching Fees”.

GLOSSARY OF TERMS

PB	Personal Best
SWA	Swimming WA
Almanac	Booklets produced by SWA showing all the competition details for the year. One for the Winter Season and one for the Summer Season.
Marshalling	The area where the swimmers go and wait for their race to start.
Seeding	Swimmers are placed in heats according to their times so they swim against other swimmers with similar times.
LC:	Long Course means you swim in a 50 metre pool (Summer Season)
SC:	Short Course means you swim in a 25 metre pool (Winter Season)

MOST SWIM MEETS ARE HELD AT CHALLENGE STADIUM