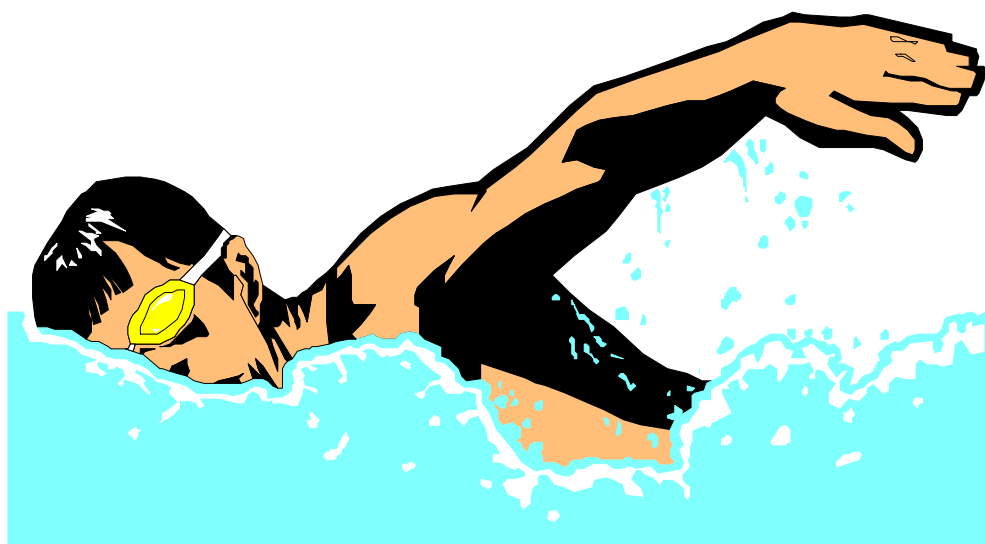


Corrimal Swimming Club Inc



**2009 - 2010
Summer Swim Season
Information Booklet**

www.corrimalswimclub.com.au

**Corrimal Swimming Club
2009 - 2010 Committee**

Position held	Name	Telephone
President	Vacant	
Vice President	David Swan	0411 537358
Secretary	Deb Ferderer	0412 424667
Treasurer	Alicia Burgess	0402 173952
Registrar	Michelle Lunney	0439 602497
Race Secretary	Di Jenkins	0414 649093
Point Score Organiser	Sue Swan	0402 928122
Apparel	Ann Waters	0432 447542
Publicity Officer	Leanne Dorahy	0401 211192
Gear Stewards	Carl Musakka Brett Swan Tim Swan	4285 8023
Fundraising	Sharon Steward Jolanda McGregor	0418 619490 04340626552
Coach	Tracey Waters	0401 253642
Website Coordinator	Brett Wheeler	0416 563968
Canteen	Pat Smith	4283 3447
Safety Officer	Greg Ferderer	0413 977496
Public Officer	David Swan	0411 537358

COMMITTEE MESSAGE

Welcome to Corrimal Swimming Club's 2009 - 2010 Swimming Season. This season we will commence on **Friday 16 October at 7.00pm (2nd Friday after commencement of daylight saving)**. For your convenience, an **Entry Box** has been placed on the canteen's front counter. Entries can be placed in this box during the week leading up to Friday night to help speed things along. **Late entries CANNOT be accepted on Friday nights after 6.45. It takes time to organise entries into heats and lanes and late entries cause great difficulties for the organisers.**

Full details on Point Score allocation and Club Championships can be found further on in this booklet as well as dates for swimming carnivals held throughout the year.

The main aim of the Friday Night Point Score is to encourage all ages and standards of swimmers (*that means you too, Mums and Dads!*). Please take the opportunity to have a fun, social night and enjoy a barbecue dinner with the family!

In addition, our club meetings are held on the **1st Thursday** of each month at 6.00 pm (may change when daylight saving starts) in our clubroom. All members are welcome to attend and put forward any suggestions. New ideas are welcome!

As with all sports and associations, clubs cannot function without the help and assistance of volunteers. Volunteers can be mothers, fathers, aunts, uncles, grandmothers, grandfathers, etc. It costs nothing (*only a bit of your time*), is painless, and above all a lot of fun! ☺ so, please don't be afraid to put your hand up when the call goes out!

Good luck for the coming season.

Yours in swimming

The Committee

HOW TO JOIN THE CLUB

It is easy to join our club. Join Corrimal Swim Club online through the Swimming NSW website, www.nswswimming.com.au If you require any further information on how to join, feel free to ask the registrar.

CAPITATION FEES

It is a requirement that all swimmers that compete in pointscore are capitated. The capitation fees are made up of the following four components:

- NSW Registration Fee
- Australian Registration Fee
- Personal Accident and Public Liability Insurance
- SESA Registration Fee

Fees for the 2009 - 2010 season are as follows

PLEASE NOTE THAT AT LEAST ONE PARENT MUST BE
A MEMBER OF THE CLUB.

Swimmer	\$70
Non-Swimmer	\$30

**Refer to NSW Swimming Website (Member Portal)
for details of Family Packages.**

This fee also allows swimmers to compete at carnivals.

By being capitated, the NSW Swimming Inc Insurance covers in the event of accidents travelling to and from training, attending club meetings and carnivals.

It also provides liability protection for all officials and swimmers. Membership is valid until 30 Sept 2010.

FRIDAY NIGHT POINT SCORE

The club's main purpose is to promote and advance swimming within the area, not just to provide a facility for elite swimmers. Our very successful Friday night point score is a great opportunity for swimmers of all ages to race in a non-competitive atmosphere. All races are based on the swimmer's individual best times. Not only do the kids have fun but it is also an opportunity for parents to socialise in a relaxed environment. At the completion of each night's events we have our famous BBQ, while the canteen is also open selling lollies, drinks, hot dogs, tea and coffee.

Don't forget we need parents to help on the BBQ while events are being conducted. When the call goes out for help, please offer your services!

Entry Cards:

Each swimmer is required to fill out an entry card for each swim. Each card costs 50 cents, which goes to cover the cost of pool hire imposed on the club by Wollongong City Council.

C.A.S.C. Pointscore Entry Card			
Date: / / 200			
Name:			
First Name		Last Name	
Please clearly circle which stroke you are going to swim			
Free	Fly	Back	Breast
		I.M.	Kick
Please clearly circle which distance you are going to swim			
12.5m	25m	50m	100m
		200m	400m
Previous Best Time		Min	Sec
Please don't use carnival times as your previous best. Your fastest point-score time only to be used thank you		H/sec	
If you are swimming this stroke or distance for the 1st time, please write			
Recorded Time		Min	Sec
		H/sec	
Heat:	Lane:	Points	

All entries must be in no later than **15 MINUTES** prior to the commencement of point score and can be placed in the entry box in the clubhouse during the preceding week. **Late entries CANNOT be accepted after this deadline.** Late entries hold up proceedings which eventually costs the club money in additional pool hire costs. **Absolutely no exceptions!**

Starting Time this season 7.00pm (6.45 for entries)

Two separate pointscores operate each Friday night. Swimmers are allowed a maximum of 3 swims per night. Don't forget that to be eligible to compete in the Friday Night Pointscore you must be a financial member of Corrimal Swimming Club Inc.

Raffle:

A raffle is also held each Friday night and the proceeds from this also go towards the cost of the pool hire.

NO 1 POINTSCORE

You are allowed a maximum of two swims in the No 1 pointscore each Friday night. Freestyle is swum each week followed by an off stroke such as backstroke, breastroke, etc in the following distances. 12.5m, 25m, 50m and 100m. For the younger swimmers we also have 12.5m kickboard. **Trophies are awarded to both male and female swimmers regardless of the distance swum.**

No 1 pointscore age groups:

(6yrs & under) (7/8yrs) (9/10yrs) (11/12yrs) (13/14yrs) (15yrs & over)

NO 2 POINTSCORE

You are allowed one swim in the No 2 Pointscore each Friday night. The No 2 pointscore is based on 200 and 400m distances only. No age groups operate in this pointscore, points are awarded individually. **Trophies will be awarded for 1st, 2nd, 3rd combined male or female in No 2 Pointscore.**

ADDITIONAL POINTSCORE INFORMATION

- For point score purposes, the age of the swimmer is based on their age as at 16 October 2009.
- All point score swims are based on a scratch start, ie off the hooter. While there is no handicapping the club uses the previous best times of all swimmers to correctly seed swimmer into the appropriate heat & lane.
- Points are awarded for improvement in time in all events and distances swum as well as for starting and finishing a race.

POINTS TABLE

	12.5m	25m	50m	100m	200m	400m
Start & Finish	2	2	2	2	4	4
Up to 2 sec slower	2	2	2	3	4	5
Equal best time	3	3	3	4	5	6
Up to 2 sec faster	4	4	4	5	6	7
More than 2 sec faster	6	6	6	7	7	8
More than 4 sec faster	-	-	-	-	9	10

Points will not be awarded if a swimmer is absent except under the following circumstances:

- The swimmer is representing the club at a higher level of competition eg Interclub, Country, State or National Championships.
- An immediate member of the swimmer's family, who is a club member, has to attend the swim meet.

To avoid loss of points the swimmer will receive equal best time points plus start and finish points. The non-attending swimmer will receive start and finish points only. The swimmers must notify the point score coordinator in writing within two weeks of their absence.

2009 – 2010 POINT SCORE PROGRAM

Date	Point Score No 1 (choose 2 swims)		Point Score No 2 (choose 1 swim)		Special Events
	Distance	Stroke	Distance	Stroke	
16 October 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly	200	Free or Fly	
23 October 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Back	400	Free	<i>Entries open for Handicap Race</i>
30 October 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Breast	200	Back or IM	<i>Entries close for the Handicap Race</i> NO LATE ENTRIES
6 November 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly			HANDICAP HEATS
13 November 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Back	400	Free	
20 November 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Breast	200	Free or Breast	HANDICAP SEMI-FINAL (if required)
27 November 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly	400	Free	
4 December 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Back	200	Fly or Free	HANDICAP FINAL
11 December 2009	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Breast	400	Free	
18 December 2009	12.5/25/50/100	Free	Fun Relays		Christmas Party

2009 – 2010 POINT SCORE PROGRAM

Date	Point Score No 1 (choose 2 swims)		Point Score No 2 (choose 1 swim)		Special Events
	Distance	Stroke	Distance	Stroke	
15 January 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly	400	Free	<i>Entries now being accepted for Brace Relay</i>
22 January 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Back	200	Back or IM	<i>Entries close for the Brace Relay No late entries</i>
29 January 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Breast			BRACE RELAY HEATS
5 February 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly	400	Free	Club Champ entries open
12 February 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Back	200	Free or Breast	BRACE RELAY FINAL Club Champ entries close
19 February 2010	NO POINTSCORE (National Open Water – Victoria)				
26 February 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Breast	400	Free	
5 March 2010	12.5/25/50/100 12.5 12.5/25/50/100	Free Kick Fly	200	Choice	
12 March 2010	400 25/50 25/50	Free Free Fly	Club Championships <u>Entries will be open on Friday 5 & 12 Feb Only.</u> NO LATE ENTRIES WILL BE ACCEPTED		
19 March 2010	200 25/50 25/50	I.M. Back Breast	Club Championships <u>Entries will be open on Friday 5 & 12 Feb Only.</u> NO LATE ENTRIES WILL BE ACCEPTED		
26 March 2010	Presentation Night				

SPECIAL EVENTS

HANDICAP RACE – handicap start

This freestyle event is open to all club members and is swum over 50m. You first must nominate a time with the pointscore co-ordinator, which you intend to swim during the event. *To progress through the different heats you must be one of the first three swimmers to touch within their nominated time in each heat. The overall winner is the swimmer who touches first without breaking that time.

BRACE RELAY - handicap start

Like the handicap race, this is a freestyle event but is swum over 100 metres with two swimmers completing a 50m leg each. They must swim within 4 seconds of their joint nominated time. *The same rules apply as with the handicap races.

CLUB CHAMPIONSHIPS

To be eligible to swim in the Club Championships you must be a financial member of the club & you must have swum **at least six point score nights** (not including country or state representative swims) prior to the closing date of entries to the championships, i.e you must have attended at least six Friday nights!

Special entry forms must be lodged with the pointscore co-ordinator / race secretary to compete in the Club Championships. Please refer to the pointscore program for entry details.

Points are allocated as follows	1 st place = 3 points
	2 nd place = 2 points
	3 rd place = 1 point

Trophies are awarded to the place getters in the following age groups:

- | | |
|----------------------|---------------------|
| • Boys U/6 years | Girls U/6 years |
| • Boys 7 & 8 years | Girls 7 & 8 years |
| • Boys 9 & 10 years | Girls 9 & 10 years |
| • Boys 11 & 12 years | Girls 11 & 12 years |
| • Boys 13 & 14 years | Girls 13 & 14 years |
| • Boys 15 & Over | Girls 15 & Over |

ANNOUNCEMENTS

Please listen to announcements that are broadcast. It is surprising the number of people who claim they were unaware of certain issues even though they had been broadcast over several Friday nights.

CLUB MEETINGS

Club Meetings are held on the **first** Thursday of each month at 6.00 pm (may change with daylight saving) in the clubhouse & all members & parents are very welcome. If you want to have your say, come along to the meeting and put forward your suggestions. The club specifically is there to promote swimming and all offers of assistance will be greatly appreciated in the interests of the smooth running of the club.

CLUB SPONSORS

There is always a need to gain further financial support for the club. If you know of any organisation that might be willing to provide support please let us know.

CLUB UNIFORM

Club uniforms are available from our Apparel Manager Ann Waters. She has a large range of clothing & swimming equipment on display so if you wish to order something you can find her in the clubhouse on most Friday nights.

Club Uniform consists of:

- Costumes
- Caps
- Bags
- T-Shirts



TIMEKEEPING

We are always in need of timekeepers on Friday Nights. Please remember we will not commence proceedings until we have the necessary number of timekeepers.

HANDY HINTS FOR TIMEKEEPERS



- Watch the starter carefully.
- Use your forefinger rather than your thumb to activate the stopwatch.
- Start the stopwatch at the flash/smoke rather than the sound.
- Always check that the stopwatch is operating correctly. Do this a number of times, especially in longer events.
- If there is a problem notify the chief timekeeper.
- When the competitor is close to the finish (5 metres away) stand directly above the wall and look straight down. Stop the watch when any part of the swimmer's body touches the wall.

CARNIVAL ENTRIES

- It is a NSW Swimming requirement that all entries be submitted on entry cards, pink for girls and blue for boys.
- These cards can be obtained from the Race Secretary who can assist you in their completion.
- ID number refers to the number each swimmer is given when registering.
- “Entry time” is the time that the swimmer wishes to enter for the event. It is used to grade swimmers into heats and in general should be the best time swum in that event.

NOTE:

- It is a good idea to keep a record of each swimmer’s times in the swimming logbook or a notebook so this information is readily available.
- All carnival entries **MUST** be handed in by the nominated closing date.
- **Full club uniform is compulsory at all carnivals.** This means plain black costumes, Corimal swim cap, Club shirt and shorts (or plain black shorts) or plain black track pants in winter (Note: no patterns or large logos are acceptable).



2009 - 2010 Carnival Program

2009	DATE	CARNIVAL	LOCATION
	1 November	Inswim	SOPAC
	1 November	Bomaderry Swim Club	Bomaderry
	7 November	Ripples Open Water	Penrith
	15 November	West's Illawarra Aquatic	University
	29 November	Dapto Swim Club	Dapto
	5 December	Nowra Swim Club	Nowra
	5-6 December	NSW State Open Water Champs	Penrith
	19 December	Shellharbour/Warrigal	Shellharbour
2010	4-9 January	NSW State Age 13-18 years	SOPAC
	16-17 January	NSW State Age 10/U-12 years	SOPAC
	30 January	Oak Flats Qualifying Carnival	Oak Flats
	7 February	Speedo Sprint Series	Bateman's Bay
	12-14 February	NSW State Open Championships	SOPAC
	14 February	Berkeley Swimming Club	Berkeley
	20-21 February	SESA Championships	Ulladulla
	20-21 February	National Open Water Champs	Nagambie Lakes (Vic)
	27-28 February	NSW Country Championships	SOPAC
	6 March	Helensburgh	Helensburgh
	14 March	Speedo Sprint Finals	SOPAC
	16-21 March	Telstra Australian Champs	SOPAC
	5-10 April	Australian Age Champs	SOPAC