Traralgon Swimming Club Inc.

2017/18 Swimmer and Parent Information Book

A general guide for members of the Traralgon Swimming Club
including Club history, mission, annual organisation and activities and policies.

Traralgon Swimming Club Inc
www.traralgonswimming.org.au
PO Box 68
Traralgon Vic 3844

Effective from July 1, 2017

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1. Club Contacts

Postal address: P.O Box 68
Traralgon Vic 3844

Web page: www.traralgonswimming.org.au

Email: tscswim@traralgonswimming.org.au

2016/17 COMMITTEE	ROLE	CONTACT	EMAIL
Jane Mitchell	President	0419107366	tscswim@traralgonswimming.org.au
Peter Haberl	Vice President		haberl.peter.p@edumail.vic.gov.au
Brigitte Maglen	Treasurer	0417173644	tsctreasurer@traralgonswimming.org.au
Heather Haney	Secretary	0409436429	tscsecretary@traralgonswimming.org.au
Robyn Mihaly	Minute Secretary	51746084	ramaac@wideband.com.au
Fiona Storm	Registrar	5174-3536	tscregistrar@traralgonswimming.org.au
Jane Mitchell	Entries Officer	0419107366	tscswim@traralgonswimming.org.au
	Catering Coordinator		
Len Haney	Equipment Officer	0409436429	tscsecretary@traralgonswimming.org.au
Lisa Auteri	Clothing Officer	0407324606	tscclothing@traralgonswimming.org.au
Renee Cargill Frank Bezzina	Social and Fundraising		
Christine Affleck	New Families	0407955304	christine-troy@wideband.com.au
Veronica Robert	Member Welfare Officer/Child Safe Officer	0402445693	veronica@cusack.com.au
Frank Bezzina	Child Safe Officer	0412047668	thebuzz@wideband.net.au
Lauren Beecroft	Child Safe Officer	0402550745	info@mycreative.com.au

COACHING STAFF	ROLE	CONTACT	EMAIL
Brian Ford	Head Senior Coach	0419584145	tsccoach@traralgonswimming.org.au
Dean Gooch	Head Performance Coach	0423303344	dean.gooch.tsc@gmail.com
Cameron Juha	Performance Coach	0468 950 770	cammy_j_05@hotmail.com
Michelle Ford	Senior Coach	0407319269	bmford@wideband.net.au
Peter Haberl	Senior Coach	0458742484	haberl.peter.p@edumail.vic.gov.au
Sam Fenton	Strength and Conditioning	0421993897	samfenton@hotmail.com
Erin Roberts	Assistant Coach		robbo1@cusack.com.au

CLUB CAPTAINS	ROLE
	Female Club Captain
	Male Club Captain
	Senior Vice Captain
	Senior Vice Captain
	Junior Vice Captain
	Junior Vice Captain

2. Welcome to the Traralgon Swimming Club

The Traralgon Swimming Club is the premier Swimming Club in Country Victoria, having won the Victorian Country Championships 17 years. The Club prides itself on its fine competition record, but more so, on the development of outstanding young people with confidence, leadership skills and dedication.

The Club is currently based at 3 training pools at: the Ford Swim Centre, the Churchill Leisure Centre and the Morwell Leisure Centre. Land and strength training is held at Fitness 4 U and Liddiard Road Primary School Hall.

The Committee and Club extend a warm welcome to you and hope that you will enjoy your competitive swimming experience with the Traralgon Swimming Club.

3. About TSC

The Traralgon Swimming Club was established in 1957. The swimmers of the day used the old Traralgon pool – a 4 or 5 lane pool measured in yards that was fed by the waters of the Traralgon Creek and the club was instrumental in the development of the existing Traralgon Olympic Pool in the 1960s. The club was moderately successful for the first 40 years when the focus of many local clubs was solely on the local fixture and occasionally extended to the Victorian Country Championships. In 2000 that all changed when the club developed a broader outlook and a winning formula. With Head Coach Brian Ford at the helm, the club moved forward in both membership and achievement winning the local and Country Championships many times over and placing well in State (consistently top 10, 4th since 2013) and National Championships.

Since 2000 the Club has won numerous awards, including 3 Gippsport Club Awards and has had several award winning swimmers in its ranks. Swimmers and coaches regularly feature as winners of Gippsland Sports Academy annual trophies, as Gippstar Awardees and as SVI trophy and award winners.

The Club is a leader in the swimming community with members working in committee, officiating and supportive roles in Gippsland Swimming Inc, the Gippsland Sports Academy and with Swimming Victoria.

4. Traralgon Success Story

Gippsland Championships

1998	4th
1999	2nd
2000	1st
2001	1st
2002	1st
2003	1st
2004	1st
2005	1st
2006	1st
2007	1st
2008	1st
2009	1st
2010	1st
2011	1st
2012	1st
2013	1st
2014	1st
2015	1st
2016	1st
2017	1st

Victorian Country Championships

1998	9th
1999	3rd
2000	1st
2001	1st
2002	1st
2003	1st
2004	2nd
2005	1st
2006	1st
2007	1st
2008	1st
2009	1st
2010	1st
2011	1st
2012	1st
2013	1st
2014	1st
2015	1st
2016	1st
2017	1st

State Long Course Championships (Victorian Clubs)

2000	10th
2001	10th
2002	13th
2003	7th
2004	6th
2005	8th
2006	7th
2007	6th
2008	9th
2009	9th
2010	9th
2011	5th
2012	6th
2013	4th
2014	4th
2015	4th
2016	4th
2017	4th

National Age Championships

2005	56th
2006	28th
2007	45th
2008	24th
2009	43rd
2010	42nd
2011	33rd
2012	25th
2013	24th
2014	18th
2015	25th
2016	44th
2017	25th

5. <u>Traralgon Swimming Club Mission and Vision</u>

Strong Bodies – Strong Minds – One Team

Mission

The Traralgon Swimming Club is a Competitive Swimming Club where Coaches, Swimmers and Parents work in partnership to develop a culture through which swimmers can achieve their full potential as athletes and club and community leaders.

Vision

The Traralgon Swimming Club will be the “Club of Choice” due to our committed to

being a **professional, committed and welcoming** organisation which provides a high level of service to its membership

providing the best swimming **coaching, sports science, physical and mental training** to ensure our swimmers can attain the highest level of competitive excellence

providing opportunities for swimmers and members to **develop and display skills, capacities and values** consistent with a winning culture

being **financially stable** and in a position to support initiatives and equipment requirements through positive relationships with sponsors and active fund raising

provide a **safe and nurturing environment** encouraging teamwork, cooperation and mutual respect

provide swimmers with a **pathway to elite swimming**

6. Our Values and Culture

We seek to build a club where:

Swimmers

- **are positive, resilient, determined and motivated to achieve their personal best**
- **develop independence to self-direct and self-monitor their development**
- **develop leadership skills**
- **are responsible and dependable members of the swimming club and the broader community**
- **are dedicated to the Traralgon Team, supportive of team mates and committed to Team Success**
- **are respectful of themselves and those around them**
- **always advance and respect the TSC brand and reputation**

Committee, Coaches and Parents

- **provide a safe, encouraging and nurturing environment in which members develop their skills and talents to their fullest potential**
- **are positive role models in word, action and attitude**
- **are professional, progressive and passionate in their roles**
- **support all members, encouraging and applauding excellence**
- **support the club's mission, vision and culture**
- **actively promote TSC**

7. Code of Conduct

Code of Conduct for Swimmers

The Code of Conduct for Swimmers applies to all Club swimmers in situations where they are representing the Traralgon Swimming Club, whether in training, in competition or on representative teams. The Code outlines the expected behaviour of swimmers when dealing with coaches, other competitors, parents, officials, event organisers and others.

1. Respect the rights, dignity and worth of all individuals in any environment where you are representing the Traralgon Swimming Club.

2. Be aware of, and conduct yourself within, Traralgon Swimming Club's rules, standards and policies as well as those governing the sport.

3. Interact positively with officials and volunteers regarding and regardless of all decisions. Respect their role and efforts and use the appropriate rules and guidelines to resolve a dispute.

4. Bullying, verbal abuse, intimidation, physical abuse or unduly influencing others has no place within Traralgon Swimming Club and is not acceptable whether in person, or on social media.

5. Contribute to a positive team culture and team excellence by working equally hard for yourself and for your swim team.

6. Take personal responsibility for your behaviours and actions at all times when within the Traralgon Swimming Club environment.

7. Support your coaches and team mates whilst also respectfully co-operating with management, event staff and officials.

8. Participate for your own fulfilment, enjoyment and fun, not to satisfy the expectations of others.

9. Respect the facilities, equipment and resources that the Club has provided or organised for your use to support your swimming improvement, including the people associated with those settings.

10. Refrain from unwanted and unnecessary physical contact with others in the squad and respect cultural and gender boundaries at all times.

Code of Conduct for Parents

The Code of Conduct for Parents applies to parents and guardians in situations where they are acting as representative of or in the environment of the Traralgon Swimming Club. The Code outlines the expected behaviours of parents when engaging with their own children, coaches, other participants and parents, officials, event organisers and others.

1. Respect the rights, dignity and worth of all individuals in dealings connected with the Club swimming environment.

2. Encourage your child to participate in sport for their individual enjoyment and personal fulfilment.

3. Focus on your child's effort and performance, rather than winning or losing. Do not openly compare or criticise your child, other children or parents.

4. Encourage your child to abide by the rules and accept decisions made by officials.

5. Trust professionals associated with or recommended by the Club and respect decisions made in relation to the development, encouragement and directions for your child.

6. Appreciate and value the roles undertaken, the contributions made, and the efforts of volunteers throughout the Club.

7. Take personal responsibility for your own actions and behaviours at all times within the Traralgon Swimming Club and general swimming environment.

8. Show trust and respect to coaches and administrators, ensuring that matters are raised in the appropriate forum and at the applicable time and place.

9. Refrain from any form of abuse, intimidation, harassment or discrimination towards any other parents, club members or staff.

10. Consider and respect all rules relating to facilities access, equipment and resources that the Club has provided for your child to enhance their swimming development.

Code of Conduct for Coaches

The Code of Conduct for Coaches applies to paid coaching staff or volunteers in situations where they are acting as representative of the Traralgon Swimming Club. The Code outlines the expected behaviour of coaches when engaging with participants, members, parents, officials, event organisers and others.

1. Respect the rights, dignity and worth of all individuals connected with the Club and the swimming environment.

2. Be responsible and approachable on matters concerning the coaching, training and the development of individual swimmers.

3. Provide leadership to help each swimmer reach their potential by respecting the talent, developmental stage and goals of each person, and compliment and encourage with positive support and feedback.

4. Encourage honesty and fairness to be the basis of decisions and ensure that decisions relating to swimmer development are made without bias and can be justified in an objective and reasonable manner.

5. Ensure that the physical and emotional welfare of swimmers in the training and competition setting is at the core of swimmer development.

6. Uphold the required standard of accreditation and licensing of professional competencies and seek additional avenues for personal development.

7. Maintain a sound working knowledge of Traralgon Swimming Club policies, rules and coaching techniques.

8. Ensure that any physical contact with others is appropriate to the situation and necessary for the swimmer's skill development and in accordance with the Traralgon Swimming Club Child Safe policy and code of conduct.

9. Actively engage with parents and foster a climate of mutual support and respect between squad members and across the Club membership.

10. Take responsibility for ensuring that swimmers respect and utilise venues, facilities and equipment in accordance with the expectations and requirements of those venues.

Code of Conduct for Volunteers

The Code of Conduct for Volunteers applies to those people that are undertaking volunteer roles within the Traralgon Swimming Club. This includes team managers, technical officials, swim meet helpers, committee members and other roles as appointed representatives of the Traralgon Swimming Club. The Code outlines the expected behaviours of volunteers when engaging with competitors, members, parents, officials, event organisers and other parties.

1. Respect the rights, dignity and worth of all other individuals associated with the Club and the Clubs connection to the sport.

2. Maintain the required standard of accreditation and/or licensing of professional competencies.

3. Ensure that the safety and welfare of all swimmers remains the priority in the planning and conduct of all swimming activities and events.

4. Foster a collaborative approach to the management of the team, avoiding decisions or actions made in the interests of your child.

5. Apply fair, equitable and accountable principles to the engagement with participants in activities or events associated with team trips.

6. Immediately report any breaches of the Traralgon Swimming Club Safe Sport and Member Welfare Policies to the appropriate authority or responsible person.

7. Encourage all participants to uphold the ‘essence of sport’ and call out any inappropriate behaviour by participants, parents or other volunteers.

8. Be empathetic, consistent and objective when making decisions.

9. Address unsporting behaviour and promote respect for all competitors.

10. Give every participant a ‘fair go’ regardless of their gender, ability, ethnicity, cultural background or religion.

Code of Conduct for Club Committee

The Code of Conduct for Committee applies to officers, employees, and contractors undertaking work within the Club environment. The Code outlines the expected behaviours when engaging with members, parents and others.

1. Respect the rights, dignity and worth of all individuals involved with the Traralgon Swimming Club environment.

2. At all times seek to provide positive opportunities and experiences for members and people associated with the Club.

3. Act in good faith and in the best interests of the sport as a whole.

4. Maintain confidentiality in regards to sensitive and/or commercial information.

5. Resolve conflicts fairly and with good intent and where possible implement and follow established and consistent procedures.

6. Do not allow prejudice, conflict of interest or bias to affect your objectivity or professionalism.

7. Ensure that provision of a safe environment is at the heart of all activities, events and programs planned and conducted by the Club.

8. Ensure that relevant Traralgon Swimming Club policies are followed in support of consistent and accountable processes to guide club operations.

9. Be approachable and actively listen to the feedback received from Club members.

10. Encourage the involvement of positive and passionate people in the activities, events and directions of the Club.

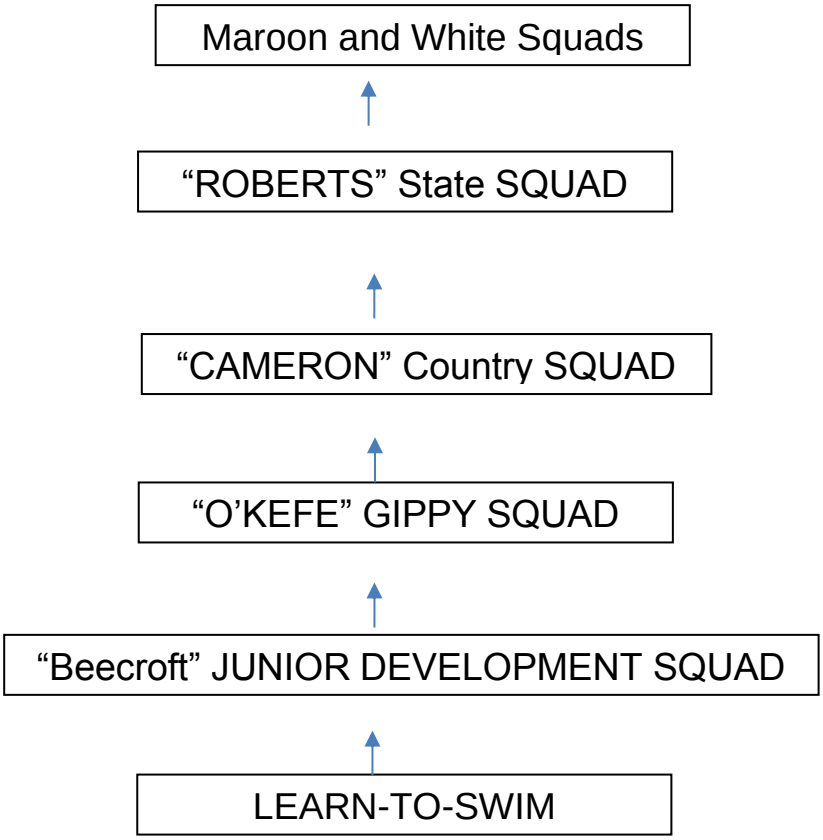
8. Swimmer Development Pathway

The development pathway for swimmers in the Traralgon Swimming Club provides opportunities for development from post-learn to swim through to National and international competition.

Coaches give consideration to swimmer's performance both at training and in competition when assessing their capacity and readiness to move through the squad structure. Coaches will consider:

Age, maturity and physical development
Country, State and National qualifying times
Swimmer and family commitment to training program

After a move of squad takes place, a one month trial period will be in place to assess that the move is appropriate for the swimmer, with consultation some adjustment may be necessary. The Head Coach retains overall discretion and may allocate swimmers to a squad when the criteria has not been met.



9. Club Chant

I Am (I Am)
You Are (You Are)
We Are (We Are)
TRARALGON
Out we come, out we come, out we come to swim!
Not just for play, not just for fun,
We are here to win!
Training hard, swimming fast, working as a team
Traralgon club, we rule the pool, listen to us scream!
Give us a T
Give us an R
Give us an A
Give us an R
Give us an A
Give us an L
Give us a G
Give us an O
Give us an N
Who Rules the Pool – Traralgon!
Don't mess, don't mess, don't mess with the best cause the best don't mess
Don't fool, don't fool, don't fool with the cool cause the cool don't fool
Traralgon x x x x we rule!

10. Awards and Recognition

2000- Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions

2001 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions

2002 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
GSA Ben Geard David Drane Encouragement Award

2003- Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
GSA Brenton Ford David Drane Encouragement Award

2004 - Ken and Pat Hewat Trophy Gippsland Champions

2005 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions

2006 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Australian Unity Silver Club PB

2007 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Australian Unity Gold Club PB
GSA Jeremy Meyer Tim Forsyth Trophy for Sporting Excellence

2008 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Australian Unity Gold Club PB
Junior Gippstar Jeremy Meyer Annual Winner

2009 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Gold Club PB
GSA Jeremy Meyer Tim Forsyth Trophy for Sporting Excellence
Junior Gippstar Jeremy Meyer Annual Award

2010 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Gold Club PB
Top three Australian Clubs on Go Club Points
GSA Georgia Tsebelis Tim Forsyth Trophy for Sporting Excellence

2011 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Platinum Club PB
Gippstar Club of the Year Award

2012 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Platinum Club PB
Girls 14 & Under 4×50 Freestyle team Gippstar Team Award
GSA Mikaela Cornelissen Tim Forsyth Trophy for Sporting Excellence
GSA Caiden Gill – David Drane Encouragement Award

2013 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Platinum Club PB
GSA Ellodie Reid Tim Forsyth Trophy for Sporting Excellence

2014 - Alan Monoghan Shield Top Country Club
Ken and Pat Hewat Trophy Gippsland Champions
Bob Carmichael Shield for Top Country Club SC
Australian Unity Platinum Club PB
No 2 Club in Australia – Go Club program

2015 - Alan Monoghan Shield Top Country Clu
Bob Carmichael Shield for Top Country Club SC
Ken and Pat Hewat Trophy Gippsland Champions
GSA Mikaela Cornelissen and Emily Beecroft Tim Forsyth Trophy for Sporting Excellence
GSA Connor O'Neill - David Drane Encouragement Award

2016 - 4th ranked club at 2015 Victorian State LC Championships
Alan Monoghan Shield Top Country Club
Bob Carmichael Shield for Top Country Club SC
Ken and Pat Hewat Trophy Gippsland Champions
Gippstar Club of the Year
Caiden Gill – SVI Allan Blue Memorial Trophy
Mikaela Cornelissen – Rising Star Award Gippsland Academy of Sport
Emily Beecroft – Tim Forsyth Trophy for Sporting Excellence

2017- 4th ranked club at 2016 Victorian State LC Championships
Alan Monoghan Shield Top Country Club
Bob Carmichael Shield for Top Country Club SC
Ken and Pat Hewat Trophy Gippsland Champions
Emily Beecroft - Latrobe City Young Citizen of the Year, Gippstar winner for 2016, Tim Forsyth and Rising Star Awards Gippsland Academy, VicSport Young Athlete of the Year, Paralympic Representative 2017, World Para Swimming Championships 2017, World Para Swimming World Series in Indianapolis, USA 2017
Gippstar Awards: Team of the Year – 12/U State SC Team

Head Coach Brian Ford
2006 – GSA Phil Shelley Sports Development Award
2009 – Gippstar Special Achievers Award
2012 – Herb Jeffery Trophy – Contribution to Country Swimming
2012 – Victorian Sport and Recreation Community Coach of the Year
2014 – Gippsland Swimming Life Membership
2000-2017 – Victorian Country Coach of the Year

Head Performance Coach Dean Gooch
2015- Victorian Age Group Coaching Achievement at Australian Age
2015 – Victorian Multi – Class Age Group Coaching Achievement at Australian Age & MC Age Championship
2016 – GSA Phil Shelley Sports Development Award

Club President Jane Mitchell
2000 and 2012 – SVI Administrator of the Year Award

11. Coaching Team

The coaching team at Traralgon Swimming Club is coordinated by Senior Head Coach, Brian Ford. Brian is a TSC Life Member and has had many years' experience as a swimmer and coach. Brian has been the head coach of several squads and teams for Gippsland and Swimming Victoria and is widely recognised as the most successful coach of a country swimming club Australia wide. The Club's high profile at National Age Championships and success in premier events at State level has established Brian as a progressive and successful coach.

Brian works consistently on the development and mentoring of the coaching team and several of the team members are either club parents or former swimmers.

The Club's Land and Strength and Conditioning program is headed by Sam Fenton who works closely with Brian to ensure our swimmers develop the strength and fitness required to swim at their best.

Senior Head Coach
Brian Ford — Silver Level Coach

Head Performance Coach
Dean Gooch — Silver Level Coach

Performance Coach
Cameron Juha — Bronze Level Coach

Senior Coaches
Michelle Ford — Bronze Level Coach/LTS
Peter Haberl

Assistant Coaches
Jasmine Doultree, Fabienne Schoutens
Erin Roberts, Caitlin Mihaly
Tom Dowler, Penny Georgeson
Emily Goode, Carissa Hughes
Georgia Collings

Strength and Conditioning
Sam Fenton — Strength and Conditioning Coach/Masters in High Performance Sport

12. TSC Club Captains

TSC Club Captains are appointed by the Coaching panel in consultation with the Club President each year based on the following criteria:

- show leadership skills and responsibility required to undertake the position
- attend club functions as required, undertaking public speaking as required
- support team mates in a positive and encouraging manner at all times
- be a role model for younger swimmers
- support coaches, committee and members of the club

2017/18 Club Captains: Emily Beecroft/James Gallagher
2017/18 Vice Captains: Kieran Georgeson and Bridget Cain

13. Membership

The membership 'year' runs from July 1 – June 30. All members are required to register online with through Swimming Victoria each new season. This permits swimmers to train and compete whilst covered by SVI's compulsory insurance. A range of membership options are provided for swimmers and parents. (One parent must register for every child 15/u).

14. Fees Structure

Membership Fee

Membership: the membership fee is made up of the SVI component and a club component. SVI (Swimming Victoria) charge an amount each year for registration. This primarily covers insurance which covers swimmers and parents in case of injury whilst swimming, training or volunteering on behalf of the club.

The Club component is a small amount which covers some administrative costs.

The Membership registration fee is determined prior to the start of the new season each year and advertised on the website.

Registration 2017-18

Swimmer (aged 9-16)	$150
Swimmers 17 & Over	$118
8 Years Old Swimmers	$59
7 & Under	$0
Non Swimmer/Committee	$32 (all volunteers who support the club in any way and parents)
Qualified Official	$15.

Training Fees

Each squad pays a training fee. The fees are based on the number of hours of training that are offered to swimmers in the squad as well as additional support – clinics, land training, etc.

Fees are due and payable monthly on the 1st of each month. Failure to keep up with fee payment will result in swimmers being unable to take part in Club training or activities. (By-Law 3.8 Members who neglect payment of training levy will be excluded from subsidised travel and coaching sessions until payment is made.)

Training fees and registration fee are not refundable and only swimmers who are injured or away for 4 weeks or more may apply to the Treasurer for a suspension of fees (form supplied on web).

Families experiencing difficulty with the payment of training fees should contact the Treasurer to make a suitable payment plan which could involve regular smaller payments to the club.

Squad Name	Annual Fee	Due Monthly on the 1st of the month
Maroon Squad	**$1870**	$156
White Squad	$1650	$138
Roberts State Squad	$1540	$129
Cameron Country Squad	$1320	$110
O'Keefe Gippy Squad	$1100	$92
Beecroft Junior Development Squad	$880	$74

Most club business is carried out on the internet. Members can make payments for fees, clothing, camps, etc. through the TSC bank account.

The Account name is: Traralgon Swimming Club

Bank: Westpac Traralgon
BSB 033259
Acc 254561

15. Swimming and Training Venues

Ford Swim Centre – Crosses Road

25m 6 Lane pool
Entry fee – casual $5 per session
10 Session Card - $45
20 Session Card - $85
Monthly $60 membership invoiced by FSC

Morwell Leisure Centre - MacDonald St Morwell

25m 8 lane indoor pool
Entry fee paid casually, by card, or memberships are available.
Latrobe Leisure Fees
Entry Fees for 2016: adult $6.20/Student $4.70/Child (15 & Under) $4.40
10 session card: Adult $55.80 Student/Concession: $42.30 child $39.60

Churchill Leisure Centre – Switchback Road Churchill

25m 6 lane indoor pool
Entry fee paid casually, by card, or memberships are available.
Latrobe Leisure Fees
Entry Fees for 2016: adult $6.20/Student $4.70/Child (15 & Under) $4.40
10 session card: Adult $55.80 Student/Concession: $42.30 child $39.60

Fitness 4 U Traralgon

Used for land training as per schedule.

Liddiard Road Primary School Hall

Used for fitness and land training as per the training schedule

16. Local Competition

Swimmers are encouraged to take part in the local Gippsland season. Clubs run private winter meets from June – September – which is followed by the Gippsland Summer season. A full fixture of meets can be found at www.gippslandswimming.org.au under "Calendar".

Between June and September, club-run meets vary in terms of entry process and cost. Check out the meet programs (on the GSI website above) to understand the process.

The Summer season is more standard with all meets costing only $16 to enter – and swim any number of events. Entries are through ClubLane.

Our club usually arrives at local meets one hour before the start time of 10am – or as directed by Brian's weekly email. Families should plan on a door entry fee of between $4 and $5 per person (determined by the host club). Take chairs, rug (if preferred), food and healthy snack and water. Swimmers need warm outer clothing and footwear on cooler days. We sit together and support swimmers.

Each week a roster will be prepared to fulfil our officiating duties at meets. There is a GSI requirement that clubs provide a number of timekeepers based on the number of entries to ensure our meets are run as 'qualifying meets' (that means that children's times are recorded in the National Data Base). Please check the website through the week prior to the meet to see if you are listed on the roster and to check entries to ensure they are correct. If you are unable to fulfil your timekeeping responsibility, please arrange a replacement or a swap. Novice timekeepers will be placed with an experienced official to learn this role.

Parents are encouraged to learn other roles around the pool as well as timekeeping. If you have an interest in learning starting, or marshalling or helping in recording, please make

yourself known to a GSI Official and you will be supported in this pursuit. Please let Michael Mihaly, Len Haney or Jane Mitchell know if you are interested in pursuing further qualifications.

SI Meet Entry Process

Entries: Swimmers to enter on-line through ClubLane using the link on the GSI website. Entries close on Monday prior to the swim meet at midnight. Only registered swimmers may enter GSI meets. Credit card payment is required.

Checking Entries for accuracy: An entry file will be posted on the GSI website after Monday. Parents and Swimmers are encouraged to check the file for accuracy. Please contact the GSI Entries Officer if entries are missing or incorrect**.**

Late Entries: Late entries are entries submitted after the closing time for on-line entries. Late entries may be made on line but incur a late entry fee of $30.

Scratching from events: Scratching is to be done through Team Managers *only* (swimmers/parents are not to go to the recording table regarding scratching). **Team Managers are required to submit the appropriate forms by 9:30am for pre-meet scratching.** *After 9:30am swimmers or Team Managers may scratch through the Marshall*. A program will be printed after 9:30am including all pre-meet scratchings. The smooth running of the meet will be affected by the timely submission of scratchings.

Swimmers who are unable to attend a meet for which you are entered should contact a Team Manager so they will be scratched from events.

Entry Fee: An entry fee of $16 is paid when entering on line (or through clubs when entering a TM file).

Relay entries: For GSI meets during the regular season, Relay entries may be made using the TM file available at www.gippslandswimming.org.au under FIXTURE. Alternatively, relay entries may be submitted to the Recorder for morning session relays by 9:30am and for afternoon session relays by the break unless otherwise noted in the program instructions.

Recommended Qualifying Times for Open 100 and 200m Events in 2017/18

In an effort to allow swimmers every opportunity to attempt longer distances and achieve Qualifying times for competition outside Gippsland, Qualifying Times have been eliminated from the Gippsland Program for all meets except the Gippsland Championships.

Parents and coaches are asked to be mindful of swimmer's capability in swimming longer distances and bear in mind the following 'recommended' times before entering children in events. These times are the Open QT used in the Gippsland Championships and are generous.

	Female	Male
100 Free	1:20.00	1:15.00
200Free	3:00.00	2:50.00
100 Back	1:40.00	1:28.00
200 Back	3:30.00	3:20.00
100 Breast	1:50.00	1:45.00
200 Breast	3:50.00	3:45.00
100 Fly	1:40.00	1:30.00
200 Fly	4:00.00	3:55.00
200 IM	3:30.00	3:25.00
400 Free	6:15.00	6:00.00
400 IM	6:15.00	6:00.00

17. Trophies and Presentation

The Traralgon Swimming Club holds an annual presentation night in May of each year. In 2018 the Presentation Night will be held on Saturday May 12 at the Premier Function Centre in Traralgon. Details will be published closer to that date.

Swimmers need to compete in at least 4 meets to receive a participation trophy at the Presentation. The local winter season as well as the GSI Summer Season meets contribute to this count. Included in this count are all meets which are 'targeted' by the club as well as Victorian Championship meets. Swimmers who compete in 9+ meets for the season will receive a Club Trophy.

Points received at meets as determined by the point table (By Law 5.0) are totalled to determine the Age and Club Champions. Swimmers may receive trophies as listed below:

Age Champion - for the boy and girl swimmer in each age group who, having satisfied the requirements of accumulates the highest aggregate point score as determined by above points table over the entire local season including All Junior, State and National titles, but excluding Representational teams (e.g.Interdistrict team).

Kathleen Froud Memorial Club Champion - for the boy or girl who accumulates the highest aggregate point score over the entire season including All Junior, State and National swims, but excluding representational teams (e.g. Interdistrict team). MC swimming points not included in aggregate calculations for this award. *Kathleen Froud was an exemplary member of our club to 1998. Kathleen is a former Club Champion who died in 1998 of Lymphoma Cancer at the age of 17. We recognise her commitment and sportsmanship through this award.

Coach's Award - for a swimmer in each squad who is both a good swimmer and who trains hard and constantly. This swimmer never hesitates when given an instruction at training or when asked to do an extra swim at a meet. Each squad coach chooses the recipient.

O'Connor Haulage 1st Year swimmer with potential - for the swimmer who is judged by the coaches to be someone who exhibits the qualities that make champions. This swimmer is a hard worker who listens during training and tries to follow instructions from the coaches.

LaTrobe Financial Most Improved 10 & Under Swimmer - for the swimmer (boy and girl) 10 years and under who, based on last year's times, this year's times over 50m and 100m events and an ability to swim three strokes legally, has improved overall by the most seconds.

LaTrobe Financial Most Improved Swimmer 11 years of age and Over - for the swimmer (boy and girl) over 10 years who, based on last year's times, this year's times over 50m and 100m events and an ability to swim all four strokes legally, has improved overall by the most seconds.

AGL Encouragement Award - for the swimmer chosen by the coaches in consultation with the recorder, who exhibits ability, improvement and effort.

Bruce Cain Outstanding Contribution Award - awarded to a Club member who is deemed by the President to have offered invaluable service to the Club during the swimming season(s).

LaTrobe Financial Swimmer with Disability Swimmer of the Year – for the Swimmer competing mainly in Multi-Class events to be awarded at the discretion of the coaching panel.

Brian Ford trophy for the Best Relay Performance of the Season – as judged by the Head Coach

Meyer Family FINA Trophy – for the swimmer who scores the highest FINA point score for an individual event throughout the season

Ikin Family Trophy for the most Successful Swimmer in the Gippsland Fixture based on aggregate points from the regular Gippsland Season not including Gippsland Championships

Age groups for club trophies are 7 & Under, 8 years, 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years, 16 years, 17 & Over. A swimmer's age will be defined as the age they swim up to and including December 31 in the current GSI season.

18. EQUIPEMNT

All Swimmers:

Wet Bag (to carry all their equipment) - These can be purchased through Poolside for $18 (just email us) or you can get one from most sports stores.

“Beecroft” Junior Development Squad

- Kickboard
- Fins
- TSC Swim Cap
- Goggles
- Water Bottle
- Roller
- Theraband (green)
- Skipping Rope

“O’Keefe” Gippy Squad

- Pool Bag
- TSC Swim Cap
- Kickboard
- Goggles
- Fins
- Water Bottle
- Roller
- Theraband (green)
- Skipping Rope

“Cameron” Country Squad

- Pool Bag
- TSC Swim Cap
- Kickboard
- Goggles
- Short CSC Fins
- Water Bottle – 2 Litres
- Pull Buoy
- Snorkel
- Roller
- Skipping Rope
- Theraband (green)

“Roberts” State Squad

- Pool Bag
- TSC Swim Cap
- Kickboard
- Goggles
- Short CSC Fins
- Water Bottle – 2 Litres
- Leg Band
- Roller

- Pull Buoy
- Snorkel
- Finger Paddles
- Skipping Rope
- Theraband (green)

Maroon and White Squads

- Pool Bag
- TSC Swim Cap
- Kickboard
- Goggles
- Sponge
- Short CSC Fins
- Water Bottle – 2 Litres
- Leg Band
- Roller
- Pull Buoy
- Skipping Rope
- Snorkel
- Finger Paddles
- Theraband (green)

STRENGTH and CONDITIONING

All Swimmers:

T Shirt (Tighter Fitting so Coaches can see body position during exercise)
Shorts (Which allow Movement from hips down)
Runners (no Volleys or Hush Puppies - slippers)
Water Bottles

19. Uniform

Uniform Officer: Lisa Auteri 0407 324 606
danlisaem@bigpond.com

Club Polo

Sizes: 4XS, 3XS, 2XS, XS, S, M, L, XL
$47.50

If you have no other item of TSC clothing, this is the one to own and wear with pride! Made from fast drying Polyester.

Club Shorts

Sizes: 6, 8, 10, 12, 14, XS, S, M, L, XL
$20
Maroon with elastic waist, side pockets, Polyester

Club Hoodie (available from time to time – check with Lisa)

Sizes: 4,6,8,10,12,14,16, XS, S, M, L, XL, 2XL.

Club Cap

$9

All Uniform items are ordered online
www.traralgonswimming.org.au

Other items - personalised caps, coats, hoodies and bathers are available from time to time. Inquire through the clothing officer regarding these items.

20. Medical Emergency Planning

All swimmers are required to be registered through the Club's Medical Emergency platform, CareMonkey. CareMonkey for Sports is a mobile health and safety solution that gives authorised team officials – coaches and team managers - instant access to important medical and emergency contact details when an incident or injury occurs.

If your child is not currently registered with this free service (membership financed by the Traralgon Swimming Club) please contact tscswim@traralgonswimming.org.au to arrange access.

21. Club Policies

A. Child Safe Policy
Child Safe Officer: Veronica Roberts veronica@cusack.com.au , Frank Bezzina thebuzz@wideband.net.au and Lauren Beecroft info@mycreative.com.au

Purpose

This policy was written to demonstrate the strong commitment of the management, staff and volunteers of the Traralgon Swimming Club (**the Club**) to child safety and to provide an outline of the policies and practices the Club has developed to keep everyone safe from any harm, including abuse.

Commitment to Child Safety

All children who are a part of the Club have a right to feel and be safe. The welfare of the children in our care will always be our first priority and the Club has a zero tolerance to child abuse. The Club aims to create a child safe and child friendly environment where children feel safe and have fun and the Club's activities are always carried out in the best interests of the children.

Related Documents

This policy must be read in conjunction with:

- Swimming Australia Safe Sport Framework
- Swimming Victoria Code of Conduct/Commitment Statement
- Swimming Australia/ Swimming Victoria Privacy Policy

- The Club's Constitution & By Laws
- The Club's Commitment & Code of Conduct

Application of this Policy

This policy was developed by the Club and in collaboration with staff, volunteers and the children who use our services and their parents.

This policy applies to all individuals involved in the Club (paid and volunteer) including, but not limited to:

- Administrators
- Coaches
- Officials
- Team Managers
- Participants
- Parents
- Spectators

All of the people to which this policy applies have a role and responsibility in relation to child protection. They must all:

- understand the indicators and risks of child abuse;
- appropriately act on any concerns raised by children; and
- understand and follow all applicable laws in relation to the protection of children and reporting or management of child safety concerns.

Child Abuse

Child abuse can take a broad range of forms including physical abuse, sexual abuse, emotional or psychological abuse and neglect. People to whom this policy applies need to be aware that child abuse can occur whenever there is actual or potential harm to a child. The Club is committed to reducing the risk of any child abuse occurring.

Children's Rights to Safety and Participation

The Club encourages children to express their views about their safety. We listen to their suggestions, especially on matters that directly affect them. We actively encourage all children who use our services to 'have a say' about things that are important to them.

We do this by:

Valuing Diversity

We value diversity and do not tolerate any discriminatory practices. To achieve this we:

- promote the cultural safety, participation and empowerment of Aboriginal children and their families;
- promote the cultural safety, participation and empowerment of children from culturally and/or linguistically diverse backgrounds and their families;

- welcome children with a disability and their families and act to promote their participation

Recruiting staff and volunteers

The Club takes the following steps to ensure best practice standards in the recruitment and screening of staff and volunteers:

- Interview and conduct referee checks on all staff and volunteers
- Require police checks and Working with Children Checks for relevant positions or where required by the Working With Children Act 2005 (Vic).
- Our commitment to Child Safety and our screening requirements are included in all advertisements and as part of the induction process for new staff or volunteers.

Supporting staff and volunteers

The Club seeks to attract and retain the best staff and volunteers. We provide support and supervision so people feel valued, respected and fairly treated. We have developed a Code of Conduct to provide guidance to our staff and volunteers, all of whom receive training on the requirements of the Code.

Reporting a child safety concern or complaint

The Club has appointed a Child Safety Officer with the specific responsibility for responding to any complaints made by staff, volunteers, parents or children. Our complaints process is in accordance with Swimming Australia Safe Sport Framework Part 4 and summarised in Swimming Victoria Safe Sport Reporting Process.

Risk Management

We recognise the importance of a risk management approach to minimising the potential for child abuse or harm to occur and we use this to inform our policy, procedures and activity planning. In addition to general occupational health and safety risks, we proactively manage risks of abuse to our children. To reduce the risk of child abuse occurring, everyone 18 or over to whom this policy applies should avoid direct, unsupervised contact with children in accordance with codes of behaviour outlined in Part 3 of Swimming Australia Safe Sport Framework and outlined in the following specific examples.

- Change Room arrangements:
  a) supervise children or young people in change rooms whilst balancing their need for privacy;
  b) avoid one-to-one situations with children or young people in a change room area;
  c) ensure that females not enter male change rooms and vice versa.
- Overnight Stays and Sleeping Arrangements:
  Overnight stays are to only occur with the authorisation of parents/carers and appropriate Senior Persons in swimming and there are particular standards of behaviour that must be upheld outlined in section 3.6(l).
- Transporting children:
  Persons in positions of authority can only transport children and young persons in circumstances that are directly related to the delivery of swimming programs, activities, services or events and only with express authorisation of a Senior Person and the parent(s)/carer(s).

- Physical Contact: Physical contact must be appropriate to delivery of swimming programs, activities, services and events (eg, fitting goggles) and based on the needs of the child or young person (ie. To comfort if distressed).

Reviewing this policy

This policy will be reviewed every 2 years and we undertake to seek views, comments and suggestions

B. Inclusion Policy

Aims and objectives

Traralgon Swimming Club aims to give all members of the community every opportunity to achieve their swimming potential, irrespective of ethnicity, age, disability, gender or background.

Traralgon Swimming Club aims to be an inclusive swimming club and actively seeks to remove the barriers to learning and participation that can hinder or exclude individuals from participating in the sport of swimming.

We aim to raise awareness by providing a culture where inclusion is embraced by all members of the club, and programs and pathways are provided for all swimmers, irrespective of who they are.

Strategic Vision and Mission

This inclusion policy is underscored by the Vision of the Club which states that:

The Traralgon Swimming Club is committed to

being a **professional, committed and welcoming** organisation which provides a high level of service to its membership

providing the best swimming **coaching, sports science, physical and mental training** to ensure our swimmers can attain the highest level of competitive excellence

providing opportunities for swimmers and members to **develop and display skills, capacities and values** consistent with a winning culture

being **financially stable** and in a position to support initiatives and equipment requirements through positive relationships with sponsors and active fund raising

provide a **safe, nurturing and welcoming environment** encouraging teamwork, cooperation and mutual respect for all

provide swimmers with a **pathway to elite swimming**

Squad Programs/Competition Pathways

Traralgon Swimming Club has an established a relationship with learn to swim programs allowing for seamless development through to squad swimming and high performance training, available for all people in the community.

The club is open and accepting to all swimmers within our club and to all those approaching the

club looking to become members. Training is provided through the Traralgon Swimming Club for all members of the community regardless of ability, age or background.

Communication
Traralgon Swimming Club has information readily available for members and potential members about services and access to the club.

A new-families coordinator makes and maintains contact with all new members to ensure they receive all the assistance they need.

Communication from the club is visible and easy to read for all members, and social activities organised by the club are open to all members, including those with a disability and their carers.

Goals
To provide a swimming program that promotes access and inclusion and provides opportunities for participation for all members of the community.

By doing this Traralgon Swimming Club aims to build a sustainable and prosperous future for the club, while supporting the needs of the wider community.

C. Relay Team Policy

Relay teams are integral to the Traralgon Swimming Club experience. The club takes particular pride in the outstanding success and reputation our relay teams enjoy and the esteem they bring to our club.

The club organises and financially covers relay entries for local, country, state and National relay teams.

The coaching panel led by Brian Ford is responsible for the composition of the relay teams in consultation with Club coaches. All teams will be selected based on potential outcomes:

- best competitive outcomes
- age group and open record attempts

Wherever possible swimmers are given opportunities to participate in Traralgon relay teams. When swimmers are named in relay team, it is anticipated that they will make themselves available to compete for the club.

D. Social Media Policy

To whom the guidelines apply:

These guidelines apply to all swimmers, coaches, members, and other people involved in the TSC who contribute to or create content for social media.

Reason for Social Media Guidelines

These guidelines are for the protection of club members and the Traralgon Swimming Club. They ensure that all members are aware of what constitutes responsible social media usage and what is inappropriate and unacceptable.

Definition of social media:

Social media includes Facebook, Twitter, YouTube, LinkedIn, blogs, texting/SMS and any other social networking tools or content-sharing sites used by people to whom these guidelines apply.

What happens if I don't follow these guidelines?

You are expected to understand and follow these guidelines. If you do not, you may be subject to disciplinary action and put your future membership of TSC at risk.

Be aware that if a serious breach occurs, it may be necessary to contact the police or other authorities to deal with the matter.

Check these guidelines:

These guidelines are likely to be further updated as new technologies and social networking tools emerge. Make sure that you check back once in a while to make sure you are up to date.

The Guidelines:

If you participate in social media, please follow these guiding principles:

- Post respectful and meaningful comments, and be appropriate and polite when expressing your opinions.
- Always pause and think before posting. Remember that you are posting to a public space and that your comment/photos can exist in cyberspace forever.
- Do not engage in behavior that might be considered to be hurtful, offensive or disrespectful to yourself or another person - especially to swimmers, coaches, officials and members of TSC/other clubs or the wider swimming community.
- Do not use social media to make derogatory comments about issues or concerns that you or others have relating to the TSC (such as swimmer, coaching or management issues). Such concerns should be expressed directly to the President or Senior Head Coach.
- Bullying, discrimination or victimisation will not be tolerated under any circumstances and any breach will be treated seriously.
- Posting or sharing inappropriate, sexually explicit or otherwise pornographic photos is not only unacceptable, but illegal and will not be tolerated in any circumstance.

Concerns about the activities of others:

If you have concerns about or believe that these guidelines may not have been followed by a person to whom they apply, please inform the Club President or Senior Head Coach either verbally or in writing.

Bullying means the repeated intentional use of negative or hurtful words and/or actions by a person, or a group of people, against another person or group of people.

Discrimination means the exclusion of another person from a sporting activity based on, among other things, that person's age, disability, physical features, race, religion, sex, or sexual orientation. It does not include the exclusion of people from competitive sporting activities. It does include the exclusion of a person in the context of coaching, refereeing, or administration of a sporting activity.

Victimisation means threatening another person or subjecting them to a detriment because of a concern they have raised, or a complaint they have made, relating to the TSC or this policy.